appropriateness of addressing Anxiety (using Anxiety overlay) first - recommended. Core B: this is provided all residents. **Core A:** 130-session core resource Programming for special needs or mental Assess level provided to all residents. In general, health overlays may be scheduled at this of need and the first 30 sessions may be viewed as time. The Core B resource is a 50-session readiness a useful preparation for more intensive loop,. and residents may attend when not (MI). mental health treatment. The full at special programming during these resource is recommended. times. If needs more intensive MI preparation **OPTION:** use Core C1. MI stage-based resource #1 Core C2 (CBT resource) - strongly suggested for Depression MH Tx.. PTSD level 1 resources (link) for all residents in this track. Core C3 (comprehensive CBT coping skills resource) - suggested Assess Workbooks SD3 and SD4 (12 sessions). need for Address basic PTSD and grief issues, Level 2 and "Managing your stress (CS9 - 5 sessions). Workbook options: M1(male) and W11 MI stage-based resource #2 (female) - Surviving abuse and trauma; PTSD level 2 resources (link) also: F6 Sadness, F8 Feeling Hurt, F4 Anxiety, F4 Guilt, FD6 Learning to trust, and Di7 What's wrong with choosing to Assess need for be alone? Level 3 The TP 8 "PTSD" resource includes a range of Workbook options: Resource TP8 specific MH resources for counselor and client. It identifies a range of additional specific MI stage-based resource #3 provides an orientation to treatment of this issue, CBT worksheet options (ST). Also a comprehensive set of treatment planning and recommended is the TT skills series PTSD level 3 resources (link) implementation suggestions, suggestions for (18 sessions). effective use of Motivational Interviewing (MI), Review PTSD TP resource (TP) for and multiple handouts and worksheets for client suggestions. and counselor addressing symptoms, triggers, incident worksheets, and coping skills tools. Highly recommended. MI stage-based resource #4: Competency checklists may be used to document confidence, self-efficacy, specific outcomes. action plans for maintenance **COLOR KEY SOCIAL WORKERS** YOUTH SPECIALISTS **SPECIALISTS - AS ASSIGNED** MENTAL HEALTH PROFESSIONALS

RECEPTION STAFF

PTSD: Resident is diagnosed with Post Traumatic Stress Disorder (PTSD) NOTE: MH staff may consider