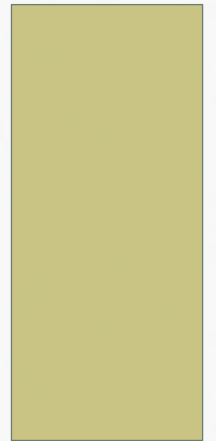


# TRACKERS & THERAPY

NEW LEAF ALTERNATIVE



# TRACKING AND THERAPY

- These are both services we contract with the State of Utah to provide within the walls of New Leaf
  - Each of these services are issued through Medicaid
  - Each of these services are carefully documented and documents are kept on file at New Leaf securely locked and used only for the direct providing team.
  - Each of these services are to assist you for the best outcomes for the clients you serve

# THERAPY

- Therapy is provided by their current therapist:
  - If this is the case, we work closely with their current therapist for a cohesive and galvanized team effort on behalf of the client.
  - It is more important that there is continuity of services for the client then for clear cut division for the benefit of the general team.
- Therapy provided through New Leaf
  - Gives the greatest continuity to the team members and client. So, even if there is a current therapist we try to pick up some portion of the therapy services.

# TYPES OF THERAPY

- **Individual**
- **Family** (with or without) the client present
- Special types of therapy can often be asked for – these will show up in the treatment plan developed by the clinician.

## Some of these might be:

- Emphasis on drug or abuse recovery
- Special needs such as retardation, brain injury, mental handicaps, etc.
- Mental Health
- Grief, Loss, trauma, etc.
- Sexual abuse

# WHAT DOES THERAPY MEAN TO YOU AS A FOSTER HOME?

- Therapist will lead out often at the Child and Family Team meetings from the clinical perspective.
  - They are generally the highest educated, specialized, and licensed representative on the team
- The therapist gives direction to the team on how to deal with the client's trauma, mental health, and primary scope if clinical issues.
- The therapist gives direction to the safety planning for the client
- **What is best part?** *If you need help dealing with your client, you are welcome to set a time with your therapist to go in and meet with them and the client for problem solving.*

# WHAT IS A TRACKER?

## **Client services include:**

- A. Assisting the Case Manager with the coordination of needed community services such as therapy, educational/vocational programs, employment, and recreational services;
- B. Monitoring the quality and need for continued service;
- C. Monitoring of the Clients' behavior while in the community;
- D. Teaching of basic living skills;
- E. Academic tutoring;
- F. Advocacy;
- G. Crisis intervention;
- H. Behavioral guidance and intervention;
- I. Coordination with the Client's parents/guardians/foster/proctor parents;
- J. Consultation between the Contractor and the Team members that may occur when the Client is present or not present;
- K. Assisting the Case Manager in coordination of visitation; and
- L. Other Intensive Supervision or Mentoring Client services that are approved by the Case Manager.

# WHAT A TRACKER IS NOT

- Babysitter
- Transporter
- Therapist for the foster parent
- Errand runner
- Client Stalker and trap-setter.

# HOW TO USE YOUR TRACKER

- What if you need help getting your client to a medical appointment or take them to court?
- What if there are problems in your home and you are worried they will escalate?
- What if the problems have escalated?
- What if your client is not home on time for his/her curfew?
- What if there are behaviors that are outside of what you know what to do?
- What if the client is in the community and you are at work or away from home?



# WHAT YOU SHOULD DEPEND ON FROM YOUR TRACKER?

- A tracker should meet with your client face to face a minimum of once a week
- A tracker should check on the client at school and talk with their teachers for any follow up.
- A tracker should be in touch with you about team meetings, court, and be aware of how things are going in your home.
- If a tracker is taking your client out, they should let you know, and, they should work on: academics, life skills, or other supervision or mentoring.
- A tracker attends court and team meetings and reports to the areas they are responsible.
- A tracker takes calls from the client once to twice per day for supervision and give client direction.
- A tracker monitors the client while they are in the community
- A tracker will help with crisis interventions, and behaviors.
- A tracker is YOUR FRIEND.

# IT IS GOOD TO KEEP IN MIND...

Your tracker is always on call so keep in mind:

- Your tracker **has limited hours** given them to work with your client and to complete all the tasks listed through this presentation.
- Your tracker **has a personal life**: be respectful and use their time wisely and courteously
- Your tracker **tracks additional clients** besides yours: give them notice when you have things coming up or need help coordinating
- Your tracker **might not always be able to take your call**.
  - If you are having a crisis, also call your resources:
    - Supervisor
    - Therapists,
    - Directors,
    - 911 for life emergencies
    - AND: please, please, please, use your skills.