

# ARTAS SESSION PLAN

Date: 11/5/10

Name: Cynthia Thomas

Client ID: 2947

Linkage Coordinator: Ellen Collins

## Goal 1: Link to Medical Care

Objective 1: Make appointment with medical provider by fifth session.

No.	Activity	Related Strengths	Potential Barriers	Target Date	Person(s) Responsible	Progress
1	Discuss reaction to HIV diagnosis	Desire to stay healthy for son	Surprise at testing positive Fear of what will happen to her son	By first session	Cynthia, Ellen	Achieved
2	Discuss benefits of linking to medical care	Desire to stay healthy for son Desire to link to medical care	Transportation Insurance	By second session	Cynthia, Ellen	Achieved
3	Discuss concerns about linking to medical care	Desire to stay healthy for son Desire to link to medical care	Transportation Insurance Childcare	By third session	Cynthia, Ellen	Achieved
4	Identify potential medical providers	Desire to stay healthy for son Desire to link to medical care Able to make decisions about health	Transportation Insurance Childcare	By fourth session	Cynthia, Ellen	Achieved

No.	Activity	Related Strengths	Potential Barriers	Target Date	Person(s) Responsible	Progress
5	Make appointment with medical provider	Desire to stay healthy for son Desire to link to medical care Able to make decisions about health	None	By fifth session	Cynthia, Ellen	Achieved

*Objective 2: Within two months, find a way to pay for medical appointments.*

No.	Activity	Related Strengths	Potential Barriers	Target Date	Person(s) Responsible	Progress
1	Identify insurance options Cynthia qualifies for	Desire to stay healthy for son Desire to link to medical care Able to make decisions about health	Lack of insurance	By second session	Cynthia, Ellen	Achieved
2	Apply for selected insurance option	Desire to stay healthy for son Desire to link to medical care Able to make decisions about health	Lack of insurance	By third session	Cynthia, Ellen	Achieved

Objective 3: Within two months, identify transportation to use to get to medical appointment.

No.	Activity	Related Strengths	Potential Barriers	Target Date	Person(s) Responsible	Progress
1	Research potential transportation options	Desire to stay healthy for son Desire to link to medical care Identify strategies to overcome barriers	Unreliable car Lives in remote area	By second session	Cynthia, Ellen	Achieved
2	Choose one transportation option to use	Desire to stay healthy for son Desire to link to medical care Identify strategies to overcome barriers	Unreliable car Lives in remote area	By third session	Cynthia, Ellen	Achieved
3	Obtain assistance in confirming transportation, as needed	Desire to stay healthy for son Desire to link to medical care Identify strategies to overcome barriers	Unreliable car Lives in remote area	By fourth session	Cynthia, Ellen	Achieved

Objective 4: Within three months, identify child care plan during medical appointments.

No.	Activity	Related Strengths	Potential Barriers	Target Date	Person(s) Responsible	Progress
1	Research affordable child care options	Desire to stay healthy for son Desire to link to medical care Identify strategies to overcome barriers	Don't want to take son to clinic	By third session	Cynthia, Ellen	Achieved
2	Identify preferred child care option	Desire to stay healthy for son Desire to link to medical care Identify strategies to overcome barriers	Don't want to take son to clinic	By fourth session	Cynthia, Ellen	Achieved
3	Obtain assistance in confirming child care, as needed	Desire to stay healthy for son Desire to link to medical care Identify strategies to overcome barriers	None	By fifth session	Cynthia, Ellen	Achieved