

Intervention Planning Worksheet

Mateo's Concerns & Aspirations:

Mateo says his wellness and recovery goals are: • *Getting my health issues under control.* • *Being clean and staying sober.* • *Supplementing my current income with paid part-time work.* • *Fathering my four-year-old son, Pepe, like a real dad.* • *Building relationships with my older children.* • *Participating in church activities and continuing his spiritual journey to get to a better place in life.* • *Getting a bigger apartment so that Pepe can come stay with me on weekends.* • *Having a stable, healthy relationship with a good woman who doesn't use substances and who likes me for who I am and who I am becoming.*

Presenting Problems & Critical Unmet Needs:

- Mateo's serious and repeated bouts of depression contributed to bingeing, suicidality, hospitalizations, and past relapses.
- Mateo's broken and lost relationships, remorse, loneliness, and PTSD symptoms trigger bouts of depression and relapses.
- Mateo's homelessness resulted from his depressive bouts, substance use disorder, and hospitalizations. He lives in a transitional apartment today but must have permanent housing within six months.

Risk Factors & Specific Threats to Well-being:

- Mateo is at risk of new bouts of depression that may lead to relapse.
- Loss of a key person in his life is very powerful trigger for relapse.
- Pepe, a powerful motivator for Mateo, may move away within the next month due to his mother changing jobs.
- Mateo must find permanent housing within the next six months.
- Mateo is at risk of another major heart attack yet continues smoking and is having trouble affording/ shopping for healthier food and knowing how to prepare it.

Functional Strengths & Assets:

- Mateo has normal intelligence, stable health, many ADL skills, SSDI income, health care, and history of successful employment.
- Mateo is motivated by desires to father his 4-year old son, Pepe.
- Mateo participates in treatment and is medication compliant.
- Mateo participates in AA/NA and is working the 12-Steps.
- Mateo is seeking part-time paid employment.
- Mateo has social supports from a sister, former wife, and church.
- Mateo is motivated to reduce smoking and improve healthful eating.

Outcome & Intervention 1: Mateo "Gets His Health Issues Under Control"

Necessary Life Change: Mateo shops for and prepares healthier meals.

Goal (Action SOC): Mateo gains/ uses skills in shopping for and preparing healthier meals.

Objective:

Interventions: CSW and Health Educator help Mateo make healthful choices and behavior changes.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

- Attainment will be measured by

Outcome & Intervention 2: Mateo Fills Time to "Be Clean and Stay Sober"

Necessary Life Change: Mateo overcomes idleness, loneliness, and isolation (triggers for relapse).

Goal (Action SOC): Mateo gains purpose in life, fills idle time, and avoids isolation and loneliness (some of his triggers) by serving as a church volunteer for four half-days per week.

Objective:

Interventions: CSW assists Mateo in securing a part-time volunteer job at this church.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

- Attainment will be measured by