

Prevention Plan

Youth Name: Jane

Plan Date: 1/27/18

Workforce: Tanya/Dave, Christine, and Killian

Agency: Family First

Date for Review: 2/25/18

If behavior happens before review date, Paul will reach out to Tanya to schedule another meeting to review plan.

Team members: Jane, Nikki (Mom), Paul (Dad), Therapist, Doreen (Grand mom), Mike (Child Welfare), and Mary (Aunt)

Issue of Concern (frequency, intensity, and duration of behavior):

Jane uses sharp objects to cut her arms leaving minor wounds. She will self-inflict these wounds for about 20 minutes, or until her arm starts to bleed. Jane typically leaves minor wounds on her arms; she will stop when she sees blood. There was 1 incident where Jane did need stitches. This behavior has happened 5 times out of the past 6 months.

Desired behavior/Need:

Paul and Nikki indicated that Jane will be able to talk about her frustrations before she goes and cuts. Jane expressed that her family members along with adults will recognize she is frustrated and will give her time to talk about her day before going and cutting.

Measurement criteria (what, who, & when):

When Jane feels her rate of speech increase and her face getting red, she will seek out a trusted adult who will spend time allowing Jane to talk about her day. Jane will be able to vent her frustrations to a trusted adult without any cutting behaviors over the next month.

Strengths and Culture:

Dad's faith values your body as a temple, and you should not do self harm/violate your temple

Bella calms Jane down

Ms. Weber is someone that talks to Jane when she is upset in school

Being able to talk through her feelings helps Jane calm down

Grandma and Mom have helped Jane calm down when they have time to talk

Mom taking Jane to run errands (go to store) when she is busy and Jane needs to talk has worked

The family enjoys having time together

Mom feels it is her job as a mother to make sure Jane is ok

Prevention:

Setting Events/Triggers:	Steps to Take:	Person(s) Responsible:
Being teased by peers (Setting Event)	<ul style="list-style-type: none"> • Talk to Ms. Weber or Mrs. Tina at school about issues when needed • Pet Bella and get attention from her as soon as you get home daily 	Jane Jane
Being ignored (Trigger)	<ul style="list-style-type: none"> • Schedule time to cook and talk daily 	Jane and Nikki

Early Intervention:

Prior Warning Behaviors (Things we might see or feel):	Steps to take:	Person(s) Responsible:
Face red and rapid speech	<ul style="list-style-type: none"> • Play loud music – specific song • Who is going to teach? • Who is going to reinforce new behavior? Will respond to Jane and give her time to talk about frustrations 	Jane Lisa – During weekly in home therapy Nikki or Paul

Intervention:

Crisis behavior/situation:	Steps to take:	Person(s) Responsible:
Jane cuts	<ul style="list-style-type: none"> • Follow/give out steps of plan • Call Family Based • Check wound and call Doreen or take to MedExpress if any concerns with cut 	Nikki Nikki Paul, Doreen