



Utilizing Individual Support Plans to Assist Children in the Milieu, at Home and in the Community

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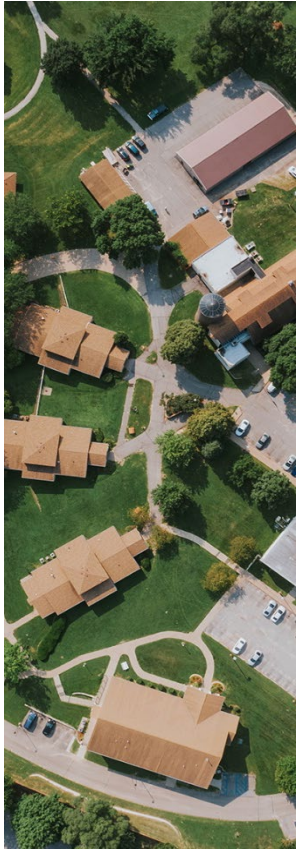
Hannah Breitbach


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About Us

- **Our mission:** To provide services to children and families that inspire, empower and heal.
- Established in 1879 - First children's human services agency in the area
- We support more than 4,000 kids per year—primarily in Linn and Johnson counties in southeast Iowa—but all families are welcome at Tanager Place.

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Objectives

- Participants will learn how to utilize an individual support plan to collaborate with an interdisciplinary team.
- Participants will gain awareness of the importance of how to communicate with a child to increase connection and adaptive behaviors
- Participants will learn how to utilize and individual support plan to collaborate with families, schools, and staff



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What is an Individual Support Plan (ISP)?

- Created to provide safety, connection/belonging, meaning/purpose and efficacy related to programming.
- Every PMIC client has an ISP while in our care.
- Created through collaboration between the interdisciplinary team, client and family.



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Development of an ISP

- Each client has an ISP created within 48 hours of admit.
 - Therapist meets with client and identifies several aspects in regards to their plan.
 - Support team
 - Who are the people in the clients life that support them? Who can they call when they are struggling?
 - Note: This list can be very small at time of admit.
 - Personal awareness
 - “When I am doing well I look and behave like this..”



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Problem Behaviors

Losing my temper:	<input type="checkbox"/>	Fighting/ Assaultive:	<input type="checkbox"/>	Threatening others:	<input type="checkbox"/>	Using substances:	<input type="checkbox"/>
Injuring myself:	<input type="checkbox"/>	Unsafe thoughts:	<input type="checkbox"/>	Eloping:	<input type="checkbox"/>	Other:	<input type="checkbox"/>



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What makes me feel scared, upset, sad, or angry?

Not being listened to: <input type="checkbox"/>	Feeling pressured: <input type="checkbox"/>	People: <input type="checkbox"/>	Arguments: <input type="checkbox"/>
Sensory: <input type="checkbox"/>	Feeling lonely: <input type="checkbox"/>	Being touched: <input type="checkbox"/>	Not having control: <input type="checkbox"/>
Time/day/month: <input type="checkbox"/>	Being isolated: <input type="checkbox"/>	Being disrespected: <input type="checkbox"/>	Social Media: <input type="checkbox"/>
Being threatened: <input type="checkbox"/>	Being teased or bullied: <input type="checkbox"/>	Being ignored: <input type="checkbox"/>	Darkness: <input type="checkbox"/>
Being left alone: <input type="checkbox"/>	Certain time of day: <input type="checkbox"/>	Certain time of month/year: <input type="checkbox"/>	Contact with certain people: <input type="checkbox"/>
Being crowded: <input type="checkbox"/>	Lack of privacy: <input type="checkbox"/>	Bad memories: <input type="checkbox"/>	Background noise: <input type="checkbox"/>
Being told no: <input type="checkbox"/>	Having my space invaded: <input type="checkbox"/>	Feeling pressured: <input type="checkbox"/>	Flashbacks: <input type="checkbox"/>
Loud noises: <input type="checkbox"/>	Chores: <input type="checkbox"/>	Having to wait: <input type="checkbox"/>	Loud voice tones: <input type="checkbox"/>
Structure: <input type="checkbox"/>	Not taken seriously: <input type="checkbox"/>	Chaos: <input type="checkbox"/>	Other: <input type="checkbox"/>



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What does your body do when you are feeling overwhelmed?

Sweaty:	<input type="checkbox"/>	Red face:	<input type="checkbox"/>	Acting hyper:	<input type="checkbox"/>	Being rude:	<input type="checkbox"/>
Eating:	<input type="checkbox"/>	Stomachache:	<input type="checkbox"/>	Wringing hands:	<input type="checkbox"/>	Swearing:	<input type="checkbox"/>
Pacing:	<input type="checkbox"/>	Isolating:	<input type="checkbox"/>	Racing heart:	<input type="checkbox"/>	Loud voice:	<input type="checkbox"/>
Bouncing Leg:	<input type="checkbox"/>	Crying:	<input type="checkbox"/>	Clenching teeth/jaw:	<input type="checkbox"/>	Sleeping:	<input type="checkbox"/>
Rocking:	<input type="checkbox"/>	Arguing:	<input type="checkbox"/>	Irritable:	<input type="checkbox"/>	Rage:	<input type="checkbox"/>
Yelling:	<input type="checkbox"/>	Shaking:	<input type="checkbox"/>	Headache:	<input type="checkbox"/>	Lashing out:	<input type="checkbox"/>
Change in breathing patterns:	<input type="checkbox"/>	Change in eating habits:	<input type="checkbox"/>	Laugh/giggle:	<input type="checkbox"/>	Change in sleeping habits:	<input type="checkbox"/>
Running away:	<input type="checkbox"/>	Hiding:	<input type="checkbox"/>	Goes blank/numb:	<input type="checkbox"/>	Other:	<input type="checkbox"/>


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The following can be done to help keep me safe and make me feel more comfortable:

Time alone:	<input type="checkbox"/>	Talking:	<input type="checkbox"/>	Exercising:	<input type="checkbox"/>	Taking a shower:	<input type="checkbox"/>
Ripping paper:	<input type="checkbox"/>	Drawing:	<input type="checkbox"/>	Listening to music:	<input type="checkbox"/>	Being around others:	<input type="checkbox"/>
Punching pillow:	<input type="checkbox"/>	Cleaning:	<input type="checkbox"/>	Reading:	<input type="checkbox"/>	Coloring:	<input type="checkbox"/>
Writing:	<input type="checkbox"/>	Playing:	<input type="checkbox"/>	Breathing:	<input type="checkbox"/>	Crying:	<input type="checkbox"/>
Lying down:	<input type="checkbox"/>	Rocking:	<input type="checkbox"/>	Pacing:	<input type="checkbox"/>	Singing:	<input type="checkbox"/>
Staying off social media:	<input type="checkbox"/>	Driving:	<input type="checkbox"/>	Walking:	<input type="checkbox"/>	Hug:	<input type="checkbox"/>
Peer/family support:	<input type="checkbox"/>	Humor:	<input type="checkbox"/>	Eating:	<input type="checkbox"/>	Calling a support:	<input type="checkbox"/>
Have your hand held:	<input type="checkbox"/>	Using cold face cloth:	<input type="checkbox"/>	Being read a story:	<input type="checkbox"/>	Other:	<input type="checkbox"/>



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Do not do the following as this may make it worse:

Being alone:	<input type="checkbox"/>	Being disrespected:	<input type="checkbox"/>	Having reminders:	<input type="checkbox"/>	Being around others:	<input type="checkbox"/>
Not being listened to:	<input type="checkbox"/>	Talking:	<input type="checkbox"/>	Being ignored:	<input type="checkbox"/>	Other:	<input type="checkbox"/>



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Milieu Application

- ISP is discussed with full team during our team meetings.
 - Therapist will give staff a brief summary of client's personal awareness.
 - Triggers, warning signs, helpful tips
 - Staff are able to ask questions and provide feedback
 - Full team can role play different communication tools or situations to better understand the ISP.



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Relationship Plans

- All ISPs must include a relationship plan.
 - Therapist can ask how the client would like staff to engage with them.
 - Can also create plans for identifying safe spaces, participating in group, or improving social skills.
- Therapist will create this at first, however as their stay progresses, therapist will incorporate trends and patterns, as well as ideas from the client, family, and staff.



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Examples of Relationship Plans

- Engaging in activities that would further client's understanding of positive social skills
 - Following directions: Simon Says, Board Games, Red light/Green light
 - Mirroring: mirror faces, making feelings faces
 - Conversation: 20 questions, head bands, acting out stories
 - Client will choose one activity per shift



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Client Example

- Client has been struggling with utilizing staff to regulate her emotions for her. She often asks for walks and to have staff do her treatment binder for her. Staff will utilize the following:
 - Client will be able to go on walks when staff are available. She will only be able to do two walks per shift. Staff will document in supervision logs.
 - Staff will be with client through walk and process her emotions for the first half of the walk. The second half of the walk should include conversation starters and connection building.



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Metacommunication plan

- Metacommunication protocol
 - Based on private logic and past experiences
 - Tools used:
 - Non violent communication
 - Close ended questions
 - Open questions
 - Different styles of metacommunication
 - Validating feelings vs events



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Metacommunication Plan Example

- Client's perception of reality is skewed
 - Staff should:
 - Always validate emotions!
 - Metacommunicate under the themes of self-awareness.
 - Use level 1 metacommunication
 - Point out body sensation and ask curious questions.
 - If client is at baseline, staff should try to challenge contradictions they are seeing.
- Staff should not talk with client about his behaviors while he is in his peak of escalation.



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Other Plan Types

- Heightened engagement
- Nutrition plan
- Phone plan
- Peer support plan
- Technology plan
- Education plan
- Incentive plan
- A/B Plan



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A/B & Incentive Plan Example

- **4:00- 5PM: Community Circle Time/Treatment Time**
 - A:
 - B:
 - If completes 4:00 -5:00 with minimal issues does earn two stars- NEEDS TO BE COTTAGE. If client chooses to do this 1-1, then for reflection group B is not an option.
- **5:00- 6:00PM: Dinner/Evening Chores**
 - Eating dinner downstairs and practicing social skills in a group is part of treatment.
 - No A/B is offered
 - If completes 5:00-6:00 with minimal issues does earn two stars- NEEDS TO BE COTTAGE
- **6:00-7:30: Enhancement Time (choose one from Enhancement Calendar activities)**
 - A:
 - If completes 6:00-7:30 with minimal issues does earn two stars- Following cottage Enhancement Calendar
 - You will be able to choose two of the off grounds rec for the week that you for sure will be on the list for. Anything extra would be based on privileges. There is no B plan offered due to wanting to practice all social skills and goals with the scheduled activities.
- **7:30- 7:45: Circle Time and Snack/Meds**
 - A
 - B: If client chooses to have a 1-1 with staff for 4PM group/treatment then they does not get a B plan.
- **7:45- 8:30PM: Social and Emotional Learning Time and Bedtime Routines**
 - A:
 - B:
 - If completes 7:30-8:30 with minimal issues does earn two stars-
 - Client must shower for 10mins (if it is his scheduled day) then 20 mins of 1-1 time with staff in cottage. 1-1's will not last past 8:45 regardless of start time.



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Home Visit Plans

- When planning for visits with family, therapist will create a plan to help client and family feel safe.
 - Therapist identifies personal awareness with family
 - Therapist will also identify norms with the family
 - Therapist creates step by step plan for families to follow



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Discharge Safety Plan

- Similar to planning for a home visit, each client and family will receive a safety plan to set them up for success after discharge.
- These plans include:
 - Personal Awareness
 - Supports
 - Metacommunication
 - “What do when plans are not working?”



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School Plans

- Team can assist school in identifying personal awareness and different tools that have worked in cottage.
 - Client, family, interdisciplinary team, and school all collaborate to create these plans.



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Questions?



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