

## Bruce's Aftercare Plan

As a family, we will establish the following aftercare plan based on the top stressors we listed on our stress chart at home and any safety or community issues that led to residential commitment. We are doing this to get our family "battle ready" to prevent any future risk of relapse when Bruce returns home.

House Rules	Safety Issues	Community
<ul style="list-style-type: none"> <li>✓ Family <b>Chores-40%</b> stress</li> <li>✓ Disrespect <b>80%</b></li> </ul>	<ul style="list-style-type: none"> <li>✓ Physical <b>Aggression-90%</b> stress</li> </ul>	<ul style="list-style-type: none"> <li>✓ Poor Grades-40% stress</li> <li>✓ Need to fill time with pro-social activities</li> </ul>
House Rules	Safety Issues	Community
<p><b>Disrespect</b> (see Contract) (<a href="#">Healthy undercurrents: Consistency, Supportive Communication, Parents on the same page</a>)</p> <ul style="list-style-type: none"> <li>• Bruce will be considered late if he is one minute past 8:30pm according to his moms' watch. He must be physically inside the house and must check in with his mom. If he needs a ride home, he must ask his mom by 7pm. He will be breaking this rule if one or more of the following happens: <ul style="list-style-type: none"> <li>• leaving the house after mom has instructed him to stay</li> <li>• Walking out of the house and down the street when angry</li> <li>• Not coming home at the time set by mom</li> <li>• Leaving the house during the night</li> </ul> </li> </ul> <p><b>Chores</b> (This contract is not needed at this time...will monitor to see if this problem is resolved with the injection of healthy undercurrents from the Disrespect Contract)</p>	<p><b>Physical Aggression</b> (See Contract ) (<a href="#">Consistency, Praise, Parents on the same page</a>)</p> <p>Bruce's behavior will be seen as a Threat or Act of Aggression if he does or says one or more of the following:</p> <ul style="list-style-type: none"> <li>• Threats</li> </ul> <p>Threatens to do property damage of any kind Threatens to hit his sister or any other person</p> <ul style="list-style-type: none"> <li>• Acts of Violence</li> </ul> <p>Property damage of any kind Hitting, Pushing, Shoving, Kicking your sister or any other person</p>	<p><b><u>Education</u></b></p> <p><b>Who:</b> Mom &amp; Dad will work with the school personnel  <b>What:</b> Enroll Bruce at HOYA &amp; enroll at a credit recovery school  <b>When:</b> Mom &amp; Dad will meet with school Feb. 24<sup>th</sup> at 9:30am to enroll (Bruce will attend credit recovery school June 10<sup>th</sup>-Aug.10<sup>th</sup>)</p> <p><b><u>Community Service</u></b></p> <p><b>Who:</b> William &amp; Bruce  <b>What:</b> will go with Bruce to the Volunteer Center initially to sign up to do his community service hours there; William will take Bruce for each time he works at the Volunteer Center  <b>Where:</b> Volunteer Center  <b>When:</b> every Friday and Saturday (Fri. 5-9pm; Sat.9-12noon); Service hours will be arranged before Feb.2<sup>nd</sup> with plan to begin working on Feb. 9<sup>th</sup>; will complete Community service hours by April 30</p> <p><b><u>Pro-Social Activities</u></b></p> <p><b>Who:</b> Tyson &amp; Bruce  <b>What:</b> Sign Bruce up for local soccer league  <b>Where:</b> Local YMCA  <b>When:</b> May – to begin play when summer league starts in June  <b>How:</b> Tyson will donate the fee \$ needed as well as a pair of soccer cleats</p>