

# ARTAS SESSION PLAN

Date: 6/11/10

Name: Orlando Hernandez

Client ID: 1548

Linkage Coordinator: Grace Jackson

## Goal 1: Link to Medical Care

Objective 1: *Within three months, make an appointment with a medical provider.*

No.	Activity	Related Strengths	Potential Barriers	Target Date	Person(s) Responsible	Progress
1	Discuss benefits of linking to medical care	Willing to participate in ARTAS	Doesn't feel sick	By second session	Orlando, Grace	Achieved
2	Discuss concerns about seeing a doctor	Overcame fear of disclosure in past	Disclosure to family Doesn't feel sick Distrust of doctor	By third session	Orlando, Grace	Achieved
3	List four reasons to go see a doctor	Overcame fear of disclosure in past Very close to family	Disclosure to family Doesn't feel sick Distrust of doctor Drinking problem	By fourth session	Orlando	Not achieved
4	Make first appointment with a doctor	Very close to family Willing to participate in ARTAS	Disclosure to family Doesn't feel sick Distrust of doctor Drinking problem	By fifth session	Orlando, Grace	Not achieved

*Objective 2: Disclose status to family by fifth session.*

<b>No.</b>	<b>Activity</b>	<b>Related Strengths</b>	<b>Potential Barriers</b>	<b>Target Date</b>	<b>Person(s) Responsible</b>	<b>Progress</b>
<b>1</b>	Role-play disclosure with LC.	Overcame fear of disclosure in past	Fear of disclosure to family	By fourth session	Orlando, Grace	Not achieved
<b>2</b>	Disclose status to family.	Overcame fear of disclosure in past	Fear of disclosure to family	By fifth session	Orlando, Grace	Not achieved

## Goal 2: Get linked to other services

*Objective 1: Attend session with a counselor to discuss drinking problem by fifth session.*

No.	Activity	Related Strengths	Potential Barriers	Target Date	Person(s) Responsible	Progress
1	Discuss concerns about going back to treatment	Successfully completed treatment in the past Acknowledgement of depression	Fear of disclosure	By third session	Orlando, Grace	Achieved
2	Identify potential substance abuse counselors	Successfully completed treatment in the past Acknowledgement of depression Acknowledgement of drinking problem Considering talking to someone about drinking problem	Fear of disclosure	By fourth session	Orlando, Grace	Achieved

No.	Activity	Related Strengths	Potential Barriers	Target Date	Person(s) Responsible	Progress
3	Make appointment with substance abuse counselor	<p>Successfully completed treatment in the past</p> <p>Acknowledgement of depression</p> <p>Acknowledgement of drinking problem</p> <p>Considering talking to someone about drinking problem</p>	Fear of disclosure	By fourth session	Orlando, Grace	Not achieved
4	Attend appointment with substance abuse counselor	<p>Successfully completed treatment in the past</p> <p>Acknowledgement of depression</p> <p>Acknowledgement of drinking problem</p> <p>Considering talking to someone about drinking problem</p>	Fear of disclosure	By fifth session	Orlando	Not achieved