

# Homeless System Response: Wellness Checklist for Client Engagement

This wellness checklist uses the "[8 Dimensions of Wellness](#)" framework (also utilized by Substance Abuse Mental Health Services Administration [SAMHSA]) to help you explore the many factors that contribute to one's well-being. When using this tool, ask the questions using a trauma-informed lens, looking for overall shifts in demeanor and behavior. Remember to always be sensitive about the information gathered and to follow up with additional support, services, or resources where appropriate.

Dimension	Example Inquiries
<b>Physical</b>	<ul style="list-style-type: none"> <li>• Have you been able to get the medications you need?</li> <li>• Have you been able to see a doctor or dentist when you needed to?</li> <li>• Are you getting enough food? Are you trying to eat healthy?</li> <li>• Are you able to sleep OK? Where are you are staying?</li> <li>• Are you using more alcohol, tobacco, or drugs recently?</li> </ul>
<b>Intellectual</b>	<ul style="list-style-type: none"> <li>• How are you spending your time?</li> <li>• Are you getting bored?</li> <li>• What are some things you enjoy that you cannot do right now?</li> </ul>
<b>Emotional</b>	<ul style="list-style-type: none"> <li>• How are you feeling about the pandemic and social distancing?</li> <li>• Are you worrying more than usual?</li> <li>• Do you find yourself getting angry or upset more often?</li> <li>• What are you doing about these feelings? Are you using any coping strategies?</li> </ul>
<b>Social</b>	<ul style="list-style-type: none"> <li>• How have restrictions affected your relationships with friends and family?</li> <li>• Have you noticed any difference in the way people treat you?</li> <li>• How have the rules about masks and social distancing affected the way you view others? View yourself?</li> </ul>
<b>Spiritual</b>	<ul style="list-style-type: none"> <li>• Has the pandemic response and social distancing affected your ability to participate in religious or self-help communities?</li> <li>• Has everything that is going on changed your view on life or the world?</li> </ul>
<b>Vocational</b>	<ul style="list-style-type: none"> <li>• How has the pandemic affected your daily routine?</li> <li>• Have you lost employment as a result of this pandemic?</li> <li>• Do you have decreased hours at your job as a result of this pandemic?</li> <li>• Do you see any opportunities for work resulting from what is happening?</li> </ul>
<b>Financial</b>	<ul style="list-style-type: none"> <li>• How has the pandemic affected your income?</li> <li>• Have you been able to pay for your basic needs?</li> <li>• Has COVID-19 affected your efforts to get a place to stay OR stay where you are?</li> </ul>
<b>Environmental</b>	<ul style="list-style-type: none"> <li>• Do you feel safe where you are staying? What are your concerns?</li> <li>• Do you feel safe going to the places you need to go?</li> <li>• Have some of the places or events you rely on been canceled or closed? What are you doing instead?</li> </ul>