

D- IIC arrived at residence to meet with youth and caregiver for initial session from 200pm until 400pm for discussion of presenting problem ( s ), gathering of information relative to history and current situation, goal setting and strategies toward treatment. IIC engaged with youth for first hour of session awaiting arrival of caregiver, who telephoned IIC and youth to inform IIC that she was, " running behind schedule". Caregiver requested IIC to wait for her arrival within next 20 minutes. IIC informed caregiver that IIC would await her arrival. Youth and IIC engaged in preferred activity ( board game and videos ) for next two hours until arrival of caregiver. During interaction, IIC and youth discussed youth's antecedent to IIC services, which was youth involvement in fight with former best friend over former girlfriend. Youth and IIC also discussed options in which youth could have avoided situation and discussed several options for regulating emotions when angered or frustrated. Caregiver expressed concern over upcoming court appearance and youth's grades. Caregiver requested letter pending development of treatment and participation of treatment process.

During session, caregiver, youth and IIC agreed to following needs.

1. Need 1- Christopher needs to refrain from physical aggression toward others when angered or frustrated.
2. Need 2- Youth will work toward improving grades by completing assignments as expected.

1. Strategy for need 1- IIC will assist youth in identifying coping skills youth can implement when angered or frustrated.
2. Strategy for need 2- IIC will assist youth in identifying time management techniques that may assist youth in improving grades.

Family vision: The family vision is for Bart to complete grade 12 and graduate in May 2019. The additional vision of the family is for youth to resist from physical aggression toward others when angered or frustrated.

Diagnosis: F4320-Adjustment Disorder

Strengths: Youth is open to IIC services. Youth is verbal and has insight into presenting problem( s )

Medications: Zoloft 50 mg.

Barriers: There appear to be no barriers to treatment as youth and family are vested in treatment process and accepting of treatment package.

A- Youth was neat in appearance, behavior appropriate to session with youth presenting a bright and responsive affect. Youth denies H.I./S.I. Youth expressed desire to receive IIC services. IIC observed that caregiver is vested in treatment package verbalizing desire to participate as needed. Youth appears to be in contemplative stage of change.

P- IIC and youth will meet, Sunday, November 11, 2018 to work toward listed goals thru M.I./C.B.T.

Darryl Parraway, L.C.S.W.

Date: 11/09/2018