

PHCF Universal Core - Quick Reference

Framework Version 0.1 | Classification Manual Version 1.0

01 Current Positive Health State

What positive mental health is being experienced now?

Positive self-experience; engagement and vitality; belonging and connection; meaning and valued direction.

02 Positive Health Capacities

What adaptive psychological capabilities appear available or potentially mobilisable?

Agency; adaptive regulation; psychological flexibility; relational capacity; meaning and identity; recovery and self-management.

03 Demonstrated Adaptation

What has the person's history shown they have been able to mobilise under meaningful challenge?

Historical evidence of strategy development, help seeking, recovery following deterioration, persistence and restoration of valued activity.

04 Protective Resource Ecology

What resources exist within and around the person, and how available and usable are they?

Personal, relational, cultural, community, material, structural and treatment-related resources; distinguish availability, access, usability and mobilisation.

Classification anchors and boundaries

Profile information remains primary; no global positive-health score is assumed.

Not Assessable	Insufficient information.
Limited Evidence	Little current evidence.
Emerging	Inconsistent, restricted or requires substantial support.
Established	Reliably evident across relevant situations.
Strongly Demonstrated	Consistent availability or expression across meaningful challenge, settings or time.

PHCF DOES NOT REPLACE

Source diagnosis / clinical formulation
Symptoms and psychopathology
Risk and safety
Functioning
Quality of life
Person-defined personal recovery
Clinical formulation and treatment planning

The descriptive anchors are provisional, not validated thresholds. Record uncertainty explicitly and use Not Assessable when evidence is insufficient.