

Self-Sufficiency & Well-Being Matrix

Required Categories

Category	Crisis (1)	Vulnerable (2)	Stable (3)	Self-Sufficient (4)	Thriving (5)
Food	I/We have no food in the home and no way of getting food; no or limited means of preparing meals	I have regular challenges getting food; I rely on food pantries and EBT benefits	I am able to get food almost all of the time; occasional use of food pantries/benefits	I am able to purchase sufficient nutritious food for my household	Always able to purchase and prepare healthy, fresh food of choice
Housing	I/We have an eviction or foreclosure notice; involuntarily homeless	I am at risk of losing housing; living in a shelter/motel; has difficulty qualifying for housing; doubled up with others; rent 41% or more of income	I have stable housing for the next six months (subsidized or unsubsidized); in transitional housing; rent is between 35-40% of income	I have secure unsubsidized housing for at least one year; rent/mortgage is 31-35% of income	Homeownership OR renting in neighborhood of choice; rent/mortgage payment is 30% or less of monthly net income
Income	I/We have no income source and cannot meet basic needs for household	I have some income but it is not consistent to meet all basic needs for household	I currently have enough income to meet basic needs; unable to save	I have enough income to meet basic needs and have money leftover (saves 1-4% monthly)	Income is sufficient and stable (saves 5% or more monthly)
Transportation	I/We have no access to transportation, even in an emergency	I have no access to transportation to satisfy basic needs	I have limited access to public or private, when needed	I have consistent, dependable transportation, public or private	Transportation is readily available and affordable; car is adequately insured
Behavioral Health	Experiencing severe difficulty in day-to-day life due to mental health, emotional wellness and substance use disorder needs not being met; doesn't know where to go to get help; in crisis – danger to self or others	Feels that mental health, emotional wellness and/or substance abuse symptoms may get in the way of daily living; not sure what to do or where to go for help; could benefit from behavioral health services	Identified mental health, emotional wellness and/or substance use disorder needs and working towards having need met; is accessing appropriate services	Mental health, emotional wellness and/or substance use disorder needs are being managed; only minimal symptoms in response to life stressors	Feels good about overall behavioral health – does not need assistance in this area; knows where to go for help if needed
Employment	I am unemployed and have difficulty finding/maintaining employment	I experience difficulty keeping a job once hired; employed but wage/hours are not adequate to meet basic needs	I am employed full time but pay is inadequate ; few or no benefits; limited opportunity for advancement	I am employed full time with potential for advancement	Maintains permanent employment with adequate income and benefits