

John Dawson's treatment plan

Goal: "I need to finish high school."

Objective: John and EASA supported employment/education team member will complete strengths assessments within the next 2 weeks, to inform the plan for returning to school.

Objective: EASA OT and John will develop a schedule to support a daily routine that includes creating sanctuary space at school, in the next 60 days.

Objective: EASA counselor will complete the relapse prevention plan, in collaboration with John and his family, to identify early warning signs and strategies to reduce symptoms that get in the way of attending school, in the next 60 days.

Objective: EASA RN will complete health assessment with John to address potential health issues that impact John's ability to attend school, in the next 30 days.

Goal: "I want my family to argue less."

Objective: John and EASA peer support specialist will identify places in the community or on the farm where John can take space for himself, within the next 30 days.

Objective: EASA OT will teach and practice 3 sensory calming strategies to John and his family to reduce emotional and environmental stress in the household within the next 60 days.

Objective: EASA team will share Family Guidelines with the family, identify 3 of them that the family can use to reduce conflicted communication at home, and provide bi-monthly psychoeducation to the family, for the next 6 months.

Goal: "I don't want to go crazy."

Objective: EASA peer support specialist to introduce John to other young people in EASA peer social group to help John feel less isolated, within the next 90 days.

Objective: EASA team will use John's explanatory model to identify family experiences, values, and worldviews, to identify strategies, which can give him hope and reassurance, within the next 90 days.

Objective: EASA MD will meet with John and family to provide psychoeducation about psychopharmacological interventions and non-psychopharmacological interventions that will help reduce the experiences that are bothering John, during the next 90 days.