

**INDIVIDUAL TREATMENT and REHABILITATION PLAN
COMMUNITY ALTERNATIVES
ACT SERVICE**

Client Name Mr. A.	DOB xx/xx/xx	Date 1/1/2008
COUNTRY OF ORIGIN Afghanistan	LANGUAGE Russian,Dari	TRANSLATOR: <input checked="" type="checkbox"/>
Participants M. Jones, D. Wilson		
Reason for admission / continuation of services. Assistance with managing mental health symptoms and physical health. Has history of substance abuse. Homeless		
Discharge Criteria		
Summary of Outcome Statements .Client will live independently in his own housing. He will be stable psychiatrically and will be abstinent from all drugs and alcohol. Will have employment and will maintain his physical health.		
DSM IV PRIMARY DIAGNOSIS		CODE:
AXIS I PTSD W/Psychotic Features, MDD, Alcohol Dependence	CODE	
AXIS II	CODE	
AXIS III Hepatitis C, Gastroesophageal Reflux disease, Migraine Headache	AXIS IV Homelessness,unemployment	AXIS 5 ; CURRENT: HIGHEST:
AGENCIES PROVIDING SERVICE	CONTACT PERSON/ PHONE	SERVICES PROVIDED
International Institute	314-773-9090	ESOL/Citizenship classes
LAMP	314-842-0062	Interpretation
Community Alternatives	314-772-8801	Psychiatric and Casemanagement services.
I have participated in the development of these goals and objectives. I understand and agree with the intent of this plan		
Client Signature		Date
Psychiatrist:		Date
Team Members: M. Jones		Date 1/1/2008
D. Wilson		Date
		Date
		Date

Client Name: Mr. A	CLIENT NUMBER: 0000	
Outcome # 1 – Medical Related	Target Date: 1/1/2008	
Client's Stated Goal: "I want to feel better and be healthy"		
Client's Assets / Skills: Client openly discusses his medical challenges with case worker. Client has seen a physician in the past. Client has a desire to maintain good physical health.		
Client's Obstacles: Client has no medical insurance. Client has language barrier. Client is homeless.		
Resources: Department of Family Services(DFS), Medical Health Centers,LAMP and International Institute(Interpretation services)		
Client Actions to Achieve Goals	Frequency	Achieved or Rev / Date
Client Will:		
Set and keep medical appointments as scheduled	prn	
Apply for medical insurance	Once	
Follow doctor's treatment recommendation and take meds as prescribed	prn	
Meet with case worker for medication management	1/week	
Discuss information with csw and doctor about health and symptoms	prn	
Continue to take ESOL classes to improve English language skills		
Team Actions to Achieve Goals	Frequency	Achieved or Rev / Date
Team Members Will:	prn	
Assist to set and keep appointments as schedule		
Assist client to doctor's appointments	prn	
Assist and educate client in understanding symptoms and encourage to follow doctor's Tx recommendation	prn	
Assist with medication management	1/week	
Assist to apply for medicaid	once	

Client Name: Mr.A	CLIENT NUMBER: 0000	
Outcome # 2 – Housing Related	Target Date:	
Client's Stated Goal: "I want to get my own apartment.I do not want to be homeless"		
Client's Assets / Skills: Client has lived in his own apartment. Client has a desire to have safe,affordable housing.		
Client's Obstacles: Client has no source of income to pay rent. Client was evicted from previous apartments.		
Resources: Client has friends that he stays with sometimes.Homeless shelters.Shelter Plus Care housing vouchers.		
Client Actions to Achieve Goals	Frequency	Achieved or Rev / Date
Client Will:		
Establish income to pay for his rent.	prn	
Successfully maintain his current living situation with his friend until he moves out	prn	
Seek suitable housing and will work with csw to find an apartment	prn	
Apply for a housing voucher	once	
Openly discuss any housing problems with csw	prn	
Team Actions to Achieve Goals	Frequency	Achieved or Rev / Date
Team Members Will:	prn	
Encourage client in establishing financial resource to support his housing		
Encourage client to have a positive relationship with friend to support current housing until he moves out.	prn	
Assist client with a list of homeless shelters and contact numbers	prn	
Assist client to apply for a housing voucher	once	
Assist client to find a safe,affordable housing	prn	

Client Name: Mr.A.		CLIENT NUMBER: 0000
Outcome # 4 EMPLOYMENT RELATED		Target Date: 1/1/2008
Client's Stated Goal: I want to find a good paying job and work fulltime"		
Client's Assets / Skills: Client was a mechanic in Russia. Client has a desire to seek employment of his choice. Client is able to take public transportation. Client has worked before.		
Client's Obstacles: Language barrier.Long history of Alcohol Dependence.Client's PTSD and MDD symptoms interfere with his job performance.		
Resources: International Institute employment department, ESOL classes, Employment connection.		
Client Actions to Achieve Goals	Frequency	Achieved or Rev / Date
Client Will:		
Take ESOL classes to improve English language skills.	3/week	
Follow doctor's Tx recommendation to help manage symptoms that interfere with job.	prn	
Attend job trainings at the International Institute	prn	
Follow through with interviewing with potential employers	prn	
Be open to suggestions from csw on other jobs or volunteer opportunities available	prn	
Team Actions to Achieve Goals	Frequency	Achieved or Rev / Date
Team Members Will:		
Encourage client to attend ESOL classes to improve English language skills	prn	
Assist with transportation to get to interviews	prn	
Assist in filling out application forms	prn	
Discuss and educate client on symptoms that interfere with job performance	prn	
Encourage client to follow doctor's Tx recommendation	prn	

Client Name: Mr.A		CLIENT NUMBER: 0000
Outcome # 5 LEGAL		Target Date: 1/1/2008
Client's Stated Goal: "I want to obtain a green card and apply for USA citizenship"		
Client's Assets / Skills: Client has a desire to apply for green card and to also obtain USA citizenship		
Client's Obstacles: Language barrier. No state ID		
Resources: International Institute, LAMP(Interpretation services)		
Client Actions to Achieve Goals	Frequency	Achieved or Rev / Date
Client Will:		
Attend ESOL classes to improve English language skills.	prn	
Attend citizenship classes at the International Institute to prepare for test	3/week	
Apply for a state ID	once	
Attend all immigration appointments as scheduled	prn	
Meet with lawyer at Legal Services to assist with the citizenship application process	prn	
Team Actions to Achieve Goals	Frequency	Achieved or Rev / Date
Team Members Will:		
Encourage client to attend ESOL and citizenship classes	prn	
Assist to apply for a state ID	once	
Refer to Legal Services to assist with the citizenship application process	prn	
Assist client to his appointments at the immigration office and at Legal Services.	prn	

Client Name: Mr.A.		CLIENT NUMBER: 0000
Outcome # 7 MENTAL HEALTH RELATED		Target Date: 1/1/2008
Client's Stated Goal: "I want to feel better and not depressed and nervours"		
Client's Assets / Skills: Client openly talks about his depression and symptoms. Client verbalizes interest in seeing a doctor to help manage his depression		
Client's Obstacles: Client has a long history of alcohol dependence. Client has no medical insurance. Language barrier.		
Resources: DFS, Dr.Marcu, LAMP		
Client Actions to Achieve Goals	Frequency	Achieved or Rev / Date
Client Will:		
Set and keep appointments as scheduled	prn	
Comply with treatment including meds as prescribed	prn	
Discuss symptoms or any side effects of meds with psychiatrist and case worker	prn	
Receive education on the effects of alcohol on his mental health	prn	
Apply for Medicaid	once	
Team Actions to Achieve Goals	Frequency	Achieved or Rev / Date
Team Members Will:		
Assist in setting and keeping appointments as scheduled	prn	
Encourage compliance with treatment recommendation from MD	prn	
Provide transportation to appointments as needed	prn	
Educate client on the effects of alcohol on his depression	prn	
Assist client to apply for Medicaid	prn	

Client Name: Mr. A.		CLIENT NUMBER: 0000
Outcome # 8 SUBSTANCE ABUSE RELATED		Target Date: 1/1/2008
Client's Stated Goal: "I want to stop drinking alcohol"		
Client's Assets / Skills: Client has a desire to stop drinking alcohol. Client openly discusses his alcohol dependence with his csw and doctor.		
Client's Obstacles: Client has a long history of Alcohol dependence. PTSD/MDD. Most of clients friends drink alcohol.		
Resources: Preferred Family/Tx Centeres, Community Alternatives Tx groups, AA groups		
Client Actions to Achieve Goals	Frequency	Achieved or Rev / Date
Client Will:		
Follow doctor's and Substance Abuse Counselor's Tx recommendation	prn	
Explore and identify support groups in the community that can support with sobriety	prn	
Receive education on the long and short term effects of alcohol on his health, relationships, finance, legal issues and work performace.	prn	
Meet with a S/A counselor for individual Tx and support	prn	
Develop social skills that would allow him to be comfortable around people that do not drink alcohol or activities that do not include alcohol	prn	
Team Actions to Achieve Goals	Frequency	Achieved or Rev / Date
Team Members Will:		
Encourage client to follow Tx recommendation from MD and S/A Counselor	prn	
Educate client on the effects of alcohol on his health, relationship and legal issues etc.	prn	
Assist client in identifying a support group that could help in sobriety	prn	
Encourage client to continue attending ESOL classes	prn	