

## FAMILY PLAN

Potential Problem	Warning Signs	What will help	Who will help	When	Back up
AWOL from house or group home	Angry, sad, frustrated. Fighting with peers and siblings. Disagreement with mom. Not feeling heard / listened to.	Going to a safe place for time to cool off. Safe places include the bedroom, outside, or recreation center and park, when approved by mom or staff first. Telling Mom what you need (to be listened to).	Mom Group home staff Friend or family on the Connectedness Map.	When warning signs are present. When tempted to go AWOL. During an AWOL, in order to change to a more positive behavior.	Call a friend or family member on the Connectedness Map to discuss the situation. Talk to mom or a Youth Partner.
Hitting, punching and pushing each other.	Feeling angry. Talking faster, trying to explain, feel fists clinching, face feels flush, frustration, sadness, bored.	Using coping skills. Listening to music, shadow boxing, swimming, taking space, talking to mom, playing on the computer, football, cheerleading, playing games, counting to 10, taking a deep breath.	Mom Group home staff Friend or family on the Connectedness Map.	When warning signs are present. When tempted to hit, punch or push someone.	Call a friend or family member on the Connectedness Map to discuss the situation. Talk to mom or a Youth Partner.
Yelling and arguing	Feeling angry. Talking faster, trying to explain, elevated voice.	Treat people the way you want to be treated.  Use above stated coping skills.	Mom Group home staff Friend or family on the Connectedness Map.	When warning signs are present. When tempted to hit, punch or push someone.	Call a friend or family member on the Connectedness Map to discuss the situation. Talk to mom or Youth Partner.

**Crisis Access Number: (800) 000-0000 for mental health emergencies    Call 911 if immediate safety is in question**

Signed by

Date

Client:	
Caretaker(s):	
Group Home Staff:	
Other(s):	