

Milieu Therapy Implementation Assessment

The following assessment will help your program identify strengths and areas for growth using the principles of milieu therapy.

Please indicate how frequently your program engages in the following practices:

	Never	Rarely	Sometimes	Often	Always
1. Staff consistently follow a clear daily routine.					
2. Clients feel emotionally safe expressing themselves openly.					
3. Staff frequently invite clients' opinions and ideas regarding the therapeutic community.					
4. Clients report feeling physically safe within the environment.					
5. Staff clearly communicate rules and expectations to clients.					
6. Clients understand the structure and expectations of the program.					
7. Staff regularly acknowledge and validate clients' feelings.					
8. Clients actively participate in setting personal goals for their treatment.					
9. Staff regularly monitor the environment to proactively identify and address safety risks.					
10. Clients feel their emotional needs are adequately met by staff.					
11. Staff interactions demonstrate sensitivity to clients' past experiences or traumas.					
12. Clients consistently report feeling respected by staff.					
13. Staff and clients periodically review and update routines as needed.					

14. Staff demonstrate genuine empathy and care when interacting with clients.					
15. Staff regularly check-in with clients about their emotional well-being.					
16. Clients actively engage in therapeutic activities.					
17. Clients' emotional expressions are taken seriously by staff.					
18. Clients know who to approach if they feel unsafe.					
19. Staff promptly address emotional or behavioral crises.					
20. Clients feel involved and connected within the therapeutic community.					

General Feedback:

1. What feedback or practices are working well in your program?

2. What areas do you identify as needing improvement?

3. What additional comments or suggestions do you have?

Milieu Therapy Implementation Assessment: Scoring Guide

Principle	Associated Items	Score (0–16)
Safety	2, 4, 9, 19	
Support	10, 14, 15, 18	
Structure	1, 5, 6, 13	
Involvement	3, 8, 16, 20	
Validation	7, 11, 12, 17	

Each answer is assigned a point value:

Never = 0
Rarely = 1
Sometimes = 2
Often = 3
Always = 4

Scoring by Principle: Interpretation Guidelines:

After completing the assessment, add the scores for each principle area. Use the following ranges to interpret your results:

- Scores between 0–5 indicate a significant need for development.
- Scores between 6–10 suggest an emerging practice that would benefit from further strengthening.
- Scores between 11–14 reflect strong practice in that area.
- Scores between 15–20 indicate a model practice demonstrating full integration of milieu therapy principles.

Lower scores highlight opportunities for program growth and improvement, while higher scores reflect established strengths that can be reinforced and celebrated.