

What I Want From Heartland Health Outreach

Instructions: People have different ideas about what they want, need, and expect from Heartland Health Outreach (HHO). This questionnaire is to be filled out after your assessment has been completed. It is intended to help you explain what you would like to have happen through your participation in services, and to help design your service plan.

For each possibility listed below, please indicate how much you would like it to be part of your treatment. Do this by putting a big **X** in one of the columns. This is what the columns mean:

- NO means you definitely do NOT want or need this from HHO.
 MAYBE means you are UNSURE. MAYBE you want or need this from HHO.
 YES means you DO want or need this from HHO.
 YES! means you DEFINITELY want or need this from HHO.

If you have questions about how to use this questionnaire, ask for assistance before you begin.

<i>(Medical or physical conditions)</i>	NO	MAYBE	YES	YES!
Do you want this from HHO?				
1. I want help with some health problems. <i>Specify what kind of problem:</i>				
2. I want to see a doctor or nurse about some health problems.				
3. I have a lot of physical pain and would like some help for it.				
4. I want to receive medication for health problems.				
5. I want help understanding why I need to take medications, or how they help my physical health.				
6. I want help for dental problems.				
7. I would like testing for HIV/AIDS.				
8. I would like testing for sexually transmitted diseases.				
9. I would like help avoiding infection from HIV and other dangerous diseases.				
10. I want information about how alcohol or drugs affect my health problems.				
11. I would like to learn more about exercise.				
12. I want help with sleep problems.				
13. I want help managing my weight.				
14. I would like to stop smoking cigarettes.				

<i>(Emotional, behavioral, cognitive conditions)</i>	NO	MAYBE	YES	YES!
Do you want this from HHO?				
1. I want help making the voices that I hear go away.				
2. I want help making the things I see go away.				
3. I would like help with my feelings of confusion.				
4. I want help with personal fears and anxieties.				
5. I want help with depression or sadness.				
6. I want help to decrease my stress and tension.				
7. I want to stop the nightmares or flashbacks I experience.				
8. I would like to discuss my suicidal thoughts.				
9. Someone close to me has died or left, and I would like to talk about it.				
10. I want someone to listen to me.				
11. I want help with angry feelings and how I express them.				
12. I want to improve my skills for handling annoying people.				
13. I want to feel better about myself and have higher self-esteem				
14. I would like to discuss sexual problems.				
15. I have concerns related to my sexual orientation that I want to talk about.				
16. I want to discuss having been physically abused.				
17. I want to discuss having been sexually abused.				
18. I want information about how alcohol or drugs affect my mental health problems.				
19. I want help understanding why I need to take medications, or how they help my mental health.				
20. I want different medications that will make me feel better.				

<i>(Alcohol and other drug use)</i>	NO	MAYBE	YES	YES!
Do you want this from HHO?				
1. I want to decrease my drinking.				
2. I want to learn how to use alcohol safely.				
3. I want to stop drinking alcohol completely.				
4. I want to decrease my use of drugs (other than alcohol). <i>Specify which drugs:</i>				

<i>(Alcohol and other drug use)</i>				
Do you want this from HHO?	NO	MAYBE	YES	YES!
5. I want to learn how to use drugs safely. <i>Specify which drugs:</i>				
6. I want to stop using drugs (other than alcohol) completely. <i>Specify which drugs:</i>				
7. I want to learn more about alcohol or drug problems.				
8. I want to learn some skills to keep from returning to alcohol or other drugs.				
9. I want help understanding why I keep using alcohol or other drugs, even though I want to cut down or stop.				
10. I would like to learn more about 12-step programs like Alcoholics Anonymous (AA), Narcotics Anonymous (NA), or Dual Diagnosis Anonymous.				
11. I worry that if I stop drinking or using other drugs, I will feel awful: I want to be able to get help with this.				
12. I want to receive detoxification, to ease my withdrawal from alcohol or other drugs.				
13. I want to take methadone or buprenorphine instead of heroin.				

<i>(Social and recovery environment)</i>				
Do you want this from HHO?	NO	MAYBE	YES	YES!
1. I am homeless and want help finding a place to live.				
2. I am about to lose my housing and want help finding a place to live.				
3. I'm not homeless now, but want help finding a better place to live.				
4. I want help making sure I do whatever I need to in order to stay housed where I am.				
5. I want help figuring out how why it's hard for me to keep housing.				
6. I want help with improving my relationships with family members (parents, brothers or sisters, spouse, partner, children).				
7. I want my family or partner involved in my treatment.				
8. I want to have healthier, more supportive relationships.				
9. I want help finding other support systems to help me with my life.				
10. I want to get better at managing day-to-day tasks, like cooking, cleaning, and shopping. <i>Specify what you would like help with:</i>				
11. I want help with educational goals, (i.e., GED, or other school or college)				

<i>(Social and recovery environment)</i> Do you want this from HHO?	NO	MAYBE	YES	YES!
12. I want help resolving some legal problems.				
13. I want help avoiding problems with the police.				
14. I need to fulfill a requirement of the courts.				
15. I want help with my financial situation.				
16. I want to find out what benefits I may be eligible for.				
17. I want to apply for benefits.				
18. I would like to manage my money better.				
19. I want help taking better care of my appearance.				
20. I want to work on my spiritual growth.				
21. I could use help finding a job.				
22. I would like to develop some job skills.				
23. I want help finding other activities I can do instead of using alcohol or other drugs.				
24. I want more structure and focus in my life.				
25. I want to have more fun and enjoy life more.				
26. I want to feel like I contribute more to the well being of other people.				

Is there anything else you want from Heartland Health Outreach that was not mentioned on this questionnaire? _____

I will know that I no longer need services from Heartland Health Outreach when _____

