

Interdependence

When a family becomes Interdependent they value growth, accountability, independence and responsibility. Individual members are driven by an internal locus of control and feel a sense of self-confidence and worth. The family understands that it is healthy to provide and receive appropriate levels of guidance, support and structure. Family members are resilient to stress, remain flexible, and are intentional in their relationships. A state of Interdependence allows the family to continue the process of healing and growth in their future together.

Student Assignments:

Date

Initials

- | | | |
|--|-------|-------------------------|
| 1. Complete a personal “me” bead. (5.1) | _____ | _____
Therapist |
| 2. Complete your “Legacy of a Value” project, and present it in a Values Ceremony. (5.2) | _____ | _____
Values Coach |
| 3. Demonstrate leadership and that you are living true to your values, while supporting the values of family members and the community. Discuss these concepts with your Values Coach and Family, including ways you are doing this. | _____ | _____
Values Coach |
| 4. Exhibit personal responsibility for participation in all aspects of your program, without prompting from staff. | _____ | _____
Treatment Team |
| 5. Honor your parents in an emotionally significant way. | _____ | _____
Therapist |
| 6. With the your family, nurses, and psychologist, develop a medication plan for when you are home. Begin implementing the plan. | _____ | _____
Nurse |
| 7. Demonstrate through peer feedback that the majority of your peers are in favor of you moving to the next phase. (5.3) | _____ | _____
Treatment Team |

8. Write a "Letter of Hope" to a future New Haven Student. (5.4)

Therapist

9. Plan a "community bonding" activity.

Rec Therapist

10. Plan and execute a service project. (5.5)

Rec Therapist

11. Complete School Requirements.

Teacher

12. Create your Values Bracelet with your Values Coach.

Values Coach

Parent Assignments:

13. Honor your daughter in an emotionally significant way.

Therapist

14. Discuss with your Therapist the concept of your home being a "haven" for your daughter.

Therapist

15. Write a "letter of hope" to a new family. (5.6)

Therapist

16. Establish two Alumni sponsors.

Therapist

17. Parents take primary responsibility for discussion of and implementation of transition plans. Including making arrangements for therapy (either a NH therapist, or an outpatient).

Therapist

18. Discuss aftercare statistics with your Therapist.

Therapist

Family Assignments:

19. As a family create a "Personalized Family Bead". (5.7)

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|---|-------|-----------|
| 20. Demonstrate that negotiation has become a regular and natural way of resolving conflicts. | _____ | Therapist |
| | | _____ |
| | | Therapist |
| 21. All family members are remaining open and honest with their thoughts and feelings. | _____ | |
| | | _____ |
| | | Therapist |
| 22. Family members can move past power struggles on their own. | _____ | |
| | | _____ |
| | | Therapist |
| 23. Everyone is respectful of one another and emotional safety is apparent. | _____ | |
| | | _____ |
| | | Therapist |
| 24. In family therapy, review the Teenager/Parent Decision worksheet. (5.8) | _____ | |
| | | _____ |
| | | Therapist |

Transition Assignments:

- | | | |
|--|-------|--------------|
| 25. With the help of the Rec Therapist and your Values Coach, determine appropriate leisure/community activities to be involved in when you leave New Haven. Set up at least one activity you can start participating in as soon as you leave New Haven. | _____ | |
| | | _____ |
| | | Values Coach |
| 26. Find a service organization to be a part of. Join, and have an experience with them. Report on the experience at New Haven. | _____ | |
| | | _____ |
| | | Values Coach |
| 27. During an extended home pass (at least 10 days) complete the following: | | |
| - Implement 40hrs schedule. | | |
| - Have family dinners. | | |
| - Enjoy a fun family activity. | | |
| - Meet with your home therapist. | | |
| - Maintain a C average in all school assignments. | _____ | |
| | | _____ |
| | | Therapist |

28. As a family complete the Transition Family Contract. (5.9)

Therapist

29. As a family finalize your Transition and Home Works© options.

Therapist

30. Student will ask the Home Haven Coordinator for a Transition Portfolio, and then assemble it.

Therapist

31. Student explores how she handles loneliness, listing the ways she has responded to it in the past and healthy alternatives. Discuss with your Values Coach.

Values Coach

32. Student explores peer relationships, support system, and sexual boundaries.

Therapist

33. Parents and Student will each participate in two of either a transition activity/group or an alumni phone call.

Therapist