

# Julie's Goal 1



## Goal 1

I want to be close with my children and grandchildren... have them visit me a lot.



## Strengths

- Love for her children and grandchildren
- Recognition of the need to take care of herself and her home
- Children's desire for her to be in their lives
- Many hobbies and interests
- Her understanding of the relationships between trauma, substance use, and mental health symptoms
- Her willingness to participate in recovery education activities
- Increased motivation to stop drinking



## Barriers/Assessed Needs

Julie's persistent mental health symptoms (depression, anxiety, and trauma oriented) coupled with long-term use of alcohol have led to family conflict and difficulties caring for herself and her apartment; grandchildren are not currently allowed to visit her at home.



## Objective

Julie will maintain basic cleanliness of her apartment as evidenced by her daughter Carmen's report following a home visit within 30 days.



## Professional Supports

Sally Rodriquez, clinical coordinator, will meet with Julie once weekly for the next three months in order to assist her in identifying and managing mental health and trauma symptoms that interfere with her self-care and care of her apartment.



## Natural Supports Self-Directed Actions

Within one month Julie and her children will select and purchase a dining room table with eight chairs so that the whole family can have dinner together in Julie's apartment.