



ParentingWell Practice Profile – ACCESS & ADVOCATE – Self Assessment

Name: _____ Date of Self-Assessment: _____

This worksheet is for staff to assess their own practice with respect to parenting practice as defined by the ParentingWell Practice Profile. This worksheet is to be used in preparation for meeting with your supervisor. Use the *Access & Advocate* Core Element of the Practice Profile to identify both the strengths and areas needing improvement in your practice. Using a copy of the Access & Advocate Core Element from the practice profile, read the description of the Core Element all the way through so you can get a sense of what the practice looks like as a “whole.” Make note (you may highlight, underline or circle items on your copy of the profile) of specific items that reflect your current practice, then assess your practice for each sub-category using a rating scale of 1 to 10 as defined below. Record your rating for each sub-category and provide examples of strengths and areas needing improvement on this worksheet.

Rating	Meaning	Explanation
10	Ideal practice proficiency served	My practice in this area demonstrates a consistently high degree of mastery in a wide range of situations and with all persons served.
5	Developmental practice proficiency	My practice in this area demonstrates a good understanding and skill level. My practice is strong, but only in some situations and with some persons served.
1	Unsatisfactory practice proficiency	This is a new or emerging skill for me. It is not yet present in my practice.
0	N/A	This practice is not part of my responsibilities.



ACCESS & ADVOCATE	Rating	Notes/Examples/Questions/New Goals
a. Begin the conversation about current supports and resources – emotional, financial, instrumental, professional and personal – that benefit the parent, the child, and the family.		
b. Provide the rationale for the benefits of social support and positive interactions as they contribute to recovery and resilience for both parents and children.		
c. Suggest the benefits of and support parents in helping others as well as asking for help, as mutual give-and-take builds more supportive relationships.		
d. Explore any hesitancy on the part of parents to connect or communicate with others regarding parenting or children, especially to ask for help.		
e. Ask who helps most with child caregiving, if relevant. Who do parents ask for advice about parenting and relationships with children (of any age)?		



ACCESS & ADVOCATE	Rating	Notes/Examples/Questions/New Goals
f. Ask parents about strengths of partners or other significant family members, especially those who may be involved as caregivers.		
g. Ask how often and in what context parents interact with other adults (e.g., friends, neighbors, family members), especially other adults who are parents.		
h. Assist parents in identifying individuals or family members who can or do serve as positive role models, or who provide positive assistance to the parent and family.		
i. Ask about resources available or used in the neighborhood and community.		
j. Ask about involvement with other systems, services or practitioners.		



ACCESS & ADVOCATE	Rating	Notes/Examples/Questions/New Goals
k. Support parents in influencing people and environments that promote recovery for themselves and resiliency for their children.		
l. Encourage, role model, coach and offer parents opportunities to rehearse and practice interacting with others.		
m. Help parent identify alternative or new social support resources.		
n. Research available opportunities for social support with the parent.		
o. Assist parents in identifying professional sources of support.		
p. Support parents' developing skill, growing confidence in interpersonal situations, maintaining social support networks, and accessing essential resources.		