

**TRANSITION PLAN**

Transition Plan for: Chad

Date of Meeting: 2/11/16

Facilitator was: Tanya

New Facilitator: Michele (mom)

Next meeting facilitated by: Michele (mom)

Frequency of Meetings: Every 4 weeks

Location of Meetings: Family's house

Plan for follow-up with family: The FSP will contact mother and YSP contact youth one day after every team meeting via phone

Frequency of follow up with family: One week after team meetings, for the first 3 months

Celebration: The family wants to go to bounce at Skyzone in Pittsburgh and have pizza and soda. The family has been going there for many years and has made many great memories there. All team members will be going on the first Friday next month at 6 pm.

Wraparound Team Members (Facilitator, FSP, YSP)

Name	Relationship to Child	Phone	Role in Team Process (How will they continue to support the family?)
Chad	Youth		Chad will hang flip charts, help create goals and reach things off top shelves. Will review crisis plan at team meetings and give updates on effectiveness.
Lisa	YSP		-----
Mary	MH Case Manager		Will continue to support MH needs and make referrals as necessary.
Michele	Mom		Will continue to support family and facilitate team meetings. Mom will remind all members 2 days prior to team meetings. Mom will set date for next meeting with team at each meeting.

Dave	Dad		He will continue to mediate between mom and youth, as well as help to make sure that ground rules in the home are being followed. Dad will type up plans and send via email within 3 days of meeting.
Julia	Aunt		She will support mom by taking her to church, attending bible study and being a shoulder for her to lean on. She will take on FSP role.
Ann	PO		Will support family with court mandates and keep home safe.
Rick	FSP		-----
Tanya	Facilitator		-----
Jim	Youth's friend		He will attend meetings and continue to support youth by talking to him, listening to him and doing physical activities together. He will take on the YSP role.

**Strengths added to Discovery at Transition meeting (comments about team members and/or the process):**

- Youth learned how to utilize his team members for advice on how to handle problems/situations.
- Youth has recognized that at times the advice he seeks is not always from the most reliable people.
- Family has learned to trust and seek out Case Manager for questions related to MH treatment.
- Aunt has helped mom get involved in church to further strengthen her beliefs, and to utilize prayer as a way to cope with stress.
- The youth is open and willing to try new things.
- The family calls upon probation when needed and keeps chad on track.
- The parents have been using community supports in times of need.
- The family has built positive relationships with natural supports in community
- Entire family/team has embraced the process and took an active part in their roles.
- The family is doing things together without chaos and stress.
- The case manager has been very good at connecting the youth to beneficial MH services.

- The family has had an open mind and was willing to try new things.

### **Vision:**

Everyone is living safely at home, able to express their feelings without violence, probation is a distant memory, youth and family are more actively involved in their community and more positive relationships.

### **Achievement of Vision:**

Both youth and family have become more involved with their local church, relationship with aunt has grown stronger, youth is close to completing JPO requirements, youth is more active in learning ways to manage his anger.

### **Team Mission:**

We are committed to connecting the family to community resources as a support network, holding each other accountable, supporting each other in learning to express our needs without violence and following court mandates to ensure a safe home.

### **Achievement of Team Mission:**

- Aunt supported mom and family in attending church.
- CM supported youth in getting a punching bag to use when he was angry.
- Youth has worked hard in therapy to learn new techniques for expressing his emotions without resorting to physical anger/violence. Family members and formal supports have supported youth in going to therapy.
- PO has supported the family in being prepared for court and understanding what the judge is requiring so that mandates can be met and youth is held accountable.
- FSP has supported family in learning about programs in the community.
- YSP supported youth in finding places to complete community service.
- Facilitator supported the team in coming together and working towards common goals.
- Youth and family have worked together to set rules, rewards and consequences to hold the youth accountable when he becomes angry which has eliminated aggression and improved safety within the home.

**Lessons Learned:**

- The family has realized that how beneficial natural supports are and have helped the family reach their vision.
- The youth learned that punching people is not good nor is it acceptable.
- The youth has learned a variety of ways to cope with his anger.
- The youth has learned that he does not like to be on probation and he will not choose to go down that road again.
- The family has learned to let things go from the past and move on in a positive manner.
- The facilitator learned that she needed to be persistent with the family regarding natural supports but she allowed them the time to think about it and figure out what/who would be best for them.
- The parents learned through their participation in support groups that they are not alone and other people are experiencing problems as well.
- The family has learned how important open and honest communication is.

**Ongoing Needs after Transition**

Need/Goal	Strengths	Measurement	Plan to meet this need (Who, What, Where, When)
Need: Close JPO  Goal: Youth to complete 30 hours of community service	<ul style="list-style-type: none"> <li>- PO has been very supportive of the family and youth</li> <li>- Family believes in being accountable for your actions</li> <li>- Youth was able to link with support/church to work on community service.</li> </ul>	<ul style="list-style-type: none"> <li>- Youth will have documentation of completing 30 hours of community service and turn into his PO by (date).</li> <li>- Youth will have met court ordered requirements to close JPO by next court hearing.</li> </ul>	<ul style="list-style-type: none"> <li>- Youth will continue working 3 hours/week cleaning family church.</li> <li>- Youth will check in with PO monthly with update on hours completed.</li> <li>- Mom will also call PO as needed with any concerns.</li> </ul>

			<ul style="list-style-type: none"> <li>- Upon completion of 30 hours, youth will take documentation to PO's office.</li> </ul>
<p>Need: Maintain Anger Management</p> <p>Goal: Youth will use his positive coping skills at least one a day when he begins to feel angry.</p>	<ul style="list-style-type: none"> <li>- Youth is very active</li> <li>- Youth and his dad have strengthened their relationship and have a very tight bond now.</li> <li>- Youth is willing to do, use, or try whatever coping skill he is taught.</li> <li>- Youth has been reaching out to natural supports at his church support group.</li> <li>- The family is very sports oriented.</li> <li>- The parents have noticed that the youth's mood is better when he is physically active.</li> <li>- The youth has a new appreciation for his mom, dad and aunt for being his biggest support and cheering him on.</li> <li>- CM is very good at connecting the youth to beneficial resources and pro-socials in the community.</li> </ul>	<ul style="list-style-type: none"> <li>- Chad will not break anything in the house while he is angry.</li> </ul>	<ul style="list-style-type: none"> <li>- CM will get provide the father with the application for the Bruce Banner Anger Management course by the end of the week.</li> <li>- Dad and youth will complete form together and submit it by the end of next week and follow up as needed.</li> <li>- CM will provide youth with a list of community youth support groups by the end of next week.</li> <li>- Dad will get information from his friend who is a boxing coach by the end of next week so the youth can join the boxing program.</li> <li>- The youth will continue to use his punching bag, jogging and other coping skills on a daily basis.</li> <li>- Youth will continue to utilize Jim as a natural support on daily basis.</li> </ul>

**Reviewed Discovery 2/10/16 (See attached)**

**Reviewed Crisis Plan 2/10/16 (See attached)**

## What worked?

The prevention step of youth setting alarm to take evening medication has helped youth get to bed on time and get a full night of sleep. This helped to prevent the setting of youth starting day tired and grumpy. The replacement behavior has only needed to be used once but youth using punching bag rather than punching walls was successful. Youth says using physical activity has been a positive outlet for him as well.

## **Meeting Minutes:**

During this meeting, ongoing team members and their roles were identified, how each will be utilized to plan for any future goals or handle any future crisis that may arise. The Achievement of Visions and Team Missions were reviewed and affirmed by the team. Family and youth described the “Lessons Learned” from the High Fidelity Wraparound Process. The team then reviewed the ongoing needs after transition, and the plan to meet those needs. Also reviewed at this meeting was how the process will continue and meetings will be organized with the team, see above. At the end of the meeting, facilitator checked in to see how the team felt the process went. Everyone agreed it has brought everyone together and empowered youth to be responsible in meeting his own needs. The family loves to do physical activities together so they decided to go to Skyzone and bounce together for their celebration later this month.

THIS DOCUMENT IS ACCURATE AND APPROVED BY:

\_\_\_\_\_  
Youth’s signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
High Fidelity Wraparound Staff

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent’s signature

\_\_\_\_\_  
Date