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**LEND A HAND**  
HAND (Health, Available Resources, Narrative, Danger)  
**Assessment Checklist**

**Health**

- Wounds, sores, or visible injury / illness
- Personal self-care (painted fingernails, clean face / hands, body odor, clean hair) relative to behavioral health, NOT as a function of living conditions or vocation

**Available Resources**

- External:
  - Friends
  - Family
  - Pets
  - Children
  - Religious groups
  - Social club / group
- Internal:
  - Active coping skills
  - Insight into strengths and limitations
  - Purposeful living
  - Communication skills: Can identify and prioritize needs

**Narrative**

- Speech Content:
  - Bizarre
  - Rhyming
  - Nonsensical
- Speech Process:
  - Rapid
  - Perseverative (stuck on one topic)
  - Rambling / jumping topics
  - Obsessive / Fixated

**Danger**

- To themselves or others. Do they have:
  - A plan
  - Intention to harm self or others
  - Access to things needed to carry out plan



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HEALTH	AVAILABLE RESOURCES	NARRATIVE	DANGER
Wounds, sores, or visible injury / illness	Family	Bizarre speech	Plan
Cleanliness / Self care is poor (NOT as a function of conditions)	Friends	Nonsensical	Intention
	Pets	Rhyming	Access
	Children	Rapid	
	Social group	Tangential	
	Religion/ spiritual	Rambling	
	Active coping skills	Obsessive / Fixated	
	Insight		
	Purpose		
	Communication skills		

- Risk level goes up significantly when someone meets criteria from more than one of the risk related categories.
- If someone meets criteria from one of each of the three risk related categories, then it is recommended to engage in additional professional help for intervention with that person (therapy, case management, connection to other services as needed).
- The more internal strengths and external resources someone has, the more resilient they are likely to be in a crisis. Help them identify how to leverage the resources they already have available and identify where more or other resources may be needed. *Ask them, don't assume.*