

Individualised Plan

Service information	Details
Service/agency name	Hillside Case Management Services
Date of plan	12th January 201X
Plan developed by	Sam Smyth
Client information	Details
Client's name	Pierre Lyman
Client's date of birth	12th November, 1974
Client's address	1 George Street, Hillside
Client's phone	0400 111 000
Emergency contact	Rima Lyman (mother)
Emergency contact phone	0401 222 000
Area(s) of concern	Post-traumatic stress disorder (PTSD), social anxiety, stress
Behaviours/triggers	<p>Pierre is experiencing PTSD as a result of being involved in a hostage situation nine months ago. This is currently being treated via medication and treatment from a psychologist (Sean Martin).</p> <p>Pierre also reports that since childhood he has feelings of mild anxiety in social situations that involve communicating with new people face-to-face and that he often feels stressed in both social situations and work-related situations in which time management is an issue.</p>
Activity likes/dislikes	<p>Pierre enjoys online gaming and reading.</p> <p>Pierre dislikes social events with large amounts of people.</p>
Goals	<p>Pierre wants to address and control his social anxiety so as to be able to engage in day-to-day interactions with new people without discomfort or concern of being judged. Pierre would also like to learn adaptive stress management techniques and time management skills.</p>

Actions

Activity/Action	Target date	Other services	Date completed	Ongoing needs
The counsellor will help Pierre to address issues of social anxiety	Weekly sessions for 8 weeks	Counsellor		Activities that support the development of adaptive social skills
The counsellor will help Pierre explore adaptive stress management techniques and time management skills	Weekly sessions for 8 weeks	Counsellor		

Case notes

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Pierre has given consent for his mother, Rima, to be involved in all aspects of his individualised plan and related support activities.