

**Aftercare Plan for Darell**

**As a family, we will establish the following aftercare plan based on the top stressors we listed on our stress chart at home and any safety or community issues that led to residential commitment. We are doing this to get our family “battle ready” to prevent any future risk of relapse when Darell returns home.**

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| **House Rules** | **Safety Issues** | **Community** |
| * **Violating Curfew/AWOL-** *Eliminate 70% stress* * **Family Chores-** *Eliminate 90% stress* * **Disrespect**- *Eliminate 40% stress* | * **Drug and Alcohol Use-** *Eliminates 80% stress* | * **Poor Grades**- *Eliminates 60% stress* * **Getting suspended at School -***Eliminate 60% stress* * **Community/Volunteer Activity** |

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| **CURFEW AND LEAVING HOME WITHOUT PERMISSION (See Contract)**  Darell will be considered late if he is one minute past 8:30 pm according to his parents’ watch. He must be physically inside the house & must check in with his parents upon return home. If he needs assistance with a ride home, he must ask his parents by 7:00 pm. **(Healthy Undercurrents: Safety + Consistency)**  Darell will be breaking the contract if one or more of the following happen:  **(Healthy Undercurrents: Safety + Consistency)**   * Leaving the house after Mom has instructed him to stay home * Walking out of the house and down the street when he gets angry * Getting into the car with someone without permission from parents * Not coming home at night when parents have given permission to go out for a set period of time * Leaving the house during the night   **Chore List for Darell** **(See Contract)**  **Rule #1:** The following chores must be completed **by 7pm for mom’s inspection**, Monday – Friday:  **(Healthy Undercurrent: Consistency)**   * Clean Room (fold up bed, pick up dirty clothes, all stuff off floor, and book bag ready for next day and beside front door) * Take Trash Out –Bedroom, Bathroom, Kitchen * Wipe down kitchen surface and sweep floor * Tuesdays and Thursdays wash, dry and put away dinner dishes   **DISRESPECT** (Disrespect is not a currently active symptom. This contract will be implemented if disrespect begins to occur with frequency in the home)  **RULE:** Darell’s behavior will be considered **disrespectful** if he does one or more of the following:  **(Healthy Undercurrent: Consistency)**   * Does not comply with adult requests the first time he is asked to do something * Arguing past Mom saying conversation is over * Nagging, pushing verbally, or badgering Mom to change her mind * Uses inappropriate language (profanity & phrases such as “shut up” “stupid”) * Rolls eyes, sucks teeth, mimics parent | **Drug and Alcohol Use**- (Contract yet to fully completed (positive and negative consequences) but will be addressed in the following manner) **(Healthy Undercurrents: Safety + Consistency)**   * Test dirty on a randomly assigned UA or refuses to take the UA when asked by Mom. * Test on any alcohol level on a Breathalyzer or refuses to take the Breathalyzer when asked by either Mom. * Mom will test randomly at least 2 x per month or when needed * Possessing drug paraphernalia * Possessing drugs or alcohol in home, out of home. * At a “drug house” as defined by Mom (with peers who use drugs or sell drugs) | **Education**  Plan is to attend HOYA until Darell can re-apply to public schools when expulsion sentence ends. School will be from 9:00 am to 12:00 pm Monday to Thursday   * **Mom will enroll Darell at HOYA on Monday 24th at 9:30 am.** * **Mom and Ms. Cortson will work with designated school to enroll when expulsion sentence is finished** * **Darell will need to attend credit recovery in the summer to move towards graduation with his age.**   **Community Service**  Darell will go to the Volunteer Center for placement every weekday from 12:30 pm to 3:00 pm. This will serve as community service as well as a pro-social activity.   * **Mom and Ms. Cortson will contact Volunteer Center by Feb. 2nd 2011.** * **Ms. Corston will have Darell fill out enrollment materials and fax** * **Darell will complete a minimum of 120 hours**   **School Furlough**  Must have perfect attendance for School Furlough for three weeks to move into Aftercare. Perfect attendance is defined as going to school, going to Volunteer Center, and maintaining curfew at home. All call in times must be met. Call in times are at 1:30 pm, 4:30 pm, and 8:30 pm   * **Mom, Grandmother, Ms. Cortson, and Dr. Wells will meet to review playbook and transition to Aftercare.**   **Employment or Vocational**   * **Fills out applications with Uncle present. Uncle will assist and instruct in application filling.** * **Fill out five applications one week. Will follow up on five applications the next week. Goal will be total 30 applications.** * **Work will occur in evening and/or weekend. School and community service have priority.** * **Uncle and Darell can utilize jobs database at Michigan Works.** |
| * **Unhealed Wounds- *Eliminate 80% stress - Playbook to be developed to address family wounds Revised 04/19/13*** | | |

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