

Selection: URICA Client Assessment Tool

Client Information

Client:

Caseworker:

Date:

Description of the Situation

This questionnaire is to help improve our services. Each statement describes how a person might feel when starting to get help. Please indicate the extent to which you tend to agree or disagree with each statement. In each case, make your choice in terms of how you feel right now, not what you have felt in the past or would like to feel. For all the statements that refer to your “situation,” answer in terms of how you have described your situation at the top.

There are FIVE possible responses to each of the items in the questionnaire: Strongly disagree, disagree, undecided, agree, and strongly agree. Mark an X in the box that best describes how much you agree or disagree with each statement.

There are FIVE possible responses:	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1. It doesn't make much sense for me to consider changing my situation.					X
2. I've been thinking that I might want to improve my situation.		X			
3. At times my situation causes problems and I'm determined to change it.			X		
4. It is frustrating, but I feel I might be having a recurrence of a bad situation that I thought I had fixed.					X
5. Trying to change my situation is pretty much a waste of time.			X		
6. I guess I have faults, but there's nothing that I really need to change about my situation.				X	
7. I thought once I had improved my situation everything would be fine, but sometimes I still find myself struggling.			X		
8. My situation is not good and I think I should work to improve it.	X				
9. I am really working hard to improve my situation.				X	
10. I hope that someone will have some good advice for me about how to improve my situation.		X			
11. Anyone can talk about changing their situation; I'm actually going to do something about it.			X		
12. After all I had done to try and improve my situation, every now and then I still find myself struggling.					X

Selection: URICA Assessment Scoring Sheet Sample

Client Information

Client: White Lotus

Caseworker: Christopher Doughty

Date: 5/28/2015

Description of the Situation

Directions:

Use this scoring sheet to give a score of 1-5 for each X the client marked on the URICA questionnaire.

There are FIVE possible responses:	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
Contemplation, Action, & Maintenance (CAM)					
2. I've been thinking that I might want to improve my situation.	1	2	3	4	5
3. At times my situation causes problems and I'm determined to change it.	1	2	3	4	5
4. It is frustrating, but I feel I might be having a recurrence of a bad situation that I thought I had fixed.	1	2	3	4	5
7. I thought once I had improved my situation everything would be fine, but sometimes I still find myself struggling.	1	2	3	4	5
8. My situation is not good and I think I should work to improve it.	1	2	3	4	5
9. I am really working hard to improve my situation.	1	2	3	4	5
10. I hope that someone will have some good advice for me about how to improve my situation.	1	2	3	4	5
11. Anyone can talk about changing their situation; I'm actually going to do something about it.	1	2	3	4	5
12. After all I had done to try and improve my situation, every now and then I still find myself struggling.	1	2	3	4	5
CAM Total:	28				
CAM Score:	CAM Total (28) ÷ 3 = 9.3				
Pre-Contemplation (PC)					
1. It doesn't make much sense for me to consider changing my situation.	1	2	3	4	5
5. Trying to change my situation is pretty much a waste of time.	1	2	3	4	5
6. I guess I have faults, but there's nothing that I really need to change about my situation.	1	2	3	4	5
PC Total:	12				
PC Score:	PC Total (12) ÷ 3 = 4				
Readiness Score:	CAM Score (9.3) – PC Score (4) =				5.3

Intake: URICA Assessment Interpretation

Readiness Score	Stage of Change	POH Eligibility
7.9 or Lower	Pre-Contemplation	Likely screened out of program
8 to 10.9	Contemplation	Possible client for program
11 to 13.9	Preparation/Action	Good potential client for program
14	Maintenance	Ready for transition or too high-functioning to start program