



Muskegon River Youth Center
Individual Aftercare Plan

John Doe

John Doe

Admission Date: January 1, 2015

Current Level: Orientation Level.

PRD: April 6, 2015

Mr. Doe's aftercare plan, detailed below, will be followed from the time he is admitted to the facility throughout his time at the facility. Aftercare services may be added or changed as they become available.

Need: Mental Health

Supporting Info: John arrived at the facility taking Vyvanse for ADHD and Seroquel for Bi-Polar disorder. He has been evaluated at the facility and his medication was continued but doses of each were lowered to determine his behavior on a lower dose while in a secure environment. He has done well on the lower doses of medication. He has been under the care of mental health staff at the facility and the focus of their sessions has been on learning skills to cope with his ADHD and Bi-Polar with skills instead of medication.

John must see a mental health counselor in the community for continued evaluation of his medication, refills, and counseling to help him continue to build on the skills he has already learned. He has a follow up appointment currently scheduled for April 13, 2015 at 3:30pm with Dr. Jane Williams. He has previously been involved in counseling with Dr. Williams and states that they get along well.

Responsible Individual : Youth and Parent

Need: Substance Abuse

Supporting Info: John participated in Psycho-educational programming for substance abuse and life skills while at the facility. He has identified triggers to his substance use, skills he can utilize when he has the urge to use and positive places that he can go that are free from substances. He has expressed a willingness to participate in AA/NA meetings which are held at the Central Christian Church every Tuesday at 6pm. His family should consider attending meetings with him for support. Because he will continue on probation following his discharge from the facility, the Probation Department should consider random urinalysis screenings.

Responsible Individual : Youth, Parent and Probation

Need: Medical Needs

Supporting Info: John appears to be in good health at this time. He has not suffered from any injuries or illnesses while at the facility. He has had access to the medical doctor at the facility and has been assessed physically but has not required treatment. He should see a family doctor when any needs arise. His family doctor will continue to be Dr. Bob Roberts.

Responsible Individual : Youth and Parent

Need: Education

Supporting Info: John was able to make positive steps towards earning his high school diploma while at the facility. He completed the last semester and was able to earn 5 credits. He had 15 credits prior to his admission to the facility. This puts him on track with his peers and he will be eligible to re-enter school in his community as a junior in high school. His mother has already begun the re-enrollment process at Central High School in his home town. He has acknowledged that he struggles in English and is planning to ask for additional help. His school of record will also be responsible for conducting a case conference regarding his IEP. His IEP accommodation is extra time during test taking.

Responsible Individual: Youth, Parent and High School Administrators

Need: Employment

Supporting Info: John has been in placement for an extended period of time and has not lived at home in the community in quite some time. He should spend time upon his discharge working on following through with his appointments and commitments to school. If after several months he has settled in well at home and is following through with his responsibilities with probation and school he could consider getting a part time job to learn additional responsibilities. He has expressed an interest in working at the Marsh grocery store which is in walking distance of his house. His mother and probation should ultimately determine if he is prepared for the responsibility of work and school. He has practiced filling out applications and has participated in mock interviews in preparation for his release.

Responsible Individual: Youth, Parent and Probation

Need: Family Needs

Supporting Info: John has lived away from home for several months. He has contributed to discord in the home but acting out physically against his family. He will be participating in counseling individually upon his release but his family should participate in counseling with him. Counseling should continue to focus on relationship building and communication. John and his family made a plan of action for open communication during a family session at the facility. This plan should be reviewed during family counseling.

Responsible Individual: Youth and Family

Need: Leisure Time Activities

Supporting Info: John has made a plan of action for how he will spend his time once he is released from the facility. This plan has been shared with his family as well as his probation officer and should be shared with his counselor during his first session. This will help him focus on the positive activities that he has identified that he can participate in once released. He has specifically identified the YMCA and his church as places he can go to participate in positive activities.

Responsible Individual: Youth, Family and Probation