Monthly Progress Report

Case # C

Client 6

George Junior Republic

October 2020

County:

Parent:

Child(ren):

Referral Agency: County DCS
Case Mgr/ PO Name: Julie Rohlfing

Julie Rohlfing

Provider Agency

Service Standard	Provider Agency Staff
Family Preservations Services - 3 Children	COWAN, TASHA

Reason For Referral and Presenting Issues

swere referred for Family Preservation services with George Junior Republic by FCM Julie Rohlfing of the County DCS on September 15, 2020. Therapist Intern Cowan had attempted contacts with! 9/15/2020 and twice on 9/16/2020 and, reached out on 9/18/2020 and scheduled for 9/22/2020 due to conflicts in her schedule with other providers. Per FCM Rohlfing's report, A new IA is being opened for this family. was born drug exposed to Suboxone, the family did not have a valid prescription and admitted to purchasing illegally. and both admit to illegal substance use with Suboxone. engaged in treatment and obtained 1 valid script. They did not follow the not currently under a physicians care. They admit to taking pieces off of their Suboxone and not using as prescribed to make it last until they can legally obtain another script. There are three children in the home. and has ADHD. is overwhelmed at with three small children and needs fatherhood engagement and therapy to assist with his needs. has a history of sex abuse and trauma. She was a foster child and experienced abuse in placement. She is in need of therapy, home based case management and other recommended services. The family has entered into an IA at this time.

Specific Objectives to be Accomplished:

- 1. Assist parents in gaining positive parenting skills in regards to proper discipline, reward and punishment consistency, desirable and undesirable behaviors, and sharing equal responsibility of discipline.
- 2. Assist parents in gaining proper stress management skills.
- 3. Assist parents in identifying community resources.
- 4. Assist parents in developing positive coping skills.
- 5. Provider will notify FCM of any missed appointments.
- Provider will provide written monthly reports including recommendations.
- 7. Assist clients in life skills such as budgeting, leadership, self-advocacy, time management, organization, problem solving, and conflict resolution.
- 8. Provider will attend CFTM's and/or Court Hearings as requested.
- 1. Assist clients in addressing any child hood trauma.
- 2. Assist client in addressing his anger issues that cause physical violence in the home.
- 3. Assist client in addressing anxiety from being away from his children due to DCS.
- 4. Assist clients in gaining positive problem solving, conflict resolution, and communication skills.
- 1. Assess clients and their substance abuse.
- 2. Assess clients for any risk factors.
- 3. Provider will make recommendations for the clients.
- 4. Provider will inform FCM of any missed appointments within 24 hours.
- 5. Provider will provide a written report to FCM with the results of the assessment and any recommendations.
- 6. Provide transportation, attend court and CFTM's as needed.

Presenting Issues for October:

- 1 and and and a phave successfully addressed many of the items on their weekly safety checklist and the only other items left are the lack of working smoke detectors in the home, stairs leading into the home, and exposed insulation at the front door where a piece of trim is missing.
- 2. and are doing better with their communication, but still struggle with understanding each other's roles in the home.
- 3. and differ on discipline techniques and healthy eating habits with regard to the children.

Family Functional Strengths	
is a great mother and takes care of the child	
is hardworking and very supportive of his fam	
is very helpful with regard to helping with l	ner siblings and helping others.
) is very thoughtful and caring.	
sis cute and makes people smile.	
Overall Recommendation and Progres	
September 15, 2020.	vation referral from FCM Julie Rohlfing of the Jackson County DCS on
Referral was received on 9/15/2020.	
Initial Contact made with family on 9/17/2020.	
Initial face-to-face made with family on 9/22/2020.	
appointment during the same time and having to go and are always willing to work on things that they retreatment plan. I and have begun to comin the home, with regard to the children. I am together instead of against each other in this aspect opening up about her trauma from her past which trand moving towards setting up independent goals for after 6 months, looking for a job, and attempting to the weekly safety checklist and have also completed obtain more than 1 working smoke detector in the holocal fire department to attempt to remedy this situatake care of would be that of steps going into the holocal fire department center in Bedford and at they have been taking in the correct dosage. Recent will assist them with their finances moving forward	of the 8 sessions. I session was canceled by and continue to make significant progress towards their goals need to accomplish to successfully complete their goals held within their municate more clearly with limited arguing and have been sharing responsibility do work together to discuss discipline of the children and are starting to work has been working on identifying triggers to her stressors and is slowly riggers her anxiety. A is also working towards building her own self-worth or herself moving forward such as, placing the children in daycare or preschool find time for herself at least once a month. A and have complied with d many of the items on the checklist successfully. And still need to some and both Therapist Intern Cowan and have been reaching out to the ation. The only items still left on the safety checklist that the family is working to ome and trim to cover up the exposed insulation by the front door. Both the continuing to follow through with the treatment center and the medication that lay, was able to apply for food stamps and was approved for them, which by allowing them to apply that money to other bills and help them to pay ahead nior Republic for this families needs, during the month of October.
It is recommended at this time that	
complete goals and objectives for this Family Present	continue to participate with case management and therapeutic intervention to rvation case.
Next Scheduled Contact With Family	
November 3, 2020	
George Junior Republic in Indiana	O-t-l 2000
	October 2020
765.677.3094	Date
This information has been Disclosed to you from rec	cords protected by federal confidentiality rules (42 CFR Part 2). The

This information has been Disclosed to you from records protected by federal confidentiality rules (42 CFR Part 2). The federal rules prohibit you from making any further Disclosure of this information unless further Disclosure is expressly permitted by the written Consent of the person to whom it pertains or as otherwise permitted by 42 CFR Part 2. A general authorization for the release of medical or other information is NOT sufficient for this purpose. The Federal rules restrict any Use of the information to criminally investigate or prosecute any alcohol or drug abuse client.

Individual Service Standard Monthly Report

Service Provided:

Family Preservations Services - 3 Children

ReferralID

Begin/End Date of Referral:

09/15/2020-06/30/2021

Service Provider Staff:

COWAN, TASHA

No of Service Unit Authorized:

185

No of Service Units Delivered:

9.25

No of Appts Cancelled By Family:

1

No of Appts Cancelled By Provider: 0

No Shows

0

Contact Date	Start Time	End Time	Duration	Method	Location	Those Present
10/03/2020	12:58PM	1:13PM	0.25	Non Billable Clinical Treatment Planning/Case Assessment	Agency/Other Professional	
10/06/2020	1:03PM	2:05PM	1	Billable FP Safety Assessment	Home	
10/06/2020	2:06PM	2:26PM	0.25	Non Billable Collateral	Agency/Other Professional	
10/09/2020	4:20PM	5:30PM	1.25	Billable FP FTF	Home	
10/10/2020	9:49AM	10:28AM	0.75	Non Billable Clinical Treatment Planning/Case Assessment	Agency/Other Professional	
10/13/2020	12:59PM	2:48PM	1.75	Billable FP Safety Assessment	Home	
10/15/2020	8:27PM	8:56PM	0.5	Non Billable Clinical Treatment Planning/Case Assessment	Agency/Other Professional	
10/16/2020	12:00PM	1:14PM	1.25	Billable FP FTF	Home	
0/20/2020	2:00PM	2:15PM		Non Billable Cancel by Client	Agency/Other Professional	

10/23/2020	12:00PM	1:00PM	1	Billable FP Safety Assessment	Home	
10/25/2020	10:04PM	10:32PM	0.5	Non Billable Clinical Treatment Planning/Case Assessment	Agency/Other Professional	
10/27/2020	9:42AM	9:52AM	0.25	Non Billable Supervision	Agency/Other Professional	
10/27/2020	1:00PM	2:30PM	1.5	Billable FP Safety Assessment	Home	
10/30/2020	1:00PM	2:30PM	1.5	Billable FP FTF	Home	

Treatment Service Goal

and will improve family safety.

Narrative Discussion of Services Provided for this Goal during Month:

Therapist Intern Cowan has completed a weekly safety checklist every week for the month of October and has been working with and in completing the safety items on their list.

10/6/2020 - COWAN, TASHA - Motivational Interviewing - Therapist Intern Cowan met with 7 in the home to give her copies of her safety plan and treatment plan and to begin to work through some of the treatment goals that both she and (___) had discussed, as well as, to discuss working on some of the treatment goals set out by DCS for the family. Therapist Intern Cowan utilized motivational interviewing techniques to establish both the level of change in which is currently at and how fully engaged she is with expressed, in her own words, "I want for me and I to work through things, but I feel that he won't be willing to work on his side of things with regard to communication since the last time we worked with someone he initially didn't like them because they wanted to change him and try to make him do things differently." Therapist Intern Cowan discussed with Monica that the reason she was brought into the family to assist them is due to the fact that DCS seen something that the regarding the children and their safety. Therapist Intern Cowan then went on to discuss with _____ that this presses to her that it for change somewhere and that without the change there could be consequences. Therapist Intern Coran had Monica verbalize consequences that could come if specific changes did not occur. expressed that DCS could proce by take the children awa due to their drug use with regard to Suboxone. However, \$\xi\$ went on to express, in her own words, "Bujust weren't using it the way that it was directed is all." Therapist Intern Cowan then explained to) that if h getting involved, then it created something that they felt was worthy of change.) explained that she didn't want her children to be taken away and that she wanted to do what was needed to make that happen, however that she did not feel that willing to. Therapist Intern Cowan then addressed with)that if he makes a decision not to then she would still continue working regarding drug use and moving forward with change. Therapist Intern Cowan utilized a scaling question to identify the with level at which sfelt it was important for her to change right now with 1 being not important and 10 being very important to , believed that she was at an 9 or 10 with adjusting her life with regard to drug use and expressed, in her own words, "I do not want to lose my kids over this. My fear is that will not be onboard." Therapist Intern Cowan addressed that as long as she was doing what she needed to that this was the primary concern. Therapist Intern Cowan discussed the was documenting that ! relationship between ¶) stated, in her own words, "I have left him before, but I told him that if he ever and 4 and ? cheated on me again I would leave. I mean obviously I want us to be able to work things out because he is the father of my children, but the fact is, if it comes down to my children or him I will choose my kids every time." Therapist Intern Cowan expressed a short video that she wanted _____to watch regarding communication and the 4 key components that can create struggles in a relationship with regard to communication and then have questions ready for her so that when she came back on Friday to meet with both of them and attempt to find better ways for the two of them to communicate through specific situations.

10/13/2020 - COWAN, TASHA - 1,2, 3 Magic - Therapist Intern Cowan met with the family to complete the PFS assessment and to complete the familys weekly safety checklist. \(\) was working on feeding \(\) upon arrival and expressed, in her own words, "I am so sorry about the mess in the house. The kids and I slept in the living room last night so that we wouldn't disturb \(\) while he slept." Therapist Intern Cowan spoke with \(\) about the mess and asked if all of the children slept in the living room with her.

Jexplained that all of the children did and that was why the room was so messy. Therapist Intern Cowan explained to
that this would be a good opportunity to start talking about the steps that are involved with 123 Magic to get the kids to learn to start in
encouraging positive behavior over negative behaviors. Therapist Intern Cowan began the session by talking about what the three main
components of 123 Magic are; control obnoxious behavior, encourage good behavior, and strengthen relationships. Therapist Intern
Cowan utilized Motivational Interviewing to establish through reflective listening and working to understand where was at
with regard to change. expressed, in her own words, "My biggest struggle right now is getting (to keep her room clean
or pick it up after she is done playing in there and in getting off of the bottle and in drinking out of regular cups." Therapist
Intern Cowon become by telling with a shout how the present with the state of the s
Intern Cowan began by talking with about how she proceeds with telling to clean her room. () expresses that she
will usually tell to clean her room up by at least getting everything off of the floor, but that even when does that she
still struggles with putting things away, such as, in own words, "She will take her clothes and just wade them up and put
them in her drawers without folding them or putting them up neatly." also explained that it usually works better if she does it
herself. Therapist Intern Cowan reminded of the ultimate goal that they spoke about regarding what she was wanting for her
children when they moved out into the world alone and talked about the discrepancy of her goal for her children and the actual way in
which she is working to reach that goal for her children. Therapist Intern Cowan explained that through 123 Magic the object was to
learn to control what thought of as obnoxious behavior and reinforce it by encouraging the good behaviors and the importance
of having keeping her room clean. Therapist Intern Cowan then spoke with about her goal of removing from off
of the bottle and trying to get her to drink out of a cup. Therapist Intern Cowan explained that the hardest part of this was to learn to set
a rule and follow through with it so that the child learns to follow through with it. Therapist Intern Cowan explained to
she continues to give in to behaviors that, will grow to believe that she can utilize that behavior to continue to attempt
to get what she wants because they will continue to give in. Therapist Intern Cowan explained that the crying was a negative behavior
that the use of 123 Marie would work growt with f
that the use of 123 Magic would work great with on to get her to understand that she could not always have a bottle to drink out
of just because she wanted to. explained, in her own words, "Well the only time I allow her to have a bottle is when she is
laying down to sleep or take a nap so that she calms down." Therapist Intern Cowan explained that this was fine, but that
needed to stick to this and not allow her to continue to take advantage of the situation. Therapist Intern Cowan explained to
that she would bring some more information on 123 Magic and how to start implementing it into the family.
10/23/2020 - COWAN, TASHA - Motivational Interviewing - Therapist Intern Cowan met with to go over the Treatment plan
and to update it to reflect goals that have been completed and to reflect other goals that the family may need to move forward with
completing their goal of removing DCS from the house. \(\) expressed, in her own words, \(\) and I have been doing really well
with communicating and we are not arguing or fighting at all. Plus, is doing better with listening to me when it comes to the kids
eating and I am starting to let things slide with the house work so that I am not being too annoying with the house being clean. It seems
to be working for us in many aspects." Therapist Intern Cowan expressed to that it seemed that they both were able to identify
where the communication struggles for the both of them at the communication struggles for the both of them at the communication of the both of the both of the communication of the both of the both of the communication of the communication of the both of the communication of the com
where the communication struggles for the both of them were at and how to get things back to where they needed to be with regard to
communication over family needs and with regard to the house hold. () expressed that she felt that the changes in the home were
going well. Therapist Intern Cowan began to work with on planning for moving forward with the treatment plan and
attempting to establish the goals moving forward for the family. Therapist Intern Cowan also completed the weekly safety checklist
and reviewed some of the items, such as the lack of stairs on the front door, needing put in, and the trim missing from
around the front door where insulation is exposed.
10/27/2020 - COWAN, TASHA - Motivational Interviewing - Therapist Intern Cowan met with in the home and completed
the weekly safety checklist and reviewed with the previous safety checklist to see if all recommendations for the safety
checklist had been taken care of and what () and the family may need from Therapist Intern Cowan to attempt to complete the
other items within the safety checklist. Therapist Intern Cowan discussed with the importance of possibly attempting to get
some type of step on the front door so that none of the kids fall while trying to exit or so that while
fall and get hurt. Therapict Intern Coverned and the fall and get hurt. Therapict Intern Coverned and the fall and get hurt.
fall and get hurt. Therapist Intern Cowan also expressed that if there were a fire, the lack of adequate steps out of the home could cause
someone to get seriously hurt during a fire. explained that she would talk about it with and see what could be done.
Therapist Intern Cowan utilized Motivational Interviewing techniques with through the use of specific open ended questions
that could assist in understanding where she is with regard to her own progress towards her goals. Therapist Intern Cowan
now she would like things to be different from how they have been in the past and hexpressed in her own words
well I would like for and I to be able to talk about things without arguing and for him to see that I do work around here and that
Just because I do not get paid for my job, it does not mean that is any less difficult than his. I also want for him to understand that when
he gets home I do need help with the kids." Therapist Intern Cowan talked with about her triggers to wanting to use and
explained that the stress in their relationship and having to deal with everything on her own was something that created stress
for her, also that of having to clean up after everyone just after she finished cleaning and people just throw things on the ground.
went on to express, in her own words. "I have got better with this because the second of the ground.
went on to express, in her own words, "I have got better with this, by not trying to clean up after everyone and just let things sit. It drives me crazy sometimes, but I am trying to compromise and I find that the latest and the same crazy sometimes.
sit. It drives me crazy sometimes, but I am trying to compromise and I find that when I compromise that
out which it comes to helping me with the kids if I am not stressed out." Therapist Intern Cowan expressed that before the next session
to attempt to write down what her stressors are and that they could discuss them during the next session and find ways to
though mose stressors to assist her with removing the substance from her life.
Progress Summary Toward Goal
and have been successful in completing the items on their weekly safety checklist and now only have three items to
have been successful in completing the nems on their weekly safety checklist and now only have three items to
į.

	used to contact the local fire department to attempt to obtain more smoke detectors for the house.
	dy Cooperativeness
	mily is cooperative during sessions.
	mmendation Regarding Services For Goal To Continue
	commended that the family continue with Family Preservation services through George Junior Republic at this time.
	tment Service Goal
collate	rill provide timely reports, attend team meetings, and court as requsted. GJR will coordinate services with other providers an ral contacts as indicated. In addition GJR employees will staff case with supervisor, attend trainings, and do research as need to the contact.
	ative Discussion of Services Provided for this Goal during Month:
	bist Intern Cowan has kept in constant contact with FCM Rebecca Winters weekly and updates her to any issues or changes the Family Preservation processes involving and family.
10/3/20	020 - COWAN, TASHA Therapist Intern Cowan completed the monthly report for this family.
things discuss wantin did not Suboxo to FCN	200 - COWAN, TASHA Therapist Intern Cowan contacted FCM Julie regarding the that were discussed during her session with today. Therapist Intern Cowan expressed to FCM Julie that from the sion, it appeared that there was a slight rift between and regarding his cheating on her in the past and his lack of g to comply and follow through with some of the treatment recommendations that were set out. FCM Julie expressed that if a participate that she would be fine with that since the case was primarily started due to FCM Julie expressed that one was found in the cord when was born and that was why the case was opened up. Therapist Intern Cowan explained Julie that according to threatens her that if she leaves he would get to keep the kids and she would have no wing them. FCM Julie expressed that it is the truth since the claims are on her and not him.
10/10/2	2020 - COWAN, TASHA Therapist Intern Cowan completed the progress note for this family.
10/15/2	2020 - COWAN, TASHA Therapist Intern Cowan completed the progress note for this family.
that she	2020 - COWAN, TASHA Therapist Intern Cowan was contacted by regarding the session for the day and express that another appointment today and that she could not attend the session. Therapist Intern Cowan explained that she could by later if needed or attempt to schedule the family on Wednesday and expressed that they could meet with Therapist Cowan on Friday during the normal scheduled visit.
10/25/2	2020 - COWAN, TASHA Therapist Intern Cowan completed the progress note for this family.
	ress Summary Toward Goal
herapis progres	t Intern Cowan continues to work with FCM Rebecca Winters with regards to sending updates on () and family is towards their goals.
Famil	ly Cooperativeness
Family	was cooperative during this time.
Recor	nmendation Regarding Services For Goal To Continue
With th Therapi Cowan	the recommendation for , and Family to continue Family Preservation services with George Junior Republic, ist Intern Cowan will continue to follow through with timely reports and attending all meetings as requested. Therapist Interwill continue coordinating with FCM Rebecca Winters on services that the family may still need and will update FCM Rebecs weekly with the families progress.
Treat	ment Service Goal
employ	, and family will participate in home based case management services to learn parenting, home management, and ment skills.
Narra	tive Discussion of Services Provided for this Goal during Month:
Therapi parenting echniquy ypes of on how	ist Intern Cowan met with the family, during the month of October and worked with and on communication, and skills, and building strong coping skills. Therapist Intern Cowan educated and in the 123 Magic parenting use and worked with them on how to implement it into their family. Therapist Intern Cowan educated the family on the differ from communication and had and identify their own styles of communicating with each other and worked with their best to work through situations with each other instead of utilizing yelling and arguing. Therapist Intern Cowan worked with the internation with each other instead of utilizing yelling and arguing. Therapist Intern Cowan worked with the internation with each other instead of utilizing yelling and arguing.

Magic techniques as well as Commo appropriate chores for specific ages Cowan then began to discuss and edunderstanding and working with her communication, relationships, positing to clean her room the wall intern Cowan asked what he independent and have her own house Cowan then expressed the discrepant to cleaning up her room for her. The how to do these things on her own a feel that will always do ever attempting to do it on her own becaute kids doing things on their own, but it small steps such as showing see how it should be is better than do the children and explained the concelectronics and that she liked the ide	on Sense Parenting. Therapist Intern Coon Sense Parenting. Therapist Intern Cowan sense Parenting. Therapist Intern Cowan sense Parenting and children. Therapist Intern Cowan reviewed reveloped to consequences, etc. I lexpresses y I want her too. She will through a fit and the representation of the composition of th	learning how to do on the and what the program ent many of the items that witessed, in her own words, his becomes an issue so I pressed in her own words things she wants for her what she was doing for assist her in understanding to worry about doing it on the end and expressed that she wanted. Therapist Intraving help with a poke with about the she liked the idea of taking wards their actions in the	a list that talked about eir own. Therapist Intern ails with regard to ill be covered such as; "Sometimes its difficult to just do it myself." Therapist s, "Well I want her to be rself." Therapist Intern currently with regard ag that in not teaching could possibly grow to her own, or she would fail at he really wanted to get her ern Cowan explained that the cleaning of her room to proper discipline regarding ing away items such as kids hands. Therapist Intern
regarding to 123 Magic. Therapist In 123 Magic to assist () in under children's discipline utilizing the 123 it would help in encouraging the children's Magic with regard to discipline returning calls so Therapist Intern Cowith them directly about obtaining sucreate of talk about a fire safety plan	2, 3 Magic - Therapist Intern Cowan met with tern Cowan gave handouts regarding standing how to use the program and how to a Magic. Therapist Intern Cowan also assisted dren to develop responsibility and in learning ine. Therapist Intern Cowan discussed with the children so that they would attempt to go moke detectors for the family. Therapist Interwith the children so that they would know will meet up with again on Tuesday at	g to 123 Magic and watch implement things in the in creating a ch g to clean up after them s the issue with reg to the fire department loon crn Cowan attempted to distribute to do in case of a fire	ned an introduction video to home with regard to the ore chart for the kids so that elves so that it would tie into ard to the fire department not cally and see about talking scuss the idea of needing to
having another anxiety attack. While about what had occurred and would and discussed with her and shere-and-now. was able to cattack. expressed, in her own they were forced to be locked in the sthings and it just scares me and I try this before when I was in counseling were now and she expressed losing h words, "Sometimes will threater with on what she needed to diffe and continue to push forward in a esteem and needing to start looking f self-worth phrase to say to herself eve to do, such as hobbies, for herself and	otivational Interviewing - Therapist Intern Correct that week, had an anxiety attack and was still sitting with howeld her deep breathing techniques as well alm down enough to talk about what she was a words, "Well sometimes I think about the foshower to take cold showers and that the fostinot to think about it as much since I am not the previously, but I guess I didn't." Therapist Internation or the current stability she has form me that he will take my children from me and to for DCS currently and how she needed to we positive direction. Therapist Internation Cowands or the control of the current stability she has form that he will take my children from me and the previously and how she needed to we appositive direction. Therapist Internation Cowands or the current stability she has form that he will take my children from me and the positive direction. Therapist Internation Cowands or the current stability she has form that he will take my children from me and the positive direction. Therapist Internation or the current stability she has form that he will take my children from me and the positive direction. Therapist Internation of the current stability she has form that he will take my children from me and the positive direction. Therapist Internation of the current stability she has form the current stability she has for	all dealing with the fear the noticed as would stand the noticed as would stand the noticed as would stand the noticed as utilizing the five sense thinking in the moment to ester home I was in before the notice of the notice o	at came with the idea of id stare off while talking went in to coping skills with es to pull her back to the that created the anxiety e with my siblings and how lly abusive and would say ght I had dealt with all of hat some of Monica's fears ent on to express, in her own rapist Intern Cowan talked ls to remove DCS from her building up her own self-nework to create a positive about things that she likes
Progress Summary Toward	Goal		
do other things in the home. able to establish several coping skills stress and working towards letting go	participated in the sessions and even show init the children when he gets home to help in has also been working on encouraging. at to help her in controlling her stress in the how of some of the triggers such as feeling that how borking through her trauma and has just begun	giving a break as nd building him up for him up for him e and working on ident er house has to be in per-	and allowing her to be able to is help. has been ifying the triggers to her

Family Cooperativeness

The family was very cooperative during visits this month.

Recommendation Regarding Services For Goal To Continue

It is recommended that the family continue with Family Preservation services through George Junior Republic at this time.

Staff:	Date: 10/31/2020
Supervisor:	Date: 10/31/2020