

TCOM-Planning Form

Background Needs	Treatment Target Needs	Activities	Anticipated Outcomes	Goals
1 Cultural Identity 2 Trauma 3 Court Involvement 4 Court Ordered Drug Treatment 5 Health 6	1 Family Interaction & Communication	1 Family Therapy focus on culture(s)	1 Increased Understanding & Communication	1 Melissa & Parents to gain understanding from each other's perspective
	2 SAFETY (PRIORITY)	2 Stop going to RAVES	2 Prevent drug exposure	2 Increase health & wellness
	3 Substance Abuse Treatment & Drug Screening	3 Begin O/P Drug Treatment	3 Sobriety & Satisfy Court Orders	3 Complete court involvement
	4 Fulfill Court Order Drug Treatment	4 Attend O/P Drug Treatment X times per week	4 Increased awareness of drug use & healthier lifestyle	4 Sustainable Sobriety & Wellness
	5 Fulfill Court Order Drug Screening	5 Drug Screenings as ordered	5 Negative Drug Use	5
	6	6	6	6

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Useful Strengths	Activities	Strengths to Build	Activities
<p>1 Family Involvement/Connection</p> <p>2 Social Resources (Extended Family Supports for Melissa & Parents)</p> <p>3 Vocational (Wants to be a Nurse)</p> <p>4 School Academics</p> <p>5 Optimism</p>	<p>1 Spend time doing 'Family Activities' creating 'new traditions'</p> <p>2 Continue to connect with family at church activities on Sunday</p> <p>3 Explore Colleges that have Nursing Programs</p> <p>4 Work with Guidance Counselor applying taking SAT/ACTs and taking tours of Colleges</p> <p>5 Volunteer at Hospital</p>	<p>1 Care Giver Knowledge of Melissa's substance use & Tx</p> <p>2 Supervision-getting Melissa to follow home rules for 16 year old teen</p> <p>3 Interpersonal</p> <p>4 Talents/Interests</p> <p>5 Positive Social Network of Peers/Adults</p>	<p>1 Involvement in Substance Tx as part of family supports</p> <p>2 Parents to be specific regarding 'rules' with Melissa-Communication & Trust building</p> <p>3 Attend support groups (NA) for teens</p> <p>4 Explore what Melissa is good at or would like to learn to do (school and community)</p> <p>5</p>