



Individual Plan of Service		
Client Name: Alexandra (“Lexie”) Symon	Client ID: 0123456	Date of Birth: 05/17/1989
<p>Clinical Formulation: Alexandra Symon, known as “Lexie,” is a 33-year-old heterosexual female who identifies as American Indian/Alaska Native. She is currently living in a hotel with her male partner of five years and her two biological children, aged 17 yrs. and 7 yrs., after losing their housing. Lexie is unemployed and has a GED. Presenting concerns include housing instability and issues with housing safety, which have caused her significant feelings of depression over the past month. During her session with the clinician, Lexie was engaged, maintained eye contact, and was self-aware, displaying good posture and mannerisms. Her mental status examination revealed that she was fully oriented and appropriately dressed, with a generally euthymic mood despite occasional rapid and talkative speech. The Patient Health Questionnaire (PHQ-9) assessment yielded a score of 18, indicating “moderately severe depression,” while her Alcohol Use Disorders Identification Test (AUDIT) score was 0, indicating low risk for alcohol-related issues. Lexie’s additional concerns include her son’s educational challenges, general financial struggles, and difficulty accessing nutritious food and adequate clothing.</p>		
<p>Strengths and Resources: Lexie draws strengths from her supportive partner, her immense love for her two children, and her resilience (having overcome depression and survived difficult situations in the past). Additionally, Lexie’s connection to her cultural community at the Indian center and her affinity for nature provide her with a sense of belonging and comfort.</p>		
<p>Barriers that Impact Functioning: Lexie’s ability to engage in her treatment plan may be hindered by her financial instability, lack of reliable transportation, and occasional low self-esteem. Additionally, lacking a strong support system could further impact her progress.</p>		
<p>Goal: Lexie wants to secure stable housing to create a safe and consistent living environment for herself and her family.</p>		<p>Stage of Change: Preparation</p>
<p>Objective 1: In the next 30 days, Lexie will apply to three (no/minimal cost) federal housing assistance programs, as evidenced by submission confirmation or application receipts.</p>		
<p>Intervention(s):</p> <ul style="list-style-type: none"> • Intervention – assistance from a housing counselor at a local community agency • Responsible party – housing counselor at the identified agency • Timeframe – Lexie will schedule and attend three 1-hour appointments with a housing counselor. The counselor will help Lexie understand and apply to federal housing assistance programs 		

Objective 2: Within the next 60 days, Lexie will attend at least two job fairs/employment workshops offered for free by local counseling centers or community organizations, to enhance her job search skills and opportunities. This will be evidenced by attendance records or workshop completion certificates.

Intervention(s):

- Intervention – participation in job fairs or employment workshops
- Responsible party – Lexie
- Timeframe – Lexie will attend two job fair or employment workshops which may range from half-day to full-day events, depending on the schedule and content provided by the counseling centers or community organizations

Objective 3: In the next 90 days, Lexie will secure a spot on the waiting list for at least two affordable housing complexes, as evidenced by confirmation emails/receipts from the housing complexes indicating that Lexie has been placed on their waiting list.

Intervention(s):

- Intervention – support from a housing advocate
- Responsible party – housing advocate from a local housing assistance organization
- Timeframe – Lexie will work closely with the housing advocate through bi-weekly 30-min meetings over the next 3 months to identify suitable and affordable housing complexes and complete the required applications