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|  | ECONOMIC SERVICES ADMINISTRATION  COMMUNITY SERVICES DIVISION  **Personal Pathway** | |
| At DSHS, our goal is to offer program assistance, opportunities and support to help connect you and your family to what you value most.  We invite you to complete the information below. This will allow us to understand what would be most helpful right now. We look forward to working together to connect you to available services and resources.  **We appreciate your time, as you are the expert of your life!** | | |
| 1. **How do you feel in your current situation (check all that apply)?** | | |
| Unsure about DSHS programs  Frustrated  Anxious or stressed  Relieved I’m here for help  Overwhelmed or numb  Excited | | Helpless or afraid  Understood  Thankful  Trapped or alone  Ready to move forward  Other: |
| 1. **What would it look like if a DSHS program was successful for you (check all that apply)?** | | |
| Found a job that provided for my family  Access training to have a career in something I enjoy  Obtain my GED or HS diploma  Be more financially stable  Be a positive role model for my family | | To develop healthy relationships  Be able to afford safe and stable housing  More confidence in myself and abilities  Better connected to my community  To give opportunities to my children for a better life  Other: |
| 1. **What personal goals do you have in mind (check all that apply)?** | | |
| *What would make you want to jump out of bed in the morning?* | | |
| To be healthy and have a healthy family  A job that takes care of my family  To help my kids graduate school  To further my education  To have safe and stable housing  A better life | | To give back and contribute  To gain work experience  To be the best parent I can be  To be able to buy things for my family  To have independence and freedom  Other: |
| 1. **What are some problems getting in the way of reaching your goals (check all that apply)?** | | |
| *Solving which of these problems would help you the most?* | | |
| No recent work history to find work  Legal or background check issues  No employment or employment skills  No money for the things we need  No education for me to get a better job  No child care to go to work or school  Personal health issues (physical, mental / emotional, addiction) | | No transportation  Lack of stable housing  Child Support issues (safety concerns, receiving support or adjusting order / debt)  School issues with my children  Working with too many agencies right now  Health issues for someone in my family  Other: |
| 1. **What would be most helpful to you today (check all that apply)?** | | |
| Help with benefits (cash, food, medical)  Help with transportation  Learning more about programs and resources that are available in the community  Childcare assistance  Connecting with Family Violence resources | | Exploring other DSHS benefit options (WorkFirst, BFET, Employment Pipeline, Child Support / Alternative Solutions, DVR)  Discussing job opportunities  Other: |
| 1. **Which of these do you value and have an interest in strengthening (check all that apply)?** | | |
| *What do you love to do even if you weren’t getting paid for it?* | | |
| Spending time with my family  Taking care of my health  Personal wellness and fitness  Spending time on hobbies  Connecting to my community, schools, faith | | Creating or building things  Being social with friends and family  Learning, reading, or increasing skills  Volunteering at my child’s school  Other: |
| 1. **What skills are you good at that you also enjoy (check all that apply)?** | | |
| Working as part of a team  Information technology / computers  Working with numbers or data  Communication  Organizing and planning | | Being creative  Working with your hands  Helping people  Solving problems  Other: |
| 1. **What would get you closer to your goals (check all that apply)?** | | |
| *Be stubborn about your goals and flexible about your methods.* | | |
| Learning about free training / educational programs  Securing safe childcare  Gaining paid or unpaid work experience  Exploring resources to help with  Connecting with Public Health resources  Receiving ongoing support and goal setting  Information about parenting resources / support  Learning about support for elderly or disabled care  Exploring options for education, training, and employment services for refugees and immigrants  Exploring other DSHS benefit options | | Connecting with Family Violence resources  Discussing job opportunities  Exploring volunteering at my child’s school or daycare  Coordinating activities with other agencies I’m working with  Support in pursuing Social Security benefits  Discussing programs or support for legal issues  Exploring Child Support options  Learning about money management support  Other: |
| **What are the top two, checked above, that you want to focus on today to help you toward your goals?** | | |
| 1. **Additional Comments** | | |
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| Thank you for completing your Personal Pathway!  We will review this information together to help create a plan that works for you and your family. | | |