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# Attain & Gain Counseling LLC

Individual Behavioral Support and Monitoring



It all starts with a plan

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**“Give me six hours to chop down a tree and I will spend the first four sharpening the axe.”**

— Abraham Lincoln

# Plan is individual, targeted, accountable, and adaptable

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How it works:

- 1** A behavioral specialist will be assigned to your individual case. They will be responsible for the initial plan, and the follow up. Once a plan is put into place and the staff assigned to you is identified the real work begins. We will help you live successfully by guiding you, protecting you, communicating with you. And most importantly the behaviorist will be responsible for making sure that the plan is followed
- 2** A community based supervisor will be assigned to your case. They will be overseeing the community worker who will be executing the plan. They will be working with you, the behaviorist specialist, and your Support Coordinator to ensure that you are getting the supports you need. They will be the first point of escalation when a plan is not going well. They will oversee things like, rent, transportation, employment, day program participation, utility bills, etc
- 3** A community worker will be assigned to your case. Being over seen by a supervisor and a behavioral specialist is the KEY. Feedback and progress notes on how things are going. They will become a trusted guide and companion to you in your success. They will make sure you make your appointments, make sure you have enough of the right food in your fridge (and the right amount), as well on your social interactions, living skills, your bank and credit card accounts. They will work hand in hand with you to make sure the services identified are implemented.

# Individualized Behavior Plans

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The individual may have the skills to live independently but there may be areas that interfere with them being able to live completely or safely on their own.

Therefore we need to start with creating a plan to address those particular areas.

Individualized plan is the framework that reflect all the services for the individual.

It may include:

- the schedule of activities for each day and evening, including what assistance may be needed for activities of daily living (ADL) which includes cleaning, cooking, shopping, budgeting,
- will identify where the person will be during the day: a program, volunteer, competitive employment or a combination of them,
- budgeting needs: bills, utilities, food, food stamps
- Emergency preparedness: flashlights, when to call 911, what to do if power goes out
- social and recreation activities,
- clinical supports that may be needed such as speech therapy and physical therapy, as well as the medical and psychiatric needs. Medications will be identified and how they are administered by the individual: if the person can self-administer or needs someone else to administer them.
- behavior supports: if a person may need counseling and/or behavior guidelines or plan to address any behavioral needs.
- transportation needs: use of Access-link, Uber, public transportation
- Family supports: include family involvement

# Monitoring and Implementing

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The behaviorist will assign a worker to monitor and implement the plan, while still being involved with supervision and oversight.

We will identify an appropriate community worker who will be responsible for providing the direct support. The services in most cases will be provided in a one-to-one setting. They will be responsible for the goals and outcomes outlined in the plan as well helping to achieve more independence and inclusion.

There may be times when the community worker is not with the individual, community worker will still be available and is the first person to call. They will assess and will deal with any non-emergency situations, first over the phone, and of course if needed they will come in person.

All emergencies will follow Danielle's Law and Steven Komnino's Law protocols.

Community workers will also work with other agencies and with other Attain and Gain staff to assist with acquiring and maintaining housing. Courtney Davey will discuss more options in her presentation.

Any questions?