

Plan of Care #1

Student/family name: Nina R.	Facilitator name: Sharon	Date: 11/10/10
Team goal: The family will have a network of support that helps get them through tough times.		
Behavior: (What's the problem?)	Nina skips school	
Need: (Why is it happening?)	Nina needs to know her life can be different, Nina needs to see that making friends is not so scary, Nina needs to feel safe at school	
Goal: (What would we like to see happen instead?)	Nina will have one good friend at school	
Strengths: (What do we have to work with?)	The family lives close to the school, Nina has lots of support from her teacher and school staff	
Who?	What?	By when?
Jack	Have breakfast with Nina a couple times a week	Today
Susan Powell	Help Nina create a Facebook page for the school	Weds
Mary Jones	Create a list of names of girls she thinks Nina might like and get along with	Weds
Jack	Shop for foods that Nina likes and encourage her to pack a lunch every day	Today
Nina	Start taking the bus to school	Monday
Susan Powell	Make Nina responsible for computer sign up in her classroom	Monday
Review date: 11/15/10	Outcomes: (How did the plan work?) 1. Nina's attendance still averages about 4X/week, though she says she is enjoying school more. 2. Nina has connected with a classmate named Olivia and she is enjoying the friendship.	

Plan of Care #2

Student/family name: Nina R.	Facilitator name: Sharon	Date: 11/29/10
Team goal: The family will have a network of support that helps get them through tough times.		
Behavior: (What's the problem?)	Nina spends most of her time alone	
Need: (Why is it happening?)	Nina needs to feel safe at home and at school, Nina needs to be accepted for who she is	
Goal: (What would we like to see happen instead?)	Nina will have people in her life she can reach out to and who will reach out to her	
Strengths: (What do we have to work with?)	Nina likes online chat, has a variety of interests, Jack makes his daughter a priority, Nina is enjoying her friendship with Olivia	
Who?	What?	By when?
Susan Powell	Make sure that Olivia and Nina are in the same study group	Monday
Jack	Spend two evenings a week with Nina playing games, watching TV, etc.	Next week
Mary Jones	Make sure that Nina and Olivia have the same study period	Monday
Nina	Become Facebook friends with Aunt Nancy	Today
Mary Jones, Olivia	Ms. Jones will research Al-Anon groups in the area, and Olivia will attend one with Nina	Next Fri
Jack, Mary Jones	Meet again to complete discussion/information on cutting	Next week
Nina, Olivia	Will explore starting a book club at school	12/1/10
Review date:	Outcomes: (How did the plan work?)	

Plan of Care #2

Student/family name: Nina R., page 2		Facilitator name: Sharon	Date: 11/29/10
Behavior: (What's the problem?)	Nina makes cuts on her arms		
Need: (Why is it happening?)	Nina needs to be accepted for who she is, Nina needs to know it's ok to grieve her mother's death, Jack and the team need to know Nina is safe		
Goal: (What would we like to see happen instead?)	Nina will be able to express her feelings in other ways		
Strengths: (What do we have to work with?)	Nina has lots of people that want to support her, Nina has interests that she enjoys when she is alone, Nina and her dad are survivors		
Who?	What?	By when?	
Nina	Join an on-line support group for young people who cut	Next Monday	
Mary Jones	Check in with Nina about what she is learning in the on-line group	Next Tuesday	
Nina, Olivia	Journal together for an hour every night	Today	
Mary Jones	Make a referral to a grief counselor at the teen center	Tomorrow	
Nina, Jack	Watch the movie "Shadowlands" together (about one of Nina's favorite authors), then have a talk about it afterwards	Next week	
Review date:	Outcomes: (How did the plan work?)		