

# Psychological Treatment and Vocational Education Assistance for Adolescents

Michael Kirton, Mark Ferry & Jagdish Dua



# Goals

- Increase the capacity of those involved in the treatment to manage their lives more effectively.
  - Cessation or controlled use
  - Reduced criminal activity
  - Improved educational/vocational performance
  - Improved family functioning
  - Improved mental health
  - Improved societal connectedness
  - Improved interpersonal skills
  - Increased involvement in non-substance related recreational activities
  - Increased involvement with non-substance using peers

# PALM Program

## Eligibility

- Aged 14-18
- Serious alcohol and/or other drug related difficulties
- Willingness to participate in the program
- No recent history of serious behavioural problems e.g. uncontrolled violence, serious self harm, sexually acting out or unstable mental health.
- Willingness to abide by the rules
- Agreement to contribute to cost - if income available

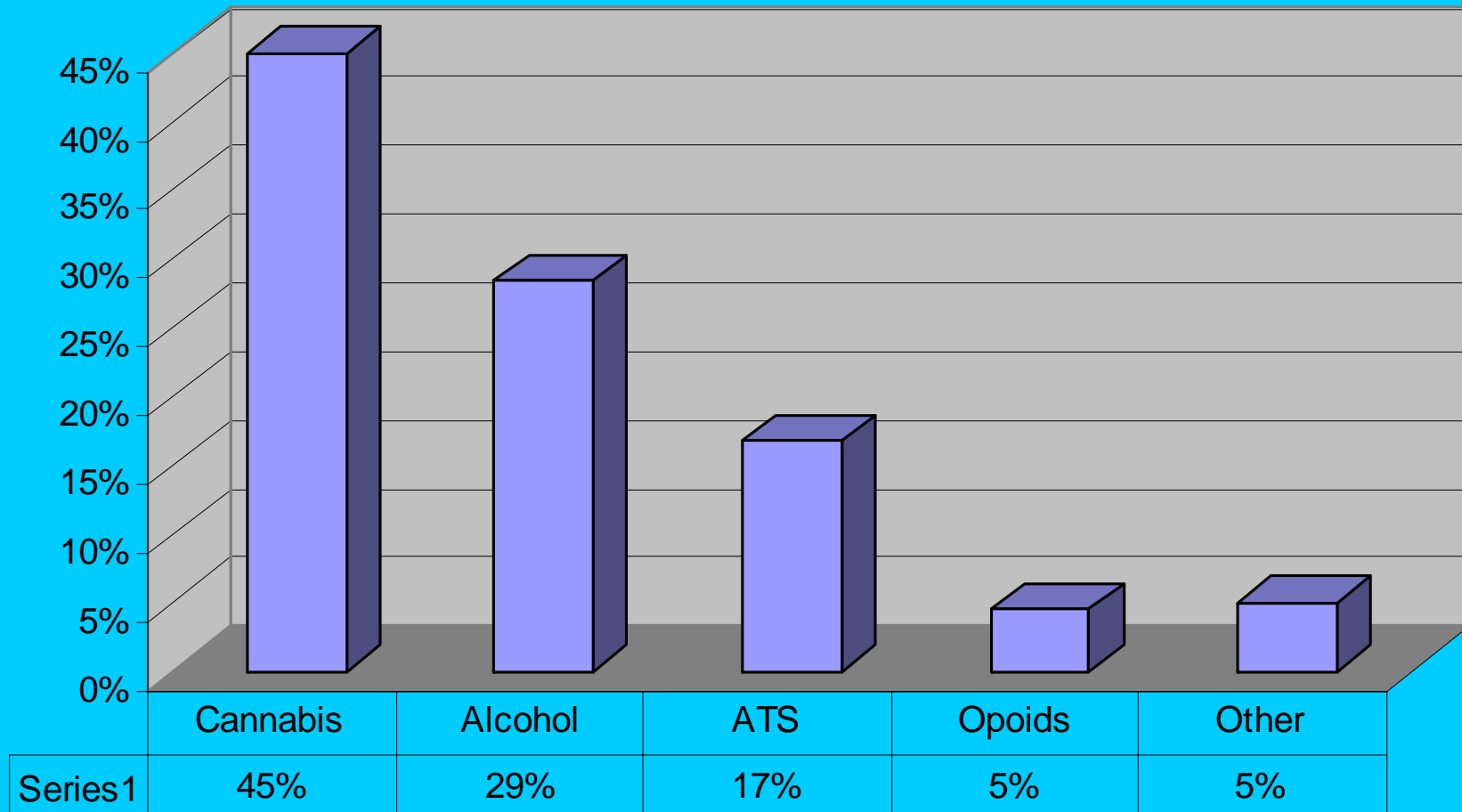
# A Modified Therapeutic Community

- PAL/Assistant PAL
- Buddy
- Assigns chores/recreation
- Structured and organised
- House Meetings - community/own
- Open Handovers
- Open Case conferences
- Feedback to staff/ residents in am and pm meetings

- Input from and to staff/residents action plans
- Conflict resolutions by whole community
- Natural consequences to community
- Input into re-entry of ex residents
- Residents facilitating groups
- Promoting pressure to change behaviour with each other
- H&I Meeting

Time	Monday	Time	Tuesday	Time	Wednesday	Time	Thursday	Time	Friday	Time	Saturday	Time	Sunday
7:00	Wake Up	7:00	Wake Up	7:00	Wake Up	7:00	Wake Up	7:00	Wake Up	9:30	Wake Up	9:30	Wake Up
	shower		shower		shower		shower		shower		shower	shower	
	Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast	Breakfast	
AODW	Chores	AODW	Chores	AODW	Chores	AODW	Chores	AODW	Chores	10:30	Saturday Chores	10:30	Chores
8:30	Morning Exercise		Morning Exercise	8:30	Morning Exercise	8:30	Morning Exercise	8:30	Morning Exercise				
10:30	Morning Meeting	10:30	Morning Meeting	10:00	Open Case Review	10:30	Morning Meeting	10:30	Morning Meeting				
11:15	Air Conditioning Group Mel & Tom	11:15	Cultural/Spirituality Group Tony & Monique			11:15	Boys /Girls Group Tom, Dan & AODW's	11:15	Voc/Ed Monique & AODW's	11:00	Morning Meeting - then exercise	11:00	Morning Meeting - then exercise
12:15 Mel	Lunch	12:15 Tom/Dan	Lunch	12:15 Sam	Lunch	12:15 Kieran	Lunch	12:15 Sal	Lunch	3:00	Visits Recreation	3:00	Visits Recreation
1:30	Goal Posters AODW's	1:30	The Process Of Change Kieran & AODW	1:30	Voc/Ed Monique & AODW's	1:30	Assertiveness Mel & AODW's	1:30	Voc/Ed Monique & AODW's				
2:30	Break/Project	2:30	Break/Project	2:30	Break/Project	2:30	Break/Project	2:30	Break/Project				
3:15	Handover	3:15	Handover	3:15	Handover	3:15	Handover	3:00	Handover				
3:30	Relaxation	3:30	Relaxation	3:30	Relaxation	3:30	Relaxation	3:00	Relaxation				
4:00	Journalling AODW's	4:00	Relapse Prevention Plans AODW's	4:00	Fitness Outing AODW's	4:00	Voc/Ed Monique & AODW's	4:00	Fitness Outing AODW's	3:10	Handover	3:10	Handover
Late Snr	Monique		Sam/Kieran		No Snr		No Snr		Mel				
4:45	Break/Project	4:45	Break/Project	4:45	Break/Project	4:45	Break/Project	4:45	Break/Project		Visits Recreation		Visits Recreation
6:00	Dinner	6:00	Dinner	6:30	H & I NA meeting	6:00	Dinner	6:00	Dinner	6:00	Dinner	6:00	Dinner
7:00	Recreation	7:00	Recreation	7:00	Recreation	7:00	Recreation	7:00	Recreation	7:00	Recreation	7:00	Recreation
9:30	Wind Down Chores	9:30	Wind Down Chores	9:30	Wind Down Chores	9:30	Wind Down Chores	10:30	Wind Down Chores	11:00	Wind Down Chores	9:30	Wind Down Chores
10:3	Bed Time	10:30	Bed Time	10:30	Bed Time	10:30	Bed Time	12:00	Bed Time	12:30	Bed Time	10:30	Bed Time

## TNF 07-08 Drug of Greatest Concern



# PALM Typical Clients

- Most commonly referred by legal, self and family
- Commonly reported problems that lead to treatment - family, legal, emotional wellbeing and physical & mental health
- 92% born in Australia (77% non-indigenous)
- 77% attained less than Yr 10 (only 29% were currently in education program, inc. school)
- Over 89% had been suspended or expelled at least once from school
- 37% of clients had lived in 4 or more places in 6 months prior to admission
- 48% had injected a drug in the past (38% in 3 months prior to admission)
- 68% arrested at least once in the 3 months prior to admission (mainly for property, person, driving and vandalism crimes)
- 40% had ever attempted suicide
- Between 12% and 31% had been sexually assaulted by a known person

# Action plan

Settling in Goals				
Goal	Action	By whom	When	How will I know it is achieved
<b>Goal 1</b> <b>Maintain personal hygiene and basic self-care</b>	By completing the following each day ➤ Shower ➤ Clean Teeth ➤ Wear clean clothes ➤ Wash and brush hair ➤ Make bed daily ➤ You can maintain self care by eating nutritious meals (minimising intake of junk food) ➤ You can maintain self care by attending to health needs	Client	<b>ASAP</b>	When I am able to complete the mentioned tasks consistently and my AODW coach has confirmed this.  AODW coach
Commenced: 5/11/08				
Achieved:				

Goal	Action	By whom	When	How will I know it is achieved
<p><b>Goal 2</b>  <b>Participate in house routine</b></p>	<p>You can participate in house routine by</p> <ul style="list-style-type: none"> <li>➤ Waking and getting out of bed on time</li> <li>➤ Developing regular sleep patterns</li> <li>➤ Completing chores</li> <li>➤ Participating in recreational activities</li> <li>➤ Going to meetings and groups on time</li> </ul>	<p><b>Client</b></p>	<p><b>ASAP</b></p>	<p>When my AODW coach has confirmed that I am consistently performing the required behaviours.</p>
<p>Commenced: :            5/11/08</p>	<ul style="list-style-type: none"> <li>➤ Eating with other residents</li> </ul>			
<p>Achieved:</p>	<ul style="list-style-type: none"> <li>➤ Interacting socially with other residents</li> <li>➤ Going to bed on time</li> </ul>			

Goal	Action	By whom	When	How will I know it is achieved
<b>Goal 3</b> <b>Participate in Group</b>	You can participate in group by ➤ staying awake and being attentive in groups (sit up in seat and do not lounge about) ➤ listening and contributing constructively to discussions. ➤ attempting to answer questions fully and honestly (in more than just a few words) ➤ contributing to the best of your ability	Client	<b>ASAP</b>	AODW coach
Commenced: : 5/11/08				
Achieved:				
Goal	Action	By whom	When	How will I know it is achieved
<b>Goal 4</b> <b>To demonstrate my willingness to participate in the program</b>	➤ Discuss with counsellor. ➤ To participate in all aspects of the program. ➤ Set goals for the program ➤ Have a mini-case review.	Client Manager	By two weeks into the program	AODW coach I have had my mini-case review and the manager has signed my Action Plan <hr/> <b>Michael</b> <hr/> <b>Manager</b>
Commenced: : 5/11/08				
Achieved:				

Goal	Action	By whom	When	How will I know it is achieved
<b>Goal 5</b> <b>Begin an exploration into my drug and alcohol issues</b>	<ul style="list-style-type: none"> <li>➤ Assessment Part B, Section 6.</li> <li>➤ Discuss in relapse prevention groups</li> <li>➤ Discuss in counselling</li> </ul>	<b>Client AFC's</b>	<b>ASAP</b>	<b>When the AFC's agree that I have been starting to explore my AOD issues.</b>            <b>Counsellor's</b>
Commenced: : 5/11/08				
Achieved:				
Goal	Action	By whom	When	How will I know it is achieved
<b>Goal 6</b> <b>To be able to start to name my emotions in order to monitor my moods</b>	<ul style="list-style-type: none"> <li>➤ Make a note of how I am feeling on my daily goal sheet in the morning and at wind down.</li> <li>➤ Take an active interest in noticing how I feel.</li> </ul>	<b>Client</b>	<b>ASAP</b>	<b>When my AODW coach has confirmed that I am consistently performing the required behaviour</b>  <b>AODW coach</b>
Commenced: : 5/11/08				
Achieved:				

Goal	Action	By whom	When	How will I know it is achieved
<b>Goal 7</b> To have a goal of reducing or ceasing my nicotine intake	<ul style="list-style-type: none"> <li>➤ In consultation with my counsellor I will define a goal to reduce the amount of cigarettes I smoke each day</li> <li>➤ Develop a smoke reduction/cessation plan</li> <li>➤ Add the plan to my action plan</li> <li>➤ Implement the actions required to achieve this goal</li> </ul>	Client Counsellor All PALM Staff	Before I have my Mini-case review	I will have a goal to reduce my nicotine intake. I will have a plan and it will be presented at my mini-case review This plan will be added to my action plan after the mini-case review.
Goal	Action	By whom	When	How will I know it is achieved
<b>Goal 8</b> To explore some VocEd goals	<ul style="list-style-type: none"> <li>➤ Make an appointment with Voc/Ed Coordinator</li> <li>➤ Have a vocational education assessment</li> <li>➤ To determine some Voc/Ed goals for my time in PALM and afterwards.</li> </ul>	Client Voc/Ed – Coordinator	Before mini-case review	Voc Ed Coordinator
Commenced: : 5/11/08				
Achieved:				

Goal	Action	By whom	When	How will I know it is achieved
<b>Goal 9</b> <b>Have a Mini Case Review</b>	<ul style="list-style-type: none"> <li>➤ Meeting held to review your first two weeks at PALM</li> <li>➤ A time for you to discuss any issues/ needs and plans related to your time in the program so as to get the most out of PALM</li> <li>➤ Review of settling in goals and understanding of rules, rights and responsibilities</li> <li>➤ Attended by Manager/ Unit Co-ordinator, AFC, or AODW and other external support people</li> <li>➤ Adding individual / personal goals to my Action Plan</li> </ul>	See other column	2 wks after entry to PALM	<b>I will have had a mini-case review and set goals for the rest of my stay at PALM. These goals may be added to as I progress in the program.</b>
Commenced: : 5/11/08				
Achieved:				

Goal	Action	By whom	When	How will I know it is achieved
Goal 10 <b>To access a Centrelink benefit</b>	<ul style="list-style-type: none"> <li>•To update my details with Centrelink</li> <li>▪To negotiate a new activity agreement with Centrelink, participating in PALM.</li> <li>▪To seek referral to a job network member or Job Capacity Assessment.</li> </ul>	Client, Staff designate d	ASAP	When I have organised my Centrelink requirements arranged and have been referred to a Job Network member or Job Capacity Assessment. Client Renaë
Goal	Action	By Whom	When	How will I know it is achieved
Goal 11 <b>To complete a room condition report</b>	<ul style="list-style-type: none"> <li>▪Receives a room condition report and checks it against the condition of room</li> <li>▪Photographs of the room are taken</li> <li>▪Any necessary alterations to the report are negotiated</li> <li>▪\$20 bond is paid</li> </ul>	Resident and coach	Within first 3 days	<b>When report is signed and bond paid</b> Resident Coach

# My Goals coming from Mini-case Review & Voc/Ed Goals



Goal	Action	By whom	When	How will I know it is achieved
<b>Goal 12 Abstinence from Cannabis and other drugs</b>	<ul style="list-style-type: none"> <li>•Use a Client centred approach, active listening skills and positive regard in all counselling sessions</li> <li>•Motivational interviewing, and CBT</li> <li>•Examine and acknowledge the maintaining conditions for my cannabis use. (What does my cannabis use do for me?)</li> <li>•Identify what my life could be like if I continue to smoke cannabis and what it could be like if I never use cannabis again (the good and the bad).</li> <li>•Understand the concept of relapse prevention</li> <li>•Develop a relapse prevention plan that I am confident I can follow.</li> </ul>	Counsell or	26-27 Nov <b>3/12</b> <b>6/01/09</b>	<ul style="list-style-type: none"> <li>•I will have discussed this with my counsellor</li> <li>•I will have a laminated sign that outlines possible consequences; drug use or no drug use</li> <li>•I will have presented a group on relapse prevention</li> <li>•I will have a relapse prevention plan I am happy to follow.</li> </ul>

## Treatment obstacles and potential solutions

Client could not see an obstacle

Goal	Action	By whom	When	How will I know it is achieved
<b>Goal 13</b> <b>No alcohol till my 18th</b>	<ul style="list-style-type: none"> <li>•Develop a relapse prevention plan</li> <li>•Role plays used in counselling</li> </ul>	Client and AFC	<b>10/01/09</b>	I will have a list of strategies that can be used to stay abstinent from alcohol.

**Obstacles and potential solutions**

- No obstacle till I leave PALM.
- Developing a relapse prevention plan that I will not follow

Goal	Action	By whom	When	How will I know it is achieved
<b>Goal 14</b> <b>Learn independent living skills</b>	<ul style="list-style-type: none"> <li>•Identify the skills that need improving</li> <li>•Develop a checklist so I can prove that I can do things</li> <li>•Actively participate in the preparation of the community lunch on Wednesdays.</li> <li>•Collect a recipe book containing the meals I have prepared while here at PALM</li> </ul>	Client Staff	<b>4/12/08</b>	<ul style="list-style-type: none"> <li>•I will know what I need to improve</li> <li>•Pearl will have signed that I have participated in this activity to the best of my ability</li> <li>•I will have a cookbook of recipes that includes the recipes for the meals I have cooked while at PALM.</li> </ul>

Obstacles and potential solutions–  
 Laziness Being tired Go to bed earlier

Goal	Action	By whom	When	How will I know it is achieved
<b>Goal 15</b> To improve my level of fitness.	•In consultation with my AODW coach I will develop a fitness plan and follow it	Client staff	ASAP	I will have a fitness plan. I will be following it I will feel fitter

**Obstacles and potential solutions**

•Apathy, injury  
 encouragement from staff, correct warm up and warm down procedure

Goal	Action	By whom	When	How will I know it is achieved
<b>Goal 16</b> To reduce or cease my nicotine intake	•To utilize the restrictions built into the PALM program to reduce my nicotine intake •I will develop a plan to manage my nicotine cravings and implement it.	Client <b>PALM Staff</b>	Ongoing	I will be conforming to the nicotine restrictions of the PALM Program. Staff will acknowledge this by signing this document (3 AODWs to sign). ..... ..... .....

**Obstacles and potential solutions**

•Staff not implementing the smoking policy boundaries and/or Client not utilising them. Possible solutions- follow procedures

Goal	Action	By whom	When	How will I know it is achieved
<b>Goal 17</b> Strengthen relationship with dad	<ul style="list-style-type: none"> <li>•Phone contact</li> <li>•Home visit</li> </ul>	Client	Before I go home	Dad will know

**Obstacles and potential solutions**

- If Client reacts negatively to his father
- Tell dad I do not want to fight with you

Goal	Action	By whom	When	How will I know it is achieved
<b>Goal 18</b> Deciding who I want as friends	<ul style="list-style-type: none"> <li>•Discuss in counselling</li> </ul>	Client and counsellor	Before I leave	I will know the sort of friends I want in my life

**Obstacles and potential solutions**

- Loneliness, potential solutions-identify friends before leaving the program.

Voc Ed Goals	Action	By Whom	When	How will I know it's achieved
<b>Goal Setting</b>	<input type="checkbox"/> Meet with Voc Ed Coordinator to set goals and/or objectives. <input type="checkbox"/> Participate in goal setting activities. <input type="checkbox"/> Set realistic achievable goals whilst in PALM. <input type="checkbox"/> Set realistic achievable objectives for Post-PALM	Client & VE	Within two weeks	* When I have met with the VocEd Coordinator and have set goals for my time at PALM and for after PALM.
Commenced: 17/11/2008				Achieved: _/_/_
Goal	Action	By Whom	When	How will I know it's achieved
<b>Develop Job Seeking Skills</b>	<input type="checkbox"/> Complete a resume. <input type="checkbox"/> Obtain Tax File Number <input type="checkbox"/> Participate in interviewing activities. <input type="checkbox"/> Research employment opportunities. <input type="checkbox"/> Research employment requirements / actions to career path. <input type="checkbox"/> Explore doing a work placement in the butchering industry.	Client and VE	Within first month at PALM.	* When I have a resume, a TFN, participated in interviewing activities and researched some employment opportunities and career paths.
Commenced: 17/11/2008				Achieved: _/_/_

Goal	Action	By Whom	When	How will I know it's achieved
<b>Centrelink Goals</b>	<input type="checkbox"/> To meet with Centrelink and update my activity agreement. <input type="checkbox"/> To seek a referral to Youth Pathways or JPET. <input type="checkbox"/> Meet as required with Youth Pathways or JPET. <input type="checkbox"/> To update my details with Centrelink and my Job Network Provider prior to leaving PALM.	Client & VE	As soon as possible	* When I have maintained my Centrelink responsibilities and updated my details prior to leaving PALM.
Commenced: 17/11/2008				Achieved: _/_/_

Goal	Action	By Whom	When	How will I know it's achieved
<b>Education Goals</b>	<input type="checkbox"/> Explore my options for further education / training. <input type="checkbox"/> Follow up on possible apprenticeship for next year. <input type="checkbox"/> Make contact with appropriate education providers.	Client & VE	Within first month at PALM.	* When I have made contact with an education or training provider and have arranged to follow up if necessary.
Commenced: 17/11/2008				Achieved: _/_/_

Goal	Action	By Whom	When	How will I know it's achieved
<b>Skills Development</b>  Commenced: 17/11/2008	<input type="checkbox"/> Access the internet <input type="checkbox"/> Set up an email account <input type="checkbox"/> Establish basic computer skills <input type="checkbox"/> Demonstrate telephone skills.	Client & VE	During my time at PALM.	* When I have demonstrated the skills outlined.  Achieved: __/__/__ VocEd: _____ Client: _____
Goal	Action	By Whom	When	How will I know it's achieved
<b>Employability Skills</b>  Commenced: 17/11/2008	To complete the following modules of the Employability Skills package: <input type="checkbox"/> <i>Customer service</i> <input type="checkbox"/> <i>Spoken communication</i> <input type="checkbox"/> <i>Non verbal communication</i> <input type="checkbox"/> <i>Written communication</i> <input type="checkbox"/> <i>Attitude, dress &amp; grooming</i> <input type="checkbox"/> <i>Being employed</i> <input type="checkbox"/> <i>Resilience</i>	Client & VE	During my time at PALM.	* When I have completed the employability skills package.  Achieved: __/__/__ VocEd: _____ Client: _____

Goal	Action	By Whom	When	How will I know it's achieved
<b>Safe Driving</b>	<input type="checkbox"/> Liaise with Garry from Fair Trading regarding having hold on licence waived. <input type="checkbox"/> <i>Participate in road rules groups.</i> <input type="checkbox"/> <i>Rights and responsibilities of driving.</i> <input type="checkbox"/> <i>Studying for my Learners Permit on computer.</i> <input type="checkbox"/> <i>Budgeting for and sitting for my Learners Permit.</i>	Client and VE	As soon as possible	*When I have completed the Safer Driving groups and obtained my Learners Permit if it is appropriate.
Commenced: 17/11/2008				Achieved: __/__/__ VocEd: _____ Client: _____

# After 4 weeks AFC's should complete

- Mental Health Assessments including
  - Pre Treatment Assessment
  - Family developmental Assessment
  - Beck Youth Inventory
  - Psychologist/counsellors assessment
- Mental Health Case Treatment Plan

# Relapse Prevention Plan

1) My plan for managing my use of all drugs including alcohol

1. Keep occupied.

2. Continue year 10 and focus on my goals.

3. Stay away from people who smoke.

4. Speak to Mum when I am stressed out.

# Back-up Plan

- If I lapse when I leave PALM I will;
  1. Think of the experience in a positive and constructive way and understand that a lapse is not a total relapse. I will avoid letting it get me down or letting it undermine my efforts to manage my drug and alcohol use.
  2. I will inform PALM of my lapse and seek support.
  3. I will then contact my PALM counsellor to talk about it
    - To figure out how it happened
    - And to figure out how it could be prevented next time, and what I will need to do differently.

# Early Warning Signs

<b>Early warning sign</b>	<b>Thoughts and feelings</b>	<b>Coping strategy</b>
Frustration, Snapping at other people	Feel angry Think 'I need a cone or a drink'	Go for a walk or a run
Boredom	Feel frustrated Think 'I need a cone or a drink'	Play video games, do exercise

# Triggers

<b>Trigger</b>	<b>Thoughts &amp; feelings</b>	<b>Coping strategy</b>
My brother	Think 'I know he's having a cone'	Walk away, leave the house, go somewhere else.
Pot smokers houses	Think 'I know they're smoking cones'	I will avoid these places
Boredom, Frustration, Anger.	Think 'I need a cone or a drink'	Play video games, do exercise

# High Risk Situations

Location	People	Circumstances	Coping strategy
Broken Hill	Brother	If I know I can get it, if someone tells me	Tell people I am over it, so they don't come near me.
Around dealers places	Friends who smoke	At a party	Avoiding people and places that make me think about smoking.

# Rethinking

<b>Unhelpful thoughts</b>	<b>Helpful reply!</b>
'I need a cone or a drink'	Why did I come to PALM in the first place? It destroyed my life and I don't want to go back there.

# Some drug-free activities will be

1. Going for a walk or a run
2. Going to the gym.
3. Join a cricket club.
4. Watching TV
5. Playing video games
6. Doing year 10.

# Support People

Person	Contact details
Mum	
My Sister Sarah	
PALM (Jody – AFC)	6887 3332

**I will remember that...** (write a reminder to yourself below)

Remember that I couldn't eat properly, I couldn't sleep, I had no money and no incentive to work or play cricket.

# PALM Vocation Education Plan

<b>Resident:</b>	<b>Admit Date:</b>
<b>Counsellor:</b>	<b>UR No:</b>
<b>Support Worker:</b>	<b>DOB:</b>

<b>Education Level:</b> (From Q6 in form A/B)	<b>Employment/Education Status</b> ☹️from Q10 in form A/B		
<b>To be completed by the end of Week 2</b>			
<b>Young person's Aspirations</b> Further education Training Apprenticeship Employment Other (please specify) Additional comments	<b>Numeracy</b>		
	Score	Percentile rank	
	Rating		
	Low	Medium	High
	<b>Literacy</b>		
	Score	Percentile rank	
	Rating		
	Low	Medium	High
Tax File number obtained Yes <input type="checkbox"/> No <input type="checkbox"/>			

<b>Determine Goals &amp; Objectives &amp; Formulate Plan</b>		<b>Weeks 2-4</b>	
Has the dream Chart been Drawn Up.	<b>Yes</b>	<b>No</b>	<b>Comments</b>
Has a Goal Chart been drawn Up	<b>Yes</b>	<b>No</b>	<b>Comments</b>
The following goals were agreed upon following discussions with the young person.			
Goal 1		Commenced:	
		Completed:	
		Signed:	
<b>Action</b>		<u>Facilitator:</u>	
		<u>Time frame:</u>	
Goal 2		Commenced:	
		Completed:	
		Signed:	
<b>Action</b>		<u>Facilitator:</u>	
		<u>Time frame:</u>	
Goal 3		Commenced:	
		Completed:	
		Signed:	
<b>Action</b>		<u>Facilitator:</u>	
		<u>Time frame:</u>	

Skills Development	weeks 3 -8			Who
Relevant education, training, apprenticeship or employment agencies have been contacted .	Yes	No		
Training in resume writing	Yes	No		
Training in interviewing skills	Yes	No		
Training in job seeking skills	Yes	No		
Training in verbal communication	Yes	No		
Training in non-verbal communication	Yes	No		
Training in written communication	Yes	No		
Training in attitude, dress and grooming	Yes	No		
Training in telephone skills	Yes	No		
Training in basic IT including internet and email.	Yes	No		
Training in numeracy (if y/p is low)	Yes	No	N/A	
Training in literacy (if y/p is low)	Yes	No	N/A	

<b>Vocation/Education Preparation weeks 6 -12</b>		<b>Who</b>
Relevant provider(s) contacted to discuss the young person's education /training/ apprenticeship/employment	Yes    No	
Comments		
A meeting held with relevant providers to discuss the young person's training etc.	Yes    No	
Comments		
Has a plan being agreed for the young person to enter the appropriate educational or TAFE institution, or work as an apprentice or at a job?	Yes    No	
Comments		

Young Person's Placement		weeks 8 - 12	Who
Resume Completed?	Yes	No	
Has the placement been initiated?	Yes	No	
Comments			
Have future meetings been planned with the relevant providers?	Yes	No	
Comments			
Have future meetings been planned with the young person?	Yes	No	
Comments			
After care	1 week (after departure)		Date
Has the young person been contacted	Yes	No	
Any issues/problems raised during this contact	Yes	No	
If issues/problems rose, were they resolved/solved?	Yes	No	
Brief report of contact.			

# Case Treatment Plan

This Plan involves the treatment of AOD issues and this must be considered when developing the Plan.

- 1 Presenting Problems and problem history.
  - A list of the client's current presenting problems and difficulties. Highlight the main problem. This includes problems identified by the clinician and the client.
  
- 2 Functional and dysfunctional beliefs.
  - Includes maladaptive beliefs about the self, one's symptoms, other people, or the world. Some of these may be causing problems for the client.
  
- 3 Triggers and problem context – aggravating and ameliorating factors.
  - Objects, people events or situations associated with the worsening or amelioration of the client's problems. For example a highly expressed emotional social environment can worsen a client's problems, whereas a socially supportive one may promote recovery.

- 4 Coping strategies – adaptive and maladaptive.
  - Ways in which the client copes with stressful life events and with emotional arousal. Includes behaviour that worsen or perpetuate the patient's problems e.g. denial, avoidance etc.
  
- 5 Salient learning experiences –
  - learning experiences that may have contributed to the client's dysfunctional beliefs, including events occurring before and after the precipitating event. Salient learning experiences may have shattered assumptions or strengthened dysfunctional beliefs.
  
- 6 Working hypothesis –
  - a model specifying links among the above mentioned components, which describes the predisposing, precipitating, and perpetuating factors for all the problems on the problem list. Protective factors are also described. The working hypothesis also emphasises cognitive and behavioural mechanisms, although other factors can be included.

- 7 Treatment Goals and interventions –
  - a statement of specific and measurable treatment goals and plans for attaining these goals. Done preferably in conjunction with the client in consultation.
  
- 8 Treatment obstacles and potential solutions –
  - A list of predicted or actual obstacles to successful treatment and strategies for overcoming them. Strategies for overcoming the obstacles are based on either the working hypothesis or if the obstacles arise unexpectedly a specific formulation of these new difficulties.
  
- 9 Expected Outcomes –
  - a list of changes that you are looking to be made by the client in regards to your therapeutic interventions.

# Issues Around Creation and Implementation of Action Plans

- Sleep
- Assessment
- Follow up
- Training of Workers
- Staff morale
- Motivational Issues for Client
- Motivational Issues for Staff
- Medication
- Client Diagnoses
- Family issues
- Environmental problems
- Re-immersion

# More Info?

Mark Ferry

[www.ferrym@noffs.org.au](mailto:www.ferrym@noffs.org.au)

PH: 9310 0133