

Hozho Center Questionnaire Support information.

Date: _____ Time _____ Interviewer _____ Ethnicity _____

The Hozho Center needs this information (Data) to improve service delivery and identify people we serve who might have experienced a brain injury, Complex PTSD, growing up.

1. Safety, Rapport & Basic Needs (The Engagement Phase)

Before asking sensitive questions, focus on building a safe, supportive relationship to engage the person and lower their defenses. They are currently influenced by their survival instincts and are in a reactionary mode of thinking, and we need to stay calm and relaxed, so they can process information and give us valid information.

- **Housing Status:** "Where did you stay last night, or where do you usually find shelter?"
- **Immediate Physical Safety:** "Do you currently feel safe where you are staying? Are there any immediate threats to your safety?"
- **Urgent Daily Needs:** "What is your most pressing need right now? (e.g., food, water, a safe place to sleep, warm clothing, hygiene supplies)"
- **Communication Access:** "Is there a reliable way to get in touch with you, such as a phone number, email, or a specific location where we can find you?"
- **How often do you visit the Hozho Center?** Can we contact you there?
- **Medical Challenges:** "Do you have any ongoing physical health conditions, chronic pain, physical disabilities, or emotional issues that make daily survival more challenging?"

- **Medication Access:** "Are you currently taking any prescription medications? Do you have access to them right now, or do you need help getting them refilled?"
- **Sensory Concerns:** "Do you have any trouble with your vision or hearing, or do you experience severe sensitivity to loud noises or bright environments?"
- **Traumatic Brain Injury (TBI) Screen:** "Have you ever experienced a serious hit to the head, a concussion, lost consciousness, played football or other contact sports, were you ever involved with the rodeo growing up (Mutton Busting)?"
- **Emotional Well-being:** "How has your stress level or mood been lately? Do you often feel highly anxious, angry, or completely exhausted and checked out?"
- **Substance Use Support:** "Are you currently using any substances to help you cope with the stress of your current situation, or to help you sleep at night?"
- **Existing Care Systems:** "Are you currently connected with any mental health professionals, therapists, or support groups, or would you like to be?"
- **Stabilization Assessment:** "When things feel completely overwhelming, what are some things or activities that help you feel a little more grounded or safe?"