

MENTAL HEALTH FUNCTIONING SCALE | SUPPORT LEVELS CHANGE DEPENDING ON WHERE YOU ARE IN YOUR FUNCTIONING SCALE

Based on the severity of your

- Emotional Dis-regulation
- Executive Functioning
- Impulsive Behavior Control

1.) ESTIMATE YOUR UPPER END & LOWER END OF FUNCTIONING

2.) WHAT COULD CAUSE YOUR FUNCTIONING TO DROP, THUS SUPPORT NEEDS INCREASE SUBSTANTIALLY?

3.) DO YOU FEEL YOU'RE UPPER END OF FUNCTIONING IS WITHIN LEVEL 2? HAVE YOU BEEN AT THIS LEVEL 3 OR MORE YEARS?

HIGH FUNCTIONING

LOW SEVERITY

LOW FUNCTIONING

HIGH SEVERITY

LEVEL 1 NEEDS SUPPORT - Upper end of functioning resembles an Emotionally Balanced Independent Functioning NT but by consistently applying a combination of prescriptive measures: stress releasing activities, physical health, diet, sleep exercise, support network, psych. providers, medications, hyper-focused interests, treatment etc. However, if not done consistently:

- Ongoing stress-related health issues: addictions, chronic inflammation, suicidal ideation
- Ongoing job/relationship issues: marital strain, work issues, family estrangement

LEVEL 2 NEEDS SUBSTANTIAL SUPPORT- Upper end of functioning can resemble Level 1, but usually when living with a healthy co-regulator and/or receiving substantial ongoing financial assistance (disability, trust fund). Prioritize targeting the mental health issues more assertively: emotional self-regulation measures, support network, survival planning for threat of homelessness. The goal is upper-end functioning based on the range determined by the severity of mental health. If not addressed, the person may find suddenly themselves homeless or incarcerated with severe emotional dis-regulation & functioning issues.

- Severe ongoing stress-related health issues: severe addictions, suicidal ideation
- Severe relationship issues: divorce, abuse, violence
- Homelessness: living with someone is less severe than being on the street
- Incarceration and/or regular legal system involvement

LEVEL 3 NEEDS VERY SUBSTANTIAL SUPPORT - Profound challenges in communication & daily living, with intense restrictive and/or repetitive behaviors, may need restraining, typically needs 24/7 supervision and hands-on assistance for basic tasks like bathing, dressing, and toileting

QUESTIONS FOR ASSESSING FUNCTIONING LIMITS AND RISK OF FUNCTIONAL DECLINE

How independently and sustainably can this person function across major areas of life without substantial external support?

DAILY LIVING - Have you ever lived alone before, and for how long? How much of the household: cooking, grocery shopping, laundry, health appointments, transportation & home maintenance do you do now? Who manages the household? How would you be at solving daily living problems alone?
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EMPLOYMENT/FINANCIAL SUSTAINABILITY - How are you with managing money? Do you save & invest regularly? What's been your life pattern with holding jobs? What have been the reasons you've left jobs? Have you ever owned a business? If you had to do it alone, how manage your stress working full-time & having a home/family life?
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EMOTIONAL & BEHAVIORAL REGULATION - What is your body's response to stress? If you've had emotional episodes, how long do they last? What helps you to calm down? Do your emotions interfere with relationships? Have you had: self-harm, suicidal ideation, aggression, mental health treatment or addictions? Does your body benefit from living with a co-regulator? If so, what would it be like living alone?
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SOCIAL FUNCTIONING & RELATIONSHIPS - How would you describe your relationships with those you live with? How is conflict handled? Do you have friends/support? Be honest, do you depend heavily on one person to stabilize you emotionally? Take some time to imagine a life without them, what comes up for you?
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NEED FOR EXTERNAL SUPPORT - Who helps you day-to-day? What happens if support is removed? Do you rely on: parents, spouse, disability services, structured routines, reminders? How long could you live independently safely? Have you ever experienced homelessness? What is your plan if you were facing homelessness?
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STRESS TOLERANCE - How are you with change? Is it overwhelming? Do unexpected occurrences trigger you? How do you recover & for how long? How are you with driving/traveling alone? Does sensory overload (sounds, lights, people/ etc. affect stability & functioning? Do you avoid environments because of it?