**Date of assessment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Client age\_\_\_\_\_\_\_\_\_\_\_**

**Persons and resources utilized in this assessment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Presenting problem**:**

**Select areas of impact and indicate the level of severity: none-0, mild-10, moderate-20, or severe-30**

**Home problems:\_\_\_\_\_ Mood/Emotional Stability: \_\_\_\_\_**

**School problems: \_\_\_\_\_ Thoughts: \_\_\_\_\_\_\_\_**

**Community problems:\_\_\_\_\_\_\_\_ Behavior toward others: \_\_\_\_\_\_\_\_**

**Substance use: \_\_\_\_\_\_\_\_ Primary caregiver support: \_\_\_\_\_\_\_\_**

**Self-harm behavior: \_\_\_\_\_\_\_\_ Secondary caregiver support (2):\_\_\_\_\_\_\_\_\_\_**

**Problems have been present for one year or more.**

Risk assessment**:**

**Suicidal behavior: yes no Access to weapons: yes no**

**Homicidal behavior: yes  no Potentially aggressive pets: yes no**

**Anger management issues:  yes no Illegal activities in home: yes no**

**Self-abuse: yes no Family violence:  yes no**

**Is client currently at risk of harm toward self or others? yes  no**

**If yes include an explanation of behavior and a safety plan with this assessment.**

# Previous attempts to solve problems and their results:

**individual therapy\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ helpful**

**family therapy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**medication\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**by client \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­\_\_**

**psychiatric hospitalization \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**number of times hospitalized in past two years \_\_\_\_\_\_\_**

**self-help group\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**substance abuse treatment\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# Desired results of treatment:

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Stage of Change: **by Client Caregiver**

|  |  |  |
| --- | --- | --- |
| **I do not need to make any changes** |  |  |
| **I have thought about making some changes** |  |  |
| **I am thinking about making changes** |  |  |
| **I am making changes** |  |  |
| **I have made changes and things are going well** |  |  |

# Screenings:

**Has the client been screened for ADHD**?

yes no

**Has the client been screened for Depression?**

**yes  no**

**Has the client been screened for Substance Abuse**

**yes  no**

Trauma:  **Does the client have a history of traumatic experience? \_\_no \_\_yes**

**\_\_\_ physical abuse \_\_\_ physical neglect \_\_\_ sexual abuse \_\_\_ emotional abuse**

**\_\_\_ witnessed abuse \_\_\_ family violence \_\_\_ community violence \_\_\_ own violence**

**\_\_\_ murder of family member or friend \_\_\_ suicide of family member or friend**

**\_\_\_ adopted \_\_\_illness of parent \_\_\_change in primary caregiver \_\_\_ pregnancy**

**\_\_\_ death of loved one \_\_\_ foster care \_\_\_incarcerated parent \_\_\_multiple moves**

Relationships and attachments **(include family and natural supports to client and family)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Relationship to client** | **Name** | **Lives with child?** | **Age** | **Quality of relationship** |
| **mother** |  |  |  |  |
| **father** |  |  |  |  |
| **step-parent** |  |  |  |  |
| **sibling** |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
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|  |  |  |  |  |

# Health

**Prenatal exposure to \_\_cigarettes \_\_ drugs \_\_alcohol \_\_ violence \_\_ no report/unknown**

**Developmental milestones: \_\_ normal range \_\_ delays \_\_\_ early \_\_unknown**

**Chronic illness: \_\_ yes \_\_no Surgeries: \_\_yes \_\_\_no**

**Immunizations up to date: \_\_\_ yes \_\_ no Head injury: \_\_\_ yes \_\_\_not reported**

**Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Medications

**\_\_prescribed psychotropic medications**

**\_\_ prescribed medications for health care**

**Type and benefit \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# Bio-rhythms

**Sleep: \_\_normal range \_\_ inadequate \_\_\_ excessive**

**Diet: \_\_ healthy diet \_\_over eats \_\_ under eats \_\_ family eats healthy**

**Exercise: \_\_\_ regular activity \_\_\_prefers passive activities \_\_\_ athletic lifestyle**

# Substance Use

**Cigarette/tobacco use: \_\_\_ yes, recent \_\_\_ past use \_\_ no history**

**Substance use: \_\_\_ yes, recent \_\_\_ past use \_\_ no history**

**Alcohol use: \_\_\_ yes, recent \_\_\_ past use \_\_ no history**

**comments\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# Sexuality

**Gender Expression: \_\_male \_\_ female \_\_ transgender**

**Sexual Orientation: \_\_ heterosexual \_\_ homosexual \_\_bisexual \_\_asexual**

**Puberty Onset: \_early \_late \_normal range**

**Sexually active: \_\_unknown \_\_\_ no \_\_\_ yes**

**Access to birth control: \_\_ yes \_\_ no**

# Education

**Performance: \_\_ on grade level \_\_ below grade level \_\_ advanced**

**Learning disabilities: \_\_\_ yes \_\_\_ none reported \_\_ wants an evaluation**

**\_\_\_has an IEP \_\_\_utilizes accommodations \_\_\_\_ truancy/attendance**

**\_\_\_\_ suspension/disciplines \_\_\_alternate placements: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# Language and Communication

**\_\_ hearing needs \_\_\_ vision needs \_\_English as a second language**

**\_\_translator needed \_\_\_ communication aids**

**\_\_ maladaptive communication skills \_\_ lost or undeveloped expressive skills**

# Vocational/employment

**\_\_\_\_would benefit from skills training \_\_has career goals**

**\_\_\_ self-care skills are appropriate to age level \_\_\_ employed**

# Legal

**\_\_ N/A \_\_custody order \_\_\_DJJ involvement \_\_\_CDW \_\_\_ DCBS custody \_\_ legal offenses**

# Financial

**\_\_adequate to meet needs of child \_\_\_would benefit from resource assistance \_\_\_ housing needs**

# Social relationships

**\_\_\_ shows the ability to develop and maintain satisfactory relationships with prosocial peers**

**\_\_\_ shows the ability to develop and maintain satisfactory relationships with adults**

**\_\_\_ would benefit from social skills development**

# Leisure and recreation skills

**\_\_identifies special interests and hobbies \_\_ loss of interest**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# Culture and Ethnicity

**\_\_ identifies with a specific culture or ethnicity \_\_ identifies with majority culture**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# Spirituality and Religion

**\_\_ active with a religious organization \_\_\_reports spiritual interests or beliefs**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# Community/neighborhood

**\_\_\_ stable \_\_\_\_ distressed \_\_\_ threatening**

# Diagnosis:

**I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**II\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**III\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**IV\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**V** GAF: current \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

GARF current \_\_\_\_\_\_\_\_\_\_\_\_\_

# Strengths and Problems that may affect the treatment process:

**Barriers to treatment**:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Supports to treatment\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# Intensity and Level of care recommendations: Trauma System Therapy Assessment Grid Social-Environmental Stability

|  |  |  |  |
| --- | --- | --- | --- |
|  | **\_\_Stable:** caregiver is stable and has the capacity to help manage emotion and to protect from stressors | **\_\_Distressed** : caregiver has difficulty helping child manage emotion or difficulty protecting from stressors | **\_\_Threatening:** caregiver has difficulty helping child manage emotion or protect from stressors and there is a threat of harm to the child |
| **\_\_Regulated:** has pretty good control over emotional states and spends most of time in a regulated emotional state | **Level 5**  **Beyond Trauma** | **Level 4**  **Beyond Trauma** | **Level 3**  **Safety Focused** |
| **\_\_Dysregulation of Emotions:** has difficulty controlling emotional states, limited ability to self-soothe, reinstate calmness, and engage with environment**.** | **Level 4**  **Regulation Focused** | **Level 3**  **Regulation Focused** | **Level 2**  **Safety Focused** |
| **\_\_Dysregulation of Behavior:** has difficulty controlling emotional states, and is expressed in potentially dangerous behaviors | **Level 3**  **Regulation Focused** | **Level 2**  **Safety Focused** | **Level 1**  **Safety Focused** |

**Regulation of Emotion and Behavior**

**Level 5:** outpatient therapy: 1x week or less that helps client transcend trauma, find meaning, and hope for the future. (Non-SED)

**Level 4**: outpatient therapy with goal of establishing therapeutic communication between family and child so that they are no longer consumed by trauma history. Emotional regulation skills should already be in place so that the child can utilize cognitive therapy to process trauma.

**Level 3**: outpatient care with additional intensive/supportive services with goal to develop skills to manage emotion and establish safe social environment. The child and family should be taught skills to help endure the impact of trauma and minimize behavior. The caregivers work to create a safe home environment. Medication therapy may be beneficial at times.

**Level 2:** intensive, community based services, some may require acute residential with goal to create a safe social environment. The family disorganization or stressors may trigger the child. School, peer, and neighborhood may also be unstable and triggering. Treatment will focus on emotional regulation skills to cope with the difficult environment. Consider wrap around and assess for medication therapy.

**Level 1:** very intensive services: crisis management/residential/in-patient with goal to protect the child from threats and dangerous impulses. Home and community based services should be intensive and coordinated with community services (CPS, jail, hospitals, DJJ, domestic violence, gangs, social services). Assess for medication therapy.

**Does this client meet the criteria for SED? yes no**

**Does this client meet the criteria for case management services? yes no**

# Provider summary and recommendations for care:

# Treatment Plan and Service Referrals:

|  |  |  |
| --- | --- | --- |
| **Problems** | **Goals** | **Interventions and modalities** |
|  |  | **☐medication therapy  ☐case management services  ☐community support associate  ☐substance abuse treatment ☐group therapy  ☐self-help groups ☐psychological testing ☐art therapy ☐individual therapy ☐family therapy**  **☐crisis planning** |

**Releases were obtained and referrals were made to the following:**