**Jane Doe Clinical Formulation:**

The current reasons for the Caring Together services include the need to improve family relationships and decrease unsafe behaviors in the community. Jane requires services in the areas of Education, Life Skills, Vocational Skills, Individual Needs, Family Needs, Health Needs and Behavior Management. Individual: Jane has experienced difficulty managing her emotions safely and appropriately since early childhood. Jane continues to display limited ability to tolerate distress and often acts out by becoming verbally aggressive towards others or behaves in an oppositional manner. Jane is often able to process following incidents in which she experiences overwhelming emotions, but she struggles to access positive coping strategies and problem solving skills in the moment to avoid outbursts. Education: Jane has struggled significantly in her school achievement throughout her life due to her limited ability to manage her emotions, poor social skills, and history of hospitalizations/ placements. Jane has internalized this difficulty and lacks confidence in her scholastic abilities, which increases her frustration and leads to spending time out of the classroom. Jane attends the ABCDEFG School and receives support from the school, CHA, and her family. Health: Jane has struggled to maintain good hygiene and complete daily tasks of living throughout her life. These difficulties appear to stem from sensory issues related to her PDD NOS diagnosis as well as low self-esteem. Jane is overweight and not willing to engage in daily wellness regularly. This impacts her self-esteem as well as peer relationships. Jane has some difficulty at times following staff prompts around such tasks, however, with support and encouragement from staff and family Jane has demonstrated she can make progress towards health. Family: Jane displayed significant emotional dysregulation in the home throughout her life, including becoming physically assaultive towards her family. The stress of Jane’s behaviors as well as other psycho-social stressors, lead to damaged relationships among the family. Jane and her family are motivated to work with CHA clinical and program staff to strengthen family relationships and improve Jane’s functioning in the home. Jane expresses anxiety that she will engage in past behaviors in the home and this at times interferes with her ability to make progress towards this goal. Vocational: Jane is able to identify vocational interests but has some difficulty making steps towards increasing vocational skills. Her low self-esteem and view of herself as having a “disability” contribute. She participates minimally in PAYA and other activities that would increase skills. Jane participates in vocational workshops at ABCDEFG School. CHA will continue to provide support to enhance Jane’s performance towards this goal. Jane has displayed limited social skills since her early childhood and was later diagnosed with PDD NOS. Life Skills: Jane’s impairment in social interactions often leads to an increase in frustration or other difficult emotions which further impacts her ability to do well in various settings and maintain relationships with others. Jane often expresses regret or remorse following negative interactions with others and is motivated to make progress towards this goal. Jane is willing to accept support from CHA, her family, and ABCDEFG School. Behavior Management: Jane has a history of demonstrating oppositional and defiant behaviors toward others since childhood. Through the use of the PLUS system Jane will demonstrate an increased ability to ability to engage in appropriate and respectful behaviors even during times of stress. Jane’s advance to the next phase of the CHA PLUS system has been limited due to the continued need for progress towards the goals outlined in this plan. Jane meets weekly with her advocate to address areas of improvement and she is motivated to earn additional privileges through this system.