



The Bell/Kizer Family



Family Vision

Jane is regularly attending school with more social involvement. She communicates her frustration more positively with her parents giving her the attention she needs. Nikki is resting more and has reduced the stress in her life.

Priority Needs: (by youth and family)

1. Jane would like help to meet the Child Welfare requirements on truancy
2. Jane wants help to decrease her self-injurious behaviors

Family:

Jane (Youth, 16 years old)
Ethan (Brother, 19 years old)
Paul (Father)

Nikki (Mother)
Bella (Jane's cat)

Other sources

Doreen - Grandmother
Lisa – Family Based Therapist
Ms. Weber – School Counselor
Jennifer – Child Welfare

Family:

Nikki and Paul have been together since Jane was five years old. Although he is not her biological father, she considers him “dad”. Nikki was married to Jane’s biological father and got a divorce when Jane was three. Nikki indicated he was part of Jane’s life for the first year after the divorce, but has not been in the picture since. She does not know what happened and does not know how to reach him. His parents past away before they got married and Nikki said she thinks he has a sister who may live in California.



Paul’s mother Doreen lives two blocks down the road. Nikki indicated she does help with Jane and other things as needed. Jane said she loves her grandmother and loves to spend time with her. Nikki and Doreen get along, but Nikki stated it is not the same relationship she had with her mother. When Nikki’s mother was alive they would talk daily. She past a few years ago. Family is important to Nikki and she is happy to have Doreen so close. Nikki has two sisters who she is close to however, they live in New Jersey. This is a source of some stress for Nikki, because most of her family members live along the east coast.

When talking to Doreen, she expressed her son Paul is a very hard worker. He works ten hours at his job and will come home and start working on the renovations to the home. She added, when Jane was younger they would do crafts and sell them at a local antique shop. Doreen said, Jane is creative in the way she put patterns together and comes up with new ways of doing things. She continued by saying Nikki is structured and organized by having schedules of appointments for the month along with keeping everyone’s important papers and documents in files.



Jane and Ethan claim their cat (Bella) as part of the family. Bella used to sleep with Jane at night but would keep her up. Jane expressed Bella puts her in a better mood most of the time. When Jane is watching television, or doing homework Bella will rub against her leg until Jane picks her up. She likes Bella mostly because she is always there for her and wants Jane to pay attention to her. Ethan added that he likes Bella because she is the “toughest cat around”.

Ethan is currently in college, but comes home on break to see his “little sister” and other family members. He said he will come home for a few weeks in June. He has a job lined up for a few months in the summer at a local restaurant.

Residence/ Community:

The family owns their own home in Punxsutawney. The home was in need of repairs when the family bought it. Paul mentioned that he loves older homes and always wanted to live in one. The family has worked hard over the past two years to restore their home. Jane is excited, because her dad recently finished the renovations to her bedroom and it has a window seat



which Jane loves. The family continues to improve the look of the home and Nikki is proud of what her husband has done so far. Nikki plans to work on the ceilings on the upstairs floors this summer so they can weatherize the house. Paul expressed he has worked construction in the past and able to do a lot of the work on his own. Paul and Nikki's skills impressed both Jennifer (Child-Welfare) and the HFW Workforce. The family reports they like the neighborhood, because there is a park down the road where they can ride their bikes and spend time together as a family.

Social/Recreational:

In the past, the family would go on hiking trips and ride their bikes through town. Jane expressed she enjoys her time with her mom and dad, but it has not happened since they bought the house. Jane continued by saying "they are always working on the house and have little time to spend together". Nikki said she has tried to spend more time with Jane, but Paul would ask her to help him with lifting or holding things so he could finish the project he is working on. Paul indicated he would like to spend time together, but he is concerned child welfare may say something about the house being a mess or not completed. He is in a rush to get things done so they can spend time together and feels he is always being the bad guy, because he does not have enough time in the day. He hears it from not just Nikki and Jane but his mother too.

Paul and Nikki talked about being in a bowling league a few years ago. They liked the social aspect of being with other adults and just having fun. This helped Nikki with her depression and panic attacks, by talking to other women and having a night to themselves. Nikki added, the house along with managing Jane's issues has stopped them from having time to do this. Both Nikki and Paul said they would like to do this again because they know how important it is to be around other people.

When Jane was younger, she would go to a ranch outside of Brookville about forty-five minutes away. Her grandmother Doreen would take her there because she knew the owner. They would go about two or three times a month. Jane loved the horses and the owner would let her ride them. The owner taught her how to groom them and she started to learn how to check their hooves. Jane added, "Horses make me feel calm, appreciated, and like I'm being relied on for something. They are steady companions that don't offer judgement, just affection". Jane's favorite horse is the Quarter Horse because they are great for every-day riding.



Doreen expressed the owner of the ranch became sick a few years ago and had to sell the farm. Doreen and Nikki have looked into other places to take Jane, but most of the places around charge to ride and are too expensive. Jane would like to volunteer at a stable, so she could be around horses more.

Before moving into their current home, Paul and Ethan went to a few cooking classes together. Both Paul and Ethan enjoyed their time and would come home and try to make dishes they learned in class. Paul said Ethan was the better cook and he enjoyed eating the new recipes Ethan prepared.

Employment/Income:

Paul is employed as a gas well site security guard in DuBois. He has been working fulltime there for the past four years. He indicated he likes his job but does not like alternating shifts. He hopes to move up in the company and become a well tender. This is because, they don't have to alternate shifts and they receive a company truck. Paul has worked in construction most of his life and is glad to have a job that is constant. He said when working construction, the companies would send them home on rainy days and lay their employees off during the winter.



Nikki works as a hygienist for a local dentist. She indicated she loves her job and the dentist she works for is very understanding when it comes to family matters. She finished school to become a hygienist two years ago and was hired right out of college. Nikki's boss allows her to be flexible with her hours so she can deal with the challenges at home and doctor appointments.

As mentioned above, Jane would like to become a nurse when she is older. She likes helping others and making them feel better. She is not sure if she would want a job at this time. However, she did say that it would be nice to have extra money so she could go horseback riding again. Lisa said Jane would be perfect as a nurse because she will go above and beyond for people in need.

Lisa and Jennifer indicated the family works hard at whatever they do and will give a hundred percent. They both noticed Nikki and Paul work well together and support one another in most things.

Safety:

There are some safety concerns within the family as Jane has displayed self-harm behaviors. She is currently participating in home therapy with Lisa. Lisa is not only helping Jane with her self-harm, but is someone to talk to about her anxiety and is teaching Jane ways to manage her stress. When talking to Jennifer from child welfare, she wondered if Paul and/or Nikki know how to handle the situation without making it worse. When asking Nikki and Paul about this, Nikki stated when she sees Jane cutting she panics and gets all upset and starts yelling at Paul to do something. Nikki knows this may not help, but she just wants to make sure her "baby is okay". Paul said he is at a loss on what to do and sometimes feeds into Nikki's yelling. Lisa (therapist) shared she has helped Nikki and Paul understand more about self-injurious behaviors and has developed a safety plan to help. Jane said she does not like it when her mom yells at her dad, but likes that her mother cares about her.

Lisa, Jennifer, and Doreen have expressed safety concerns around the condition of the home where Paul is renovating. At times there are nails, tools, and other sharp objects laying around. Nikki understands why others are concerned. Paul said he does try to pick up things around the home after working, but it is sometimes hard to get everything. He does try to block off rooms by shutting doors or putting things in front of doorways when possible.



Emotional/Behavioral:

Jane stated she does feel lonely at times. When she was younger her and her parents would do more things together. She added she misses those times and would like more family time doing activities. She also misses her brother, because he would talk to her at night before they would have to go to bed.

Jane talked about her suicidal ideations, but expressed to the youth support partner she “would never try to kill myself”. Jane said she has a good relationship with her therapist (Lisa). Jane identifies with Lisa as someone she can “get crap out that I need to talk about”.

Nikki expressed she does fear Jane will seriously hurt herself one day. Paul and Nikki have put sharp objects away so Jane does not have access to them. Paul said they have no understanding of why Jane does the behavior and does not know why someone would do that to themselves.

Jennifer and Doreen are also concerned for Nikki, because of her own mental health challenges. Nikki stated she does get depressed and has anxiety. There are moments when she feels she needs time for herself, but knows there are things to be done and does not allow herself to rest. Paul said his mom has been a great help during these times. She has come down and taken the kids to the park or other places so Nikki could focus on herself. Nikki added her mother had a way to help calm her down. Nikki continued to share there are issues with Jane’s school, child welfare being involved, the therapist wanting to have visits with Jane and the family weekly, the condition of the house being renovated, and the pressures of work. She is happy she has an awesome boss who allows her to work when she can, but sometimes feels she is letting him down by not being their as much as she would want.

Health:

Nikki describes her health as fair. She occasionally has panic attacks, but indicated she has not had one for about four months. She was prescribed medication but does not take it regularly. She indicated the medication has a lot of side effects and does not like how it makes her feel.



Jane stated her health is good although she has headaches once and awhile. Nikki said Jane gets migraines and has to stay in her room with the lights out for about an hour. This does not happen often, about three or four times a year.

Paul considers his health as good. He believes that he could lose a few pounds and would like to get back in the gym, but renovating the house has taken up the majority of his time.

Ethan describes himself as healthy and added he has been going to the campus gym three to four times a week.

Legal:

Child Welfare became involved about four months ago due to Jane’s truancy and multiple calls to the police during Jane’s suicidal ideations. Child welfare will maintain open with the family to insure truancy issues are resolved and safety concerns are addressed. Jane and the family are reluctant to

have child welfare involved, but they do like that Jennifer helps them stay focused on the things that need to change.

Education:

Jane is currently in the 10th grade at Punxsutawney Area High School. Jane expressed she likes living close to the school so she can walk there. Before moving, she had to ride a bus and she did not like being around all the kids because they would say “mean” things to her. Jane likes to learn and reads all the time. She added if she could go to school and not be around other kids that would be the best. Jane indicated there are several girls who bully her and say “hurtful” things to her. She has expressed this to her teachers and school counselor.



Jane frequently goes to the school’s counselor (Ms. Weber) office to talk about her frustrations. Ms. Weber said Jane is a bright young lady who struggles with interacting with her peers. Ms. Weber reports Jane responds well to positive support and encouragement. She continued by saying, Jane likes to come to her office to share her frustrations and get a break from her peers. Ms. Weber has been encouraging Jane to become more social, but she may need some help in doing this.

Jane expressed she has a hard time waking up in the morning, because she has difficulty falling asleep. When she is awoken by her parents for school, she just “wants to stay there all day”. Jane said her parents will come in her room and begin yelling at her telling her she is late for school. This makes Jane feel more frustrated, because she feels like she is letting her parents down.

Nikki and Paul both stated they wish Jane would get involved in some after school programs or sports. Both were involved and know how having good friends can help school be more enjoyable. They would like Jane to go to school every day because it will help her with her grades. The reason why her grades are low is because Jane is not there to review work learned for the test.

Ethan graduated high school last year and now attends college at YTI Career Institute in Lancaster, PA. He is studying Culinary Arts and hopes to open his own restaurant one day.

Lisa expressed Jane is intelligent and could be anything she wanted to be. Doreen loves that Jane would like to follow in her foot steps and become a nurse. Doreen said she believes Jane will become a better nurse then she was and would not be surprised if she became a doctor.

Spiritual:

Paul is Jewish and would like the family to attend more. She has gone with Paul The family celebrates both Christian and Jewish holidays. Jane said she does not mind going to the synagogue with her father, but she also likes celebrating other holidays like Christmas.



Nikki was raised in a Christian to the synagogue a few times.

Jane said she does not mind going

Concerns from potential team members:

Doreen (Grandmother) expressed concerns regarding the family spending more time together. Jennifer (Child Welfare) is concerned with truancy, safety in the home, and if Nikki and Paul can manage Jane's behaviors.

Lisa (Family based therapist) and Ms. Weber are concerned with Jane's lack of social involvement

Potential Team Members: (identified by the youth and family)



Jane	(Youth)
Nikki	(Mother)
Paul	(Dad)
Ethan	(Brother)
Doreen	(Grandmother)
Lisa	(Family Based Therapist)
Ms. Weber	(School Counselor)
Jennifer	(Child Welfare)

Need 1:

Jane would like help to meet the Child Welfare requirements on truancy.

Strengths:

Jane wants to become a nurse like her grandmother. She lives close to school where she can walk to and from. Jane used to walk with her friend Violet to school when they had classes together. She likes to learn and read. Jane is responsible and loves to care for others. She does this by helping her grandmother around the house, taking care of animals, and caring for her mother when she does not feel well. Jane responds well to encouragement and positive support.

Nikki's work is flexible and her boss allows her to make her own schedule. Nikki manages things well and is organized. She does this by keeping schedules for her children along with her and Paul's doctors' visits, work schedules, and various appointments. She keeps everything in a cabinet, color coated, and in alphabetical order.

Paul is a hard worker and will do anything for his family. He works a ten-hour shift and comes home and continues to renovate the home. There are times when he does not finish until 10:00 at night. Paul expressed that he likes tracking data and finding out if things are working. He will analyze things to see it did or didn't happen.

Paul and Nikki work well together.

Culture:

Jane likes to learn but does not like most of the kids at her school. Nikki and Paul expressed Jane should be more socially involved because they believe having friends could help Jane get through the day. Both Nikki and Paul expressed being a part of something and having friends helped them during their teenage years. Jane indicated when she was grooming horses it made her feel appreciated.

The family values education and believe you should be in school every day you can.

The family also values responsibility and will hold each other accountable for their actions.

People: (who can help)

Jane’s grandmother, Doreen lives two blocks away and is willing to help.

Jane’s school counselor is someone who helps talk with Jane about her frustrations.

Need 2:

Jane wants help with her self-injurious behaviors.

Strengths:

When Jane was younger she would do crafts, and sell them at a local antique shop. Doreen said, she is creative in the way she puts patterns together and comes up with new ways of doing things. Bella and other animals seem to help Jane with her depression and taking care of them make her feel good about herself. Jane expressed she would like to volunteer at a horse stable sometime. Jane said, Ethan would talk to her at night and talk to her about her day.

Paul has started to be more aware of sharp objects lying around while doing the renovations. He expressed he has been cleaning up the objects or putting things around to block the area. Both Nikki and Paul are willing to learn as Lisa has been helpful.

Culture:

Jane says, horses and other animals are “steady companions that don't offer judgement, just affection”.

Nikki stated when she sees Jane cutting she “freaks out”. She does not know how to handle this situation and just starts calling anyone that could help her “baby”. She does not like violence because of growing up with an abusive father.

Nikki indicated she fears Jane will seriously hurt herself one day.

Paul is at a loss to understand why Jane would do this and does not know what to do. He expressed, “mutilating” is against his beliefs.

People: (who can help)

Doreen, Jane’s grandmother is someone who Jane communicates with and spends time with Ms. Weber, Jane’s school counselor will take the time to listen to Jane and shares information with the principle.

Lisa (Family Based Therapist) has helped Jane and the family to understand thoughts and feeling about situations.

Enrollment Date: 11/3/17

Review Date(s): 11/24/17 and 11/27/17

I have had the opportunity to review this document, all changes have been made according to my wishes and I approve this document to be shared with my team members.

Jane Bell
Youth

11/27/17
Date

Nikki Kizer Paul Kizer
Parent/Guardian

11/27/17
Date

Christine Snyder

Workforce member

11/27/17

Date