

Appendix B

Initial Care Plan for Tisha Viera

Youth's name: Tisha Viera	Date of plan: 7-23-2011
CSA name: Child and Family Focus	Intensive Care Coordinator: Laurie Beckel
Primary care provider: Tucson Health Department Clinic	Family Partner: Edie Martinez
Contact information: 233 First St. Apt B, Tucson AZ	Date of Well-Child Care Visit: June 19, 2010
Date First ICP sent to primary care provider: 7-20-2010	Date of Safety Plan Review: 7-38-2010

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.

Date Identified	Support name/type	Relationship to Child	Frequency of contact	Type of Support
7-14	Cara Peters	Mother's best friend	Daily	Child care, moral support, substance use abstinence support
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

Name of medication	Name and contact information of prescriber	Target symptoms
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:

Name	Role	Strengths	Date On	Date Off
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: Tisha Viera

Life Domain: Family, Social and Emotional Behavior

Need(s) (Specific statement related to CANS items and Medical Necessity): Mariam, Anthony and AJ need help to better understand Tisha’s behavior and will be safe, less clingy, less aggressive to others, and have improved social interactions with other children and some regular playmates.

Social

7-1-10	3 - Tisha has no friends and does not play even in parallel with other children
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Family Stress

7-1-10	2 – Both parents have significant stress related to parenting Tisha and mild stress with parenting AJ
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Hyperactivity

7-1-10	3 – Tisha poses a harm to herself with the high levels of hyperactivity
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Goal: Anthony, Miriam and AJ are providing confident support for Tisha and she plays well on her own, with other children, has positive interactions with family and does not defecate in public places.

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

- Anthony and Mariam talk and work together to parent
- Cara provides Mariam with an available ear to listen, provide suggestions and child care
- LaRisa is available for emergency child care and supports AJ and Nyrell's friendship
- Tisha likes attention, active activities, her big dolls and her favorite dress
- Tisha responded to frequent attention and praise by controlling public defecation in the past
- Tisha will do parallel activities (playing with flour as mom cooks, pushing stroller and shopping cart when Cara's daughter plays with something else) in special circumstances
- Mariam and Anthony understand Tisha has ADHD and some of what this means

Culture for this Need

- Mariam is a private person and needs time to herself.
- Tina is impressed with Mariam's dedication to make it work and be there for her kids like her grandmother was there for her
- Mariam does not respond well to criticism or direct instruction – she learns best from options, suggestions and tips
- Mariam is a logical learner; she does best when she understands why something works
- Mariam and Anthony want their kids to succeed and want to work together and not let divorce impact parenting
- Anthony wants to know what to do and appreciates being told what works
- AJ likes to be a big brother but does not like a lot of noise or having his things disturbed

Short Term Objectives and Measurement Strategy:

Meeting Date	Objective(s)	Measurement Strategy
7-14-10	Mariam will find supports from someone to help them learn more about Tisha's behavior and how to manage it.	Laurie will review implementation with Mariam and report to team at next meeting.
7-19-10	An assessment of the family's needs to support Tisha will be done through IHT Mariam will meet with other parents twice a month.	Bruce will present findings at 7-28 meeting. Mariam will report on meetings with other mothers
7-28-10	Anthony will participate in IHT once a week and Cara and AJ will participate twice a month. Mariam will continue to meet with other parents.	Bruce will maintain an attendance sheet for each session and report at ICP meeting.

Brainstormed Options

Meeting Date	Options (Bold items were selected by the family)
7-14-10	Get a home helper from Child Welfare (homemaker aide) Get an early childhood expert Teach skills to Cara Match support to Mariam and Anthony's preferred learning styles Find a mother (or father) who has raised a child with similar challenges to share experiences Refer to an early childhood program Refer to a family support group for parents with young children Refer for an in-home therapy team who work with young children Refer for a therapeutic mentor to work with Tisha and Mariam
7-19-10	Schedule IHT 2x week Involve Anthony and AJ in IHT sessions Assess family needs to manage Tisha and focus IHT on these needs first Involve LaRisa in IHT Psychiatric evaluation Place Tisha in preschool for half a day Home health aide to help Mariam Internet parenting materials Parenting class
7-28-10	Get videos of mother's parenting hyperactive children

	Get psychiatric evaluation Join a parent support group Develop questions to ask other mom's Interview other moms who have faced similar challenges Continue to focus IHT on improving toileting program Continue to focus IHT on building “play on your own” skills
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Action Plan

Tasks	Responsible Person	Target Start Date	Target End Date	Task Status
1. Cara will check with her sponsor, who has a granddaughter with similar situations, find out who they use as an early childhood specialist, and tell Mariam.	Cara	7-15-10	7-19-10	Complete
2. Josie will check with a relative who used an early childhood expert on Main Street, find out who she used, and tell Mariam.	Josie	7-15-10	7-19-10	Complete
3. Mariam will call the health department and ask for suggestions for referrals.	Mariam	7-15-10	7-19-10	Complete
4. Find another mother who has a similar child with ADHD who has succeeded through wraparound who would be willing to support and give ideas to Mariam; Edie will ask if they have suggestions for an early childhood specialist and forward information to Mariam.	Edie	7-15-10	7-23-10	Complete
5. Laurie and Mariam will gather information on possible early childhood specialists and with Mariam, will call them for availability and if they take Medicaid.	Laurie Mariam	7-23-10	7-25-10	Complete
6. Edie will meet with Mariam and brainstorm questions to ask the other mothers about their situation.	Mariam	7-26-10	7-26-10	Complete
7. Mariam will narrow the list of potential wraparound mothers and interview them choosing one and scheduling a first appointment.	Mariam	7-26-10	7-28-10	Complete
8. Bruce will provide in-home therapy for Tisha and the family twice a week starting by identifying areas of greatest need and revising toileting crisis stabilization plan.	Bruce	7-22-10		
9. Edie will go with Mariam to first meeting with Bette to do introductions.	Edie/Mariam	7-26-10		

10. Anthony will participate in IHT at least once a week and Cara and AJ twice a month.				Bruce Anthony Cara/AJ	8-5-10		
PROGRESS NOTES Date of Meeting	Progress (Check one.)			Accomplishments / Progress and Barriers (narrative)			
	Met	Partially Met	Not Met				
July 19, 2010	X			Team members completed their action steps to find an early childhood specialist and Mariam choose Bruce Martin who attended the meeting today. He will start IHT two times a week next week.			
July 28, 2010	X			Bruce and the family completed assessment and developed strategies to support managing public defecation which may have decreased to an average of six per week the last two weeks, and a play on your program. The family reports feeling more hope.			

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.