

## Appendix B

### Initial Care Plan for AJ Viera

<b>Youth's name:</b> AJ Viera	<b>Date of plan:</b> 7-23-2011
<b>CSA name:</b> Child and Family Focus	<b>Intensive Care Coordinator:</b> Laurie Beckel
<b>Primary care provider:</b> Tucson Health Department Clinic	<b>Family Partner:</b> Edie Martinez
<b>Contact information:</b> 233 First St. Apt B, Tucson AZ	<b>Date of Well-Child Care Visit:</b> June 19, 2010
<b>Date First ICP sent to primary care provider:</b> 7-20-2010	<b>Date of Safety Plan Review:</b> 7-23-2010

#### **Ongoing Supports and Services that are expected to Continue after Wraparound**

*These ongoing supports and services (formal and natural) will become the sustainability plan for the family.*

<b>Date Identified</b>	<b>Support name/type</b>	<b>Relationship to Child</b>	<b>Frequency of contact</b>	<b>Type of Support</b>
7-14	Cara Peters	Mother's best friend	Daily	Child care, moral support, substance use abstinence support
7-14	Nyrell Johnson	AJ'S best friend	Daily	Role model, activity initiator, behavior control
7-28	Bette Franklin	Mother's friend	2-4 times monthly	Mother with older child who had similar needs to Tisha. Share knowledge and support

#### **Current Medications for Target Youth**

<b>Name of medication</b>	<b>Name and contact information of prescriber</b>	<b>Target symptoms</b>
None		

#### **Team Process:** (how the team will make decisions)

- No blaming, no shaming; keep meetings positive
- From Nyrell and AJ: We don't want to be ignored, we want to have a say in our own lives and don't want blamed (Youth voice)
- Meeting should start and end on time, be effective and last about an hour
- Everyone should have their say and everyone else should listen

**Confidentiality:** Keep personal business private, maintain confidentiality, what is said in meetings stays in the meetings, and team learns to trust each other

**Team decision making:** Tina says as long as safety concerns are met for Tisha and Keith (AJs probation officer) says as long as plan meets probation plan for AJ; Mariam, Anthony and AJ will make final decisions, with team input

**Vision:** (The youth and family’s strength-based statement (using their own words) of how they want their life to be different in the future)

“We are the best parents we know how to be. Tisha’s behavior is greatly improved and we have more fun together. AJ is off probation because he is drug and violence free, and is succeeding at home and school. AJ demonstrates respect of his peers by not fighting or bullying them.”

**Team Mission:** (How the team commits to support the youth and family to achieve their vision)

“We make a commitment to the vision of this family. We promise to bring any conflicts to the team. We will support family members in their sobriety and to have fun together. We will honor the strengths of the family and respect their wishes”

**Needs to be Addressed** (Priority needs that will be addressed first are in **bold**)

1. **Mariam, AJ, and Anthony need help to better understand Tisha’s behavior and help her to be safe, less clingy and less aggressive to others and to control public defecation and aggression to others.**
2. **AJ needs help to get off probation.**
3. **AJ needs help to prevent fighting and aggression to others.**

**Care Planning Team (CPT) Members:**

<b>Name</b>	<b>Role</b>	<b>Strengths</b>	<b>Date On</b>	<b>Date Off</b>
Mariam Viera	Mother	She takes care of Tisha when most people could not. She is very dedicated to her kids and will work hard to help them succeed.	7-14-10	
Anthony Viera	Father	Anthony wants to co-parent with Mariam and will give time to learn and follow through on parenting. He is a good resource for AJ.	7-14-10	
AJ Viera	Brother/Youth	AJ does not want to attend meetings or go to therapy, but is a smart kid who wants to get and stay out of trouble.	7-14-10	
Tisha Viera	Sister/Youth	Tisha is 2 years old and will not attend meetings but this is her plan.	7-14-10	
Nyrell Johnson	Cousin	Nyrell is AJ’s best friend; he is a good role model and can calm AJ down when he gets upset.	7-14-10	
Tina Jones	Child Welfare worker	Although Tina is concerned that Mariam may not be able to control Tisha, she believes Mariam is trying hard and is willing to help to keep Tisha at home and help her be safe there.	7-14-10	
Josie Smith	School Counselor	Josie wants AJ to succeed and is willing to work with school officials to get him more individualized support, reinstated at school, and in time, back on the soccer team.	7-14-10	
Cara Peters	Mother’s Friend	Cara is Mariam’s “rock”. She is always there for her, supports her sobriety, provides child care, and listens and gives suggestions without blaming or telling Mariam what to do.	7-14-10	
Keith Overhouse	AJ’s Probation Officer	Keith insists that AJ meet the terms of his probation plan but is flexible and wants and believes AJ can succeed.	7-14-10	
Samuel Wickerson	AJ’s therapist	Samuel was able to connect with AJ and engage him in the therapeutic process and helped AJ learn about his behavior. He has also engaged Anthony and Mariam in family therapy.	7-14-10	
Bruce Martin	Early Child Expert	Bruce brings a lot of information about early childhood development, joined the team on short notice and has already identified many parenting strengths in Mariam and Anthony.	7-19-10	

**Child: AJ Viera****Life Domain** Emotional/Behavioral, School, Substance Use

Need(s) (Specific statement related to CANS items and Medical Necessity): AJ needs help to get off probation. To do this, he must meet nightly curfews, be clean on random drug screens, attend school each day, and be free of violence to others.

**Family**

7-1-10	2 - AJ and mother have frequent arguments and difficulty maintaining positive relationships
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**Community**

7-1-10	3- AJ has engaged in multiple acts of fighting and vandalism which may soon result in his placement in juvenile justice detention
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**Oppositional**

7-1-10	3- AJ has caused physical harm to others and refused authority figure intervention
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**Conduct**

7-1-10	3 - AJ is on probation and expelled for the rest of the school year as result of his aggression to others
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**Substance Use**

7-1-10	1 - AJ was caught with illegal drugs when placed on probation and there are indications of casual usage
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Goal: AJ will meet the conditions of his probation plan by not fighting, meetings curfews, attending and completing school work, and not using drugs or alcohol.

Strengths for this Need: Match strengths of youth, family, and CPT in this life domain. What can the team build on?

- AJ has friends at school and in the neighborhood
- His best friend is his cousin Nyrell who is in his grade at school
- Nyrell is a good role model and is good at calming AJ down
- AJ is close to his Dad (Anthony), sees him often, and likes to work out and play soccer with him
- AJ likes and is good at video games and sports requiring agility
- AJ and Nyrell would like to play high school soccer together but AJ was dismissed for fighting and Nyrell quit
- LaRisa supports the boy's friendship and lets them hang out and play Wii at her home
- AJ did well in 5<sup>th</sup> grade with a teacher who paid special attention to him
- AJ likes shop
- The shop teacher says he works hard and does good projects
- AJ can walk to LaRisa and Anthony's
- AJ likes one on one time with his mother, especially watching movies

Culture for this Need

- Anthony believes you should protect yourself and taught AJ mixed martial arts
- AJ believes you must stand up for yourself
- Mariam accepts responsibility that her drinking and domestic violence with Anthony was a cause of AJ's problems
- AJ's parole officer says AJ is a smart kid who is not looking for trouble
- AJ likes it to be quiet at home and does not like his privacy invaded or possessions messed with
- AJ listens to his therapist, is open with him, and says he has learned some things about himself

Short Term Objective and Measurement Strategy:

Meeting Date	Objective(s)	Measurement Strategy
7-14-10	Anthony will continue to meet the terms of his probation.	Keith continues to monitor and report to the team.
7-19-10	House rules (including chore list) and ways to manage violations will be finalized. AJ and Mariam will check in nightly and meet with Anthony weekly.	Laurie and Mariam to check that these are complete on time. Mariam and AJ will start a log with the date, time, positive daily events and concerns and review with Anthony weekly.
7-28-10	AJ will have no incidents of fighting and fewer than 5 episodes of verbal aggression in the next two weeks. Non-negotiable house rules (curfew, non-aggression, and no substance use) will be followed 100% of the time and 22 of 28 negotiable house rule check-offs will be completed each week.	Mariam will begin a log of fighting and verbal aggression with date, time and circumstances. Mariam and AJ will revise daily log to include a check-off for school work, two chores, and nightly meeting.

Brainstormed Options

Meeting Date	Options (Bold items were selected by the family)
7-14-10	AJ is currently following the probation orders and his plan will be developed at the next meeting on 7-19-2010
7-19-10	<b>Parents agree on consistent house rules</b> <b>AJ has more of a say on the chores he does</b> <b>AJ has to keep his room clean</b> <b>Therapy to deal with past trauma and to better understand his behaviors</b> <b>AJ must meet his curfews (look into choice of spending night at Anthony's or Larisa's)</b> <b>AJ keeps his appointments and weekly phone calls with Keith</b>

	<p><b>If anyone has a problem, they can call a family meeting</b></p> <p><b>No physical violence or swearing</b></p> <p><b>Nyrell could attend a therapy session with AJ</b></p> <p><b>Time is set aside to check in with each other every day about how the day went and update each other</b></p> <p><b>AJ helps more with cooking (gets to choose menu and Tisha is kept out of the kitchen)</b></p> <p><b>House rule about privacy so that AJ is able to keep Tisha out of his room and stuff</b></p> <p><b>Continue home schooling, keep up with his class.</b></p> <p><b>Nyrell and AJ can spend time together no matter what, (if AJ is grounded or in trouble, Mariam would monitor to ensure they are not playing video games)</b></p> <p><b>Parents should not yell at AJ</b></p> <p>Parents should pay AJ for his chores</p> <p>Substance abuse treatment group</p> <p>Therapeutic monitor</p> <p>Youth to youth support group</p> <p>Anger management group</p>
7-28-10	<p><b>Reduce Tisha's training and disruption of home</b></p> <p><b>Secure AJ's room and stuff from Tisha</b></p> <p><b>Use Outpatient therapy and Steven to continue to explore situations that lead to anger and appropriate responses</b></p> <p><b>AJ will tell Nyrell when he is tired or upset with the home situation</b></p> <p><b>Nyrell will help him avoid anger producing situations</b></p> <p><b>In Outpatient therapy AJ and Steven will develop a way for AJ to monitor and use his level of "jumpiness" throughout the day</b></p> <p><b>AJ will have more scheduled activities he enjoys to fill his free time</b></p> <p><b>Family therapy with Samuel so everyone is on same page</b></p> <p><b>AJ will role play response to taunts and teasing</b></p> <p><b>Keith could talk to AJ about strategies to "save face" without a fight</b></p> <p><b>Other friends could help keep AJ safe when they are with him</b></p> <p><b>AJ could read his probation plan with Mariam each morning and say, "won't do anything to get locked up"</b></p> <p>Psychiatric evaluation</p> <p>Anger management group</p> <p>Move in with Anthony</p> <p>Punish him by grounding and restricting access to all friends and video games</p> <p>Therapeutic mentor</p>

#### **Action Plan**

<b>Tasks</b>	<b>Responsible Person</b>	<b>Target Start Date</b>	<b>Target End Date</b>	<b>Task Status</b>
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1. Mariam, Anthony and AJ will meet and develop a consistent set of house rules which include: chores, privacy rules, curfews, school assignments, daily check-ins and weekly family meetings.	AJ, Mariam Anthony Edie	7-19-10	7-25-10	Complete
2. Josie, Mariam and AJ will review home schooling progress and set 2 week goals for work to be done.	AJ, Josie Mariam	7-24-10		
3. AJ will call Keith weekly and come to the office every 2 weeks. Keith will check to see if AJ can sleep at Anthony's and Larisa's and procedure to be developed.	Keith/AJ	7-21-10		
4. AJ and Mariam will develop a weekly chore list with AJ choosing among options.	Family	8-2-10		
5. Mariam and AJ will talk each evening and review the day and check-in on how well house rules are working. They will meet with Anthony once a week to review how things are going.	Mariam/AJ Anthony	7-23-10		
6. Family will meet with Samuel during family therapy and work on what to do if the house rules are violated.	Samuel	8-8-10		
7. Mariam will check with her sister to see if Nyrell can come to a family therapy session.	Mariam	8-4-10		
8. AJ and Nyrell can see each other even if he is in trouble, Mariam will monitor to see that it is not video game playtime.	Mariam	7-19-10		
9. A crisis safety plan has been developed for AJ fighting and will be followed as part of his terms of probation.	AJ	7-28-10		
10. Anthony and Mariam will join for family therapy every third session with Samuel. They will process the issues identified through the nightly check-ins and weekly family meetings.	AJ/Mariam Anthony Samuel	8-02-10		
PROGRESS NOTES Date of Meeting	Progress (Check one.)			Accomplishments / Progress and Barriers (narrative) Met
	Met	Partially Met	Not Met	
July 28, 2010	X			AJ has met all aspects of probation plan for the last two weeks and is catching up on school assignments. The crisis plan was developed today and everyone took part and felt it was a good individualized plan with a good chance for success.

**Child: AJ Viera**

**Life Domain** Emotional/Behavioral, School, Legal

**Need(s) (Specific statement related to CANS items and Medical Necessity):** AJ needs help to interact with others without physical or verbal aggression. In the past these actions have resulted in expulsion from school, arrest and probation.

**School**

7-1-10	3 – AJ was on school suspension for the last three months of school for fighting
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**Community**

7-1-10	3- AJ has engaged in multiple acts of fighting which may soon result in his placement in juvenile justice detention
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**Oppositional**

7-1-10	3- AJ has caused physical harm to others and refused authority figure intervention
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**Conduct**

7-1-10	3 - AJ is on probation and expelled for the rest of the school year as result of his aggression to others
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**Goal:** AJ will meet and interact with others at school and in the community with no episodes of physical or verbal aggression.

**Strengths for this need** (Match strengths of youth, family, and team for this goal. What can the team build on?)

- AJ has friends at school and in the neighborhood
- His best friend is his cousin Nyrell who is in his grade at school
- Nyrell is a good role model and is good at calming AJ down
- AJ is close to his Dad (Anthony), sees him often, and likes to work out and play soccer with him
- AJ and Nyrell would like to play high school soccer

**Culture for this Need** (Define aspects of youth and family culture that relate to this goal)

- Anthony believes you should protect yourself and taught AJ mixed martial arts.
- AJ believes you must stand up for yourself.
- Mariam accepts responsibility that her drinking and domestic violence with Anthony was a cause of AJ's problems.
- AJ's parole officer says AJ is a smart kid who is not looking for trouble.
- AJ likes it to be quiet at home and does not like his privacy invaded or possessions messed with.
- AJ listens to his therapist, is open with him, and says he has learned some things about himself.
- AJ has mutual respect for a close group of friends who will help each other out.

**Short Term Objective Measurement Strategy:**

<b>Meeting Date</b>	<b>Objective(s)</b>	<b>Measurement Strategy</b>
7-28-10	AJ will have no incidents of fighting and fewer than 5 episodes of verbal aggression in the next two weeks.	Mariam will begin a log of fighting and verbal aggression with date, time and circumstances. She and AJ will review his day each day and this will be one of the areas of discussion

<b>Prevention Steps</b>	<b>Responsible Person</b>	<b>Target Start Date</b>	<b>Target End Date</b>	<b>Task Status</b>
<b>Prior to (list a trigger):</b>				
<b>Task (list a prevention step):</b>				
AJ was upset because Tisha had been loud, demanding or in his stuff before he left the house	<ul style="list-style-type: none"> <li>Mariam with AJ's help will implement the crisis plan for Tisha which should reduce the disruption in the home</li> <li>AJ will have some noise cancelling headphones that he can use with the video games, computer or just to block out noise in the house</li> <li>AJ's room will be off limits to Tisha and he will be able to secure the door to keep her out. He will keep things he does not want her to disturb in his room</li> <li>AJ and Samuel will continue to explore the situations that lead to aggression and strategies for self-control</li> </ul>	Mariam and AJ 8-11-10 Ongoing		
AJ was in a situation in which there were multiple people standing around and the noise level was louder	<ul style="list-style-type: none"> <li>Anthony and Mariam</li> <li>Anthony and Mariam</li> <li>Samuel Wickerson AJ</li> <li>Samuel Wickerson AJ</li> <li>AJ</li> </ul>	8-05-10 8-05-10 8-05-10 7-29-10 7-29-10 8-12-10	8-05-10 8-05-10 12-15-10 8-19-10 Ongoing	Complete Complete Complete Complete
Other youth teased him about his size, his family or something else that he took as a personal affront	<ul style="list-style-type: none"> <li>Keith will talk to Anthony and AJ about strategies to "save face" and still not get involved in fighting once a situation begins to escalate</li> <li>Anthony, Nyrell and AJ will role play these situations and practice the responses</li> </ul>	Keith 8-03-10 8-07-10	8-17-10 8-14-10	Complete Complete



Someone bumps or touches him (not necessarily on purpose or with any intent)	<ul style="list-style-type: none"> <li>AJ will debrief his day and any situations with Miriam each evening and call Anthony and debrief if he got close to fighting.</li> </ul>	AJ Anthony and Mariam	7-28-10	Ongoing	
	<ul style="list-style-type: none"> <li>AJ and Samuel will explore his feelings of being disrespected and develop non-violent strategies to respond to this</li> </ul>	Samuel Wickerson AJ	7-29-10	8-26-10	Complete
	<ul style="list-style-type: none"> <li>AJ will role play responses to taunts and teasing with Nyrell</li> </ul>	AJ and Nyrell	8-06-10	9-10-10	Complete
	<ul style="list-style-type: none"> <li>AJ will role play being bumped or touched with Anthony and Nyrell</li> </ul>	AJ, Nyrell, Anthony	8-07-10	8-21-10	Complete

Early Intervention Steps		Responsible Person	Target Start Date	Target End Date	Task Status
Signs Behavior is Beginning:	Task (Early Intervention):				
Before AJ becomes verbally aggressive or starts to shove other people he often starts talking louder, he will crowd people's personal space and stare	<ul style="list-style-type: none"> <li>Nyrell and AJ will recruit three other friends to help AJ avoid fighting.</li> <li>When AJ is going into groups of people he will try to have one of his "friends with him</li> <li>When AJ begins to become verbally aggressive, crowding or shoving others, someone will encourage him to move away from the crowd of people</li> <li>When AJ begins to become verbally aggressive, crowding or shoving others, someone will encourage him to move away from the crowd of people</li> </ul>	Nyrell and AJ	8-13-10	8-13-10	Complete
He reports that he feels "jumpy" which makes him very sensitive to any noises or annoyances		AJ	8-03-10	Ongoing	
		Nyrell	8-16-10	Ongoing	
		Nyrell	7-29-10	Ongoing	
	<ul style="list-style-type: none"> <li>When AJ feels "jumpy" he will read his probation plan and tell Nyrell he is feeling jumpy if Nyrell is around</li> </ul>	AJ	7-29-10	Ongoing	
	<ul style="list-style-type: none"> <li>When AJ feels "jumpy" he will move away from groups of people</li> <li>When AJ feels "jumpy" he will go to a quiet place and place and play video games on his phone</li> </ul>	AJ	7-29-10	Ongoing	
		AJ	7-29-10	Ongoing	

Intervention Steps		Responsible Person	Target Start Date	Target End Date	Task Status
Behavior or Crisis	Task (intervention steps):				
<p>If AJ hits or kicks another youth at school. (The school has a zero tolerance policy and AJ could have been expelled for the last offense. Because he is in wraparound and has this safety plan he is being given one last chance).</p> <p>If AJ hits or kicks another youth in the community</p>	<ul style="list-style-type: none"> <li>• Anyone around should talk to him calmly and get him to back away from the situation. He will go to the vice Principals office and calm down until a police officer can take him to detention</li> </ul>	AJ, Nyrell, the identified "friends"	7-29-10	Ongoing	
	<ul style="list-style-type: none"> <li>• He will be expelled from school for the rest of the year and will have to develop a restitution plan to be allowed to return to school next year</li> </ul>	Vice Principal	7-29-10	6-13-11	Complete
	<ul style="list-style-type: none"> <li>• Keith will review the situation with the school and if the behavior appears to be self-defense he may be enrolled in the day treatment alternative school or his probation may be revoked and sent to a juvenile justice lockdown group home</li> </ul>	Keith	8-03-10	6-13-11	Complete
	<ul style="list-style-type: none"> <li>• Anyone around should talk to him calmly and get him to go home or to Anthony's</li> </ul>	AJ, Nyrell, and friends	7-29-10	Ongoing	
	<ul style="list-style-type: none"> <li>• He will debrief the situation with Mariam and Anthony and they will call Keith</li> </ul>	Anthony, Mariam, AJ	7-29-10	6-13-11	Complete
	<ul style="list-style-type: none"> <li>• Keith will review the situation and his probation may be revoked and sent to a juvenile justice lockdown group home</li> </ul>	Keith	7-29-10	6-13-11	Complete

**Signatures:**

Intensive Care Coordinator:	Date:
Family Partner:	Date:
Family Member(s):	Date:

*Note: By signing this document, I acknowledge that I was fully included in the development of the ICP and agree with its contents.*