

# OKSA ASSESSMENT FOR YOUTH AGES 14 AND UP



# HOPE FOR TOMORROW



**A Hope-Centered Tool  
for Youth Engagement**

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**Youth Name:**

**Client ID Number:**

**DOB:**

**Date of Completion:**

**Gender:**

**Race/Ethnicity:**

# Building Hope and Pathways for the Future

The Hope for Tomorrow Youth Assessment is a tool for **older youth ages 14-18**. Each question is designed to help you consider a variety of factors that are known to help young people thrive during the transition into early adulthood. High satisfaction in your own life is not just something that happens; it occurs as a result of setting goals, thinking about the pathways you need to take to achieve those goals, and developing strategies that will help you stay on track for those goals, even when times get challenging. We believe that the future can be better than today, and that you can make it so!

Think carefully about each question below. There is no right or wrong answer; just respond honestly to how you feel most of the time in each area. Once you complete the survey questions, you can use the information from the assessment to help you start planning for the future that you desire.

None of the time 1	A little of the time 2	Some of the time 3	A lot of the time 4	Most of the time 5	All of the time 6
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## Education

- 1. I can think of ways to make good grades in school.
- 2. There are a lot of ways to meet the challenges of any class.
- 3. I feel pretty successful in school.
- 4. Even if a course is difficult, I can find a way to succeed.
- 5. I can think of a lot of ways to do well in classes that are important to me.
- 6. I get the grades I want in my classes.
- Total**

**Goal:** Identify your goals for **Education**.

None of the time 1	A little of the time 2	Some of the time 3	A lot of the time 4	Most of the time 5	All of the time 6
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## Employment - Job or Career

- 1. When I am looking for a job, I will look for jobs that match my interests and talents.
- 2. I am capable of working in a good job.
- 3. I am going to work in a career (one that needs special training or school).
- 4. I feel energized when I think about my future achievement at my job.
- 5. I know what skills are necessary to help me be employed in a good job.
- 6. I have a clear understanding of what it takes to be successful at work.
- Total**

**Goal:** Identify your goals for **Employment**.

None of the time 1	A little of the time 2	Some of the time 3	A lot of the time 4	Most of the time 5	All of the time 6
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## Relationships with Important People

- 1. I can think of lots of things I enjoy doing with the important people (family and friends) in my life.
- 2. I have opportunities and want to work on maintaining important relationships in my life.
- 3. Even when we disagree, I know that I can count on important people in my life and we can find ways to solve our problems.
- 4. I know how to communicate feelings with the important people in my life.
- 5. I have the skills to maintain a healthy relationship (communication skills, finding consensus, regulating my own emotions during conflict, the ability to see something from another person's point of view).
- 6. I can distinguish between a healthy and unhealthy (or toxic and unsafe) relationship.
- Total**

**Goal:** Identify your goals for **building and keeping good relationships with people in your life who are important to you.**

None of the time 1	A little of the time 2	Some of the time 3	A lot of the time 4	Most of the time 5	All of the time 6
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## Health and Well-Being

- 1. I can find ways to maintain my health in a variety of situations, even when I have a new living arrangement.
- 2. If I am not feeling well, I know what to do.
- 3. I understand about abstinence (not having sex) and other ways to prevent pregnancy.
- 4. I understand about sexually transmitted infections (sometimes called STDs) and ways to prevent and/or treat sexually transmitted infections.
- 5. I know my mental health (thoughts, feelings, emotions) is important and I know how to take steps to take care of myself.
- 6. I can use tools like mindfulness, relaxation, grounding, and other skills to help when I feel anxious, sad, or overwhelmed.
- Total**

**Goals:** Identify your goals for **building and keeping good physical and mental health.**

None of the time 1	A little of the time 2	Some of the time 3	A lot of the time 4	Most of the time 5	All of the time 6
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## Everyday Stuff – Things that are Important to Me

What are the activities of teenage life that you want, and do you have the pathways and agency to get to those activities? These activities include attending school events, joining clubs, and participating in sports, music, or other activities that are important to you or are part of typical teenage life.

- 1. I am able to find ways to be part of activities that I enjoy.
- 2. My past participation in free time activities will help me in my future.
- 3. I participate in activities just like other kids my age.
- 4. I am able to participate in traditions and customs that are important to me.
- 5. The activities I participate in help me feel satisfied with my life.
- 6. I am able to spend the amount of time I would like with friends.
- Total**

**Goal:** Identify your goals that **reflect the activities or key events of your teen years that are important to you and you want to have.**

None of the time 1	A little of the time 2	Some of the time 3	A lot of the time 4	Most of the time 5	All of the time 6
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## Placement – Current Living Arrangement

- 1. I can find ways to overcome obstacles in my current living placement to feel stable.
- 2. Staying in my current living situation is important for my goals.
- 3. If I am not happy or feeling well in my placement, I know what to do to get support.
- 4. My placement(s) have provided me strategies to achieve the goals I have for my life.
- 5. Even when my placement has been difficult, I find ways to pursue my goals.
- 6. I have a good connection/relationship with the adults who are currently providing care.
- Total**

### Notes/Comments



None of the time 1	A little of the time 2	Some of the time 3	A lot of the time 4	Most of the time 5	All of the time 6
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## Hope Scale

- 1. I can think of lots of ways to get out of a jam.
- 2. I can think of many ways to get the things in life that are most important to me.
- 3. I am doing just as well as other kids my age.
- 4. When I have a problem, I can come up with lots of ways to solve it.
- 5. I think the things that I have done in the past will help me in the future.
- 6. Even when others want to quit, I know that I can find ways to solve the problem.
- Total**

## Notes/Comments

None of the time 1	A little of the time 2	Some of the time 3	A lot of the time 4	Most of the time 5	All of the time 6
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## Housing and Income Stability – Age 17 +

This is the section of the assessment tool that will help facilitation transition planning conversations. This is not intended to replace the Transition Plan.

- 1. I have a plan for where I would like to live after I turn age 18.
- 2. I have people who can help me out when I need housing (help pay rent, let me live with them, etc.).
- 3. I have calculated housing expenses and know how to make arrangements for payments (electricity, water, trash, gas, etc.).
- 4. I have a plan for how I am going to financially support myself.
- 5. In addition to housing, I am able to manage other expenses each month (phone, internet, transportation, food).
- 6. I have experience with managing my own money and creating a budget that will help me in adulthood.
- 7. I know how to get medical care and prescriptions (emergency care, doctors appointments, use my health insurance).
- 8. I know how to get mental health care (schedule appointments, find providers, get emergency help).
- 9. I have a plan or know my options for continuing my education (GED, vocational training, college).
- 10. I know how to pay a deposit and have utilities (water, electricity) connected.
- 11. I have access to transportation to help me get to work, school or other essential activities.
- 12. I know about the Ombudsman (the person who helps me with my rights in foster care) and how to contact them in a time of need.
- 13. I know how to contact OKSA during and after my transition to adulthood.
- 14. I have all of my important documents (birth certificate, identification, social security card, CDIB card)
- 15. Overall, I feel ready for my transition to adulthood.
- Total**

### Notes/Comments

# Hope for Tomorrow Assessment Scoring Sheet

Step 1: Add up the total in each domain

Domain	Total Score (add items)	Hope Score Divide Total Score by Number of Questions	Wheel of Hope Number	Notes
Education		/6		
Employment		/6		
Relationships with Important People		/6		
Health and Well-Being		/6		
Everyday Stuff		/6		
Placement		/6		
Hope		/6		
Housing & Income Stability (Age 17+ only)		/15		

Step 2: Transfer the score in each domain into the Wheel of Hope in the assigned domain area.

