



Sample WIT-Y Blueprint

Domain to focus on: Relationships

Current Level of well-being (circle one):



In Crisis



Just Surviving



Doing Okay



Doing Good



Doing Great

Desired Level of well-being (circle one):



In Crisis



Just Surviving



Doing Okay



Doing Good



Doing Great

Describe what well-being at your desired level would look like. Remember, there are no right and wrong answers, just describe what that level of well-being would look like in your life.

I would be able to let some adults (math teacher, social worker, school counselor, foster mom) help me. I would not say mean things to them or try to avoid them. I would be able to talk to people by my locker or next to me in class—at least say hello or good-bye to them.

Who might be able to help you reach the level of well-being that you want?

People might include: siblings, parents, foster parents, staff, social worker, coach, neighbor, teacher, faith leader, boss, etc.

My older brother. My uncle.

What steps do you have to take to achieve your desired level of well-being?

For example maybe you need to locate a therapist, join a group, obtain a tutor, or make time for walks in the park.

check in with my uncle once/week. Go to the doctor to talk about my medicines. Go for a walk with someone once/week. Try to ask my math teacher for help on the next assignment. say hello and make eye contact with three peers each week.

What challenges might make it difficult to have the level of well-being you want?

Think about things like how easy it is to trust people, make new friends, ask for help, find resources or people that will help you.

Unable to trust adults who say they want to help me. Don't have any friends at school. Feel anxious and unable to ask for help. Get afraid people who are nice to me just want to hurt me, so I try to hurt them first.

What resources do you think you might need to help reach your desired level of well-being?

Resources might include things like, money, people, time, or access to certain places. You will likely think of other resources that you have or you need in your life to make the change you want in your well-being.

A regular time to check in with my uncle. Someone to help me make a doctor's appointment and go with me. Ask my brother to go on a walk to the park.

Change often takes time. What do you think is the right amount of time to work on making this change in your well-being?

At least six months.