## ROADMAP TO MENTAL HEALTH WELLNESS

## **GOALS & STEPS BASED ON YOUNG PERSON SITUATION**

## SITUATION A: IF YOUNG PERSON HAS LONG-TERM THERAPEUTIC TREATMENT PLANS (Axis I, Psychotic diagnoses) Continue Coaching/ Psychoeducation IF NOT adherent with treatment **Intake: Review Mental Create Safety Plans Health Evaluation Develop Obtain HIPPA Assess Weekly: Treatment** Secure New Psychiatric/ **Find Alternate Referrals** Safety Plan **Psychosocial Evaluations** Consent **Plan Compliance Intake: Identify** IF adherent with treatment, proceed **Risk Factors** to Situation C: Stable / Functioning



