

## Roma Case Example

### Roma: 3 Possible Recovery Plan Excerpts

#### **Goal #1**

"I want to visit with my daughter and get along OK"

#### **Strengths**

Deep love for children; recognizes need for skill development to interact appropriately; cousin is very supportive and willing to negotiate supervised visitation

#### **Barriers/Assessed Needs**

Frequent verbal and physical altercations with daughter; in need of skill development in areas of communication, parenting, and conflict resolution; mental health symptoms (irritability, severe depression) exacerbate parenting difficulties

#### **Objective(s)**

- 1) Roma will have a minimum of 3 successful supervised (by cousin) visits with her daughter by August 4, 2010 as evidenced by cousin's report that Roma visited without verbal or physical altercations

#### **Interventions and Action Steps**

- 1) Sally Rodriquez, Clinical Coordinator, will meet with Roma one-time weekly for the next 3 months in order to assist her in identifying and managing mental health and trauma symptoms which impact her parenting and trigger her angry reactions with her daughter. (Note: may be provided by an affiliated clinical staff)
- 2) Bob Smith, Rehabilitation Coordinator, will provide twice monthly anger management group for 3 months in order to teach Roma conflict resolution and positive coping strategies to manage stressful situations which arise with daughter.
- 3) Wayne Dailey, Community Integration Coordinator, will meet with Roma two times over the next two weeks in order to help Roma to identify and access parenting-support groups/organizations in the community so she can develop a healthy peer network with which to share her parenting concerns and receive support. In addition, Community Integration Coordinator will assist Roma in learning about arts-related events/activities in the local community that Roman and her daughter might attend together on their visits.
- 4) Within 2 weeks, Roma will develop a list of preferred arts-related activities she'd like to engage in with her daughter in order to help structure visits and draw upon their shared passion for the arts and creative expression (Personal Action Step).
- 5) Roma's cousin will work with Roma and CBFS Residential Counselor in order to schedule visits, and will report back to Team re: Roma's progress toward the above objective. Roma's cousin will also participate in NAMI-sponsored Family-to-Family program to receive education and support re: Roma's issues with depression and post-traumatic stress (Natural Support Action Step).

## Roma Case Example

### Goal #2

"I just want to sleep through the night without drinking."

### Strengths:

In a safe, stable living situation; beginning to understand the relationship between trauma, substance use, and sleep disturbance; positive relationship with Rehabilitation Coordinator, who offers healthy relaxation/sleep hygiene group

### Barriers:

Vivid nightmares wake Roma up repeatedly throughout the night; has not slept through night in months; tends to resort to use of alcohol and other symptoms to get to sleep and relieve distressing nightmares

### Objective:

- 1) By September 4, 2010, Roma will report at least 2 nights per week of uninterrupted sleep (minimum of 7 hours) for 3 consecutive weeks where she does not wake up from nightmares

### Interventions:

- 1) Sally Rodriguez, Clinical Coordinator, will provide supportive counseling one-time weekly for the next 3 months in order to assist Roma in identifying and managing mental health and trauma symptoms which lead to nightmares and sleep disturbance (Note: may be provided by an affiliated clinical staff)
- 2) Dean Sheep-counter, Rehabilitation Coordinator, will provide one-time weekly Sleep Hygiene group for the next 3 months in order to teach sleep relaxation skills to improve sleep habits/patterns
- 3) Roma's cousin will buy her a writing journal and book of poetry readings by May 15<sup>th</sup>, 2010 in order to help Roma in practicing her preferred relaxation strategies daily before bed. (Personal Action Step)

### Objective:

- 1) Roma will maintain abstinence for the next 3 months as evidenced by bi-weekly urine screens which are collected by her probation officer

### Interventions:

- 1) John Casey, Substance Abuse Coordinator, will provide one-time weekly Relapse Prevention group in order to teach Roma positive coping skills to deal with cravings and manage stressors/symptoms without substance use
- 2) Roma to attend a minimum of 3 local AA/NA groups within two weeks to explore if 12-step program can be helpful source of support in learning positive ways to manage stressors and sleep disturbance without substance use (Personal Action Step)

## Roma Case Example

### **Goal #3**

“I need to learn how to stretch my money and pay my bills.”

### **Strengths**

Recognizes need for skill development; cousin is willing to assist; can be detail-oriented if given practical organizing tools

### **Barriers/Assessed Needs**

Symptoms of depression and cognitive disorganization have led Roma to neglect bills in the past and failure to pay rent has led to eviction proceedings and instability in housing for her and children; would like to return to work to supplement disability income but is fearful re: the impact work will have on her benefits

### **Objective(s)**

- 1) By 6/5/2010, Roma will have a written budget that details all of her income and anticipated monthly expenses
- 2) By 7/5/2010, Roma, with staff assistance, will demonstrate her ability to write a check and log it in her check register
- 3) By 9/5/2010, Roma will manage her monthly budget successfully as evidenced by her paying her Transitional Housing rental fee in full by the 5<sup>th</sup> of every month

### **Interventions and Action Steps**

- 1) Anthony Sells, M.D., to provide medication evaluation and monitoring two times per month for the next 3 months for purpose of identifying possible medications to address Roma's complaints of inability to focus/disorganized thinking during periods of depression. (If CBFS provider and service is offered by clinic, note in field: *(Note: provided by an affiliated or external prescriber).* )
- 2) Mary Tomason, Benefits Coordinator, to provide skill-building once a week for the next 6 months in order to build Roma's independence in managing her personal budget. Coordinator will provide counseling on budgeting, and managing income and benefits, including incentives for returning to work. Coordinator will collaborate with Roma's cousin to secure all necessary paperwork (disability income, outstanding bills, current expenses, etc.) for determining budget and will provide instruction re: the process of writing checks and tracking balances in her check register.
- 3) Within 1 week, Roma will identify any preferred priorities she has for limited “spending” money (e.g., art and painting supplies) so that she and her cousin can accurately report income and expenses to Benefits Coordinator (Personal Action Step)
- 4) Within 2 weeks, Roma's cousin has agreed to help her outline and bring in records of her bills in order to assist Roma and Benefits Coordinator in creating a budget to cover all expenses with available income. (Provided by natural supporter. (Natural Support Action Step)