

Darryl Example Goal

Target Domain/Area of Focus: Mental Health/Youth Behavioral/Emotional Needs

Plan Date: 3/11/2021

Next Review Date: 9/11/2021

Goal/Objective: “I want to remain living with my grandparents, I love them. I just worry about my grandfather.” “I also want to be able to hang out with my friends and girlfriend.”

Needs addressed in goal: Adjustment to Trauma, Oppositional

Functional Strengths used: Natural Supports,

Current Situation: Darryl is sad when he thinks about his mom and what happened to his grandfather. He had a stroke 3 months ago and Darryl has been having behavioral difficulties since. He has been starting arguments with his grandmother and ignoring his curfew. Darryl’s grandparents are feeling like they may not be able to handle his behaviors any longer. Darryl feels resentment toward them as they have placed many restrictions on him. Darryl is close to his aunt and 5 cousins who live in the neighborhood. Darryl also has a lot of male friends and has had a girlfriend for the past 8 weeks. Darryl had an intake assessment for potential services and the evaluator recommended some weekly trauma focused therapy since the family has not yet agreed to family therapy.

Action Steps/Strategies/Interventions:

Action Step	Responsible Person	Target Date
SC will research trauma focused therapy providers in Darryl’s area and discuss with Darryl which providers to make a referral to.	Service Coordinator	3/25/21
SC will make a referral to a therapist for Darryl.	Service Coordinator	4/15/21
Darryl will attend weekly sessions with his therapist.	Darryl	Weekly to 9/11/21
Therapist will educate Darryl’s grandparents on how trauma might be affecting Darryl’s behaviors to increase their knowledge and emotional responsiveness.	Therapist	4/30/21
Therapist will work with the family to establish clear expectations for Darryl and what privileges he can earn for following them (hanging out with friends, girlfriend) to increase Darryl’s compliance and reduce oppositional behaviors.	Therapist, grandparents, Darryl	4/30/21
Darryl’s aunt reported that Darryl can come over for respite weekly to reduce caregiver stress and potentially increase relationship quality.	Aunt, Darryl	Weekly to 9/11/21
SC will review Darryl’s progress with his therapist at least twice per month.	SC, therapist	Every other week to 9/11/21
SC will review progress with Darryl at face to face visits.	SC, Darryl	Once every 14 days to 9/11/21
SC will make any other referrals that may result from Darryl’s therapy sessions.	SC	9/11/21

