

High Risk Youth Immediate Plan for Cole

Anytime Cole is upset or heightened Mom Carrie will take him to the hospital – Car 40.

High Risk Youth Plan – Interim Plan

1. Mom Carrie needs to set breaks. Carrie will not answer her phone while she has breaks but will ensure an adult is present to help Cole if he needs it, like Grandpa.
2. Carrie needs to have a safe adult present for Cole when she is away. Carrie will continue to use the lock box for medication and leashes
3. If Carrie needs support while Shannon (worker) is away, she will reach to Brenda and CYMH or Alex at EY
4. If accessing medical support – Carrie will ask for the Aboriginal Patient Navigator
5. Cole will continue to take his meds as prescribed by the doctor until discussed differently with Dr. H
6. Carrie will tell Doug (step dad) when she is too tired to deal with Cole. Doug will support caring for Cash and Cole to ensure that she is taking her breaks. If Doug cannot care for the boys, he will support Carrie in finding another adult to help.
7. Medication will be consistent so the doctors know what has been prescribed has been taken and has been taken over a period of time.

Doug will check in with Carrie

Doug will share what worked well and what didn't at the next network meeting – he records the information in his phone.

Doug is the Captain of the plan

Get the analysis from the updated assessment to use this as an exercise

Who is this plan for?

What stands out for you that you like about this plan?

Thinking through prevention, monitoring and response, what do you think needs further work?

What questions do you want to ask to Cole and his network?

Youth Plan – Long term plan further developed

Coles plan for living!

1. The most important rule for this plan is when Cole says “I have taken pills” or “I am going to kill myself.” Or “I don't want to live anymore.”, Carrie, will call Grandma and

Grandpa right away to take Cole to the hospital. If Grandma and Grandpa are not available and Carrie worries that Cole is in immediate danger or Cole will not get into the car with Grandpa, she will call 911 or car40.

2. When Cole says “I need to be alone” or “I don’t want to talk to anyone” or just leaves, mom, Doug, Grandma and Grandpa and Cash will give him space. Cole knows he can go to his room or ride his bike on Alder street down to Bluestone for 30 min. Carrie, Grandma and Grandpa or Doug will put a timer on (if he is in his room) so he can hear it. If he needs more time he will say “more” and they will set the timer for 15 more min. If he doesn’t come back from his bike ride within the 30 min he will need to put his location on and/or text more time. If he doesn’t do either Mom, Grandma and Grandpa will call 911 or car 40 and go look for him.
3. When Carrie needs a break she will put up the visual “MOM BREAK” with who to call on the fridge. During this time Cole can call the adults who are on the fridge. Mom will not answer Cole’s calls or texts during this time.
4. Cole knows he needs to connect with people and talk to his friends, even when he is feeling anxious in his mind and body. He has agreed to attend school everyday for 2 hrs during 9:55-11:55 and can stay for lunch if he is feeling up to it. He will go to the Aboriginal Support Room and ART room during this time.
5. Cole knows he needs to feel alert at school so he has said he will take his ADHD meds at 8am and Carrie will shut off the wifi at 10am each night.
6. If Cole is feeling anxious at school where he cannot manage those 2 hrs, he will ask for a space in the Aboriginal support room where he can use his “calming tools” – eating a snack, doing the breathing and pacing outside between the Aboriginal support room and the art room. His support worker Andy will check on him in 10 min intervals to see how he is doing.
7. Cole has agreed to use his headphones as his safety object when he puts them on, everyone in the family knows he is struggling and that Grandpa needs to check in and find out what he needs. If Grandpa isn’t at the house – Mom will text him and let him know that Cole has his headphones on and will need a “check in.”
8. Cole is feeling better the last few meetings and said he has been using the techniques he learned with his horse Silver to remember the fun in his life and to smile. He carries a pick of him in his pocket and can look at that picture to feel happy.

Worker will scale Cole weekly when they meet:

Worker Shannon will scale la paraantii monthly when they meet and continue to refine the rules as they go.