

Home Plan – _____ Family

Name:

Date: January 2008

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<p>Overview & Purpose</p> <p>Principle driven plan to facilitate the transition to home and school and rebuild trust and respect within family, with gradual implementation of increasing privileges commensurate with demonstration of increased responsibility.</p>	<p>Issues Addressed</p> <p>School Participation, Social Interactions (Peer and Family), Behaviors</p>
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	Adolescent's Guide	Parent's Guide	
<p>Respectful Behavior</p> <ul style="list-style-type: none"> - Obey the law (no drugs/alcohol/stealing) - Obey curfew - Don't sulk or hold grudges - Maintain schedule - Care for the pups, "poop patrol" 2/wk - Pick up for others when picking up for yourself - Communicate phone messages - Be discreet with bodily functions - Help set/clear table - Empty dishwasher - Complete all HOMEWORK 	<p>Good judgment and appropriate behavior is expected at all times. The items listed are observable manifestations of respect toward yourself and others.</p>	<p>Any violation of the law results in immediate loss of all privileges, and notification and consultation with therapist.</p> <p>All other violations are governed by the consequences rule.</p> <p>You are reminded not to "nag" regarding these expectations. Reminders may be given, ONCE, if your child requests them.</p>	<p>Privilege Goals: <u>One month goals:</u></p> <ul style="list-style-type: none"> • Going out with friends unsupervised • Driver's License appointment <p><u>Three month goals:</u></p> <ul style="list-style-type: none"> • Extended curfew (past 11 PM) • Overnights <p><u>Six month goal:</u></p> <ul style="list-style-type: none"> • Consider car purchase, contingent on school plans
<p>"Discrepant Stories"</p> <ul style="list-style-type: none"> - No lying, tell the whole truth - No "parsing" words - Tell the whole story 	<p>Telling the truth, the whole truth, to others and to yourself is mandatory.</p>	<p>Enforce revocation of privilege when observed or data of contradictions is revealed.</p>	<p>Consequences: Initially, for each infraction, one day will be added to the "month" required to earn the privilege. Thereafter, an infraction results in a full days' loss of privileges, beginning immediately, and carrying through the next complete day.</p>
<p>Self-Care:</p> <ul style="list-style-type: none"> - Eat healthy - Exercise regularly/stay in shape - Laundry - Brushing teeth - Remove eye make-up - Pick up your stuff - Take medications as prescribed - Participate fully in treatment 	<p>Self-care is an extremely important part of respecting yourself.</p> <p>If there are any doubts regarding what the precise "standard of health" is, you are required to clarify this with your parents.</p>	<p>Personal hygiene standards may vary, the "good enough" health standard, is the goal.</p>	<p>Additional Notes There will be a gradual implementation of consequences, with three or fewer errors in the first week (as long as they are not those in red), two the next, one the following and full compliance by one month.</p>