### CASE PLAN

Defendant's Name:

LSI Level: Assessment Date: Stage of Change:

Date:

0 Pre-contemplation

0 Contemplation 0 Determination 0 Action D Maintenance

###### EMOTIONAUPERSONAL:

(Mental Health, Domestic Violence, Sex Offender Treatment)

**GOALS:**

D D D D D

D

Maintain emotional stability

Achieve and maintain self-regulation (sexual/general) Continue to reflect on problem-solving skills

Maintain healthy relationship with significant other

Maintain healthy boundaries (Such as: Do you rely on others for happiness; Lust vs. Love; Red Flags; Triggers)

Other:

OBJECTIVES:

D Explore Mental Health/Emotional experiences

D Maintain treatment plan

D Develop healthy relationships

D Develop skills to maintain self-regulation (general/sexual)

D Obtain psychiatric services D Monitor thoughts and feelings D Obtain mental health services

D Work on physical or mental health to get more energy and feel better mentally

D Identify Stressors D Obtain therapy D Other:

TASK:

0

D D D D D

Take medication as prescribed

Attend psychiatric and case management appointments Apply for case management services

Make an appointment with a therapist

Discuss stressors , other issues, or experiences

Enter mental health/anger management/Domestic Violence/Sex Offender treatment with the following:

D Donnie King Leeward Counseling Center (330-5594)

D Queen's Medical Center - Inner Strength: Anger Management (537-7117)

D Family Peace Center (832-0855)

D Child and Family Services (832-0855)

D Women In Need (696-1996) D Dr. Stephen Choy (593-8484) D Dr. Paul Unkrur (591-0281) D VA

D Hawaii Counseling and Education Center (Ke Ala Pono) (254-6484)

D Dr. Christina Kent (255-1586)

D Dr. Joseph Giovannoni (596-2463)

D Malama Recovery Center (Sex Offender Treatment) Dr. Nicky Wright (697-3722)

Deadline:

D Other:

I understand the above instructions and received a copy.

*(Signature)*

«Full Name»

*(Signature)*

«Full Name»

«Job Title»