

Activity:

Developing Social Supports

Bryan is a 17-year-old African American male in the 11th grade in ESE classes. He lives with his mother, Mary, and two younger brothers, Sean and Dwayne. Bryan stays in his room playing computer games and occasionally plays basketball with his neighbor at the park. He also likes to walk the dog when he leaves his room. Both brothers are in elementary school. Mary is working from home and home-schooling all three boys due to COVID-19. The family had been receiving in-home mental health services for five months and was making progress until COVID-19, which resulted in difficult times in 2020 and 2021. Since life has returned to pre-COVID conditions, Bryan has stopped showering, spent more time in his room, and neglected his schoolwork. Mary has her hands full with working from home and trying to help her younger children with school. Their service providers have only been able to have contact by phone, FaceTime, text, or via Zoom meetings. Bryan was participating in virtual wellness groups until he stopped attending and communicating with staff. He agreed last week to speak to his therapist. Mary is worried that if he continues to withdraw, he may attempt to harm himself like he has done in the past.

1. List the strengths associated with this family's need:

2. Brainstorm at least 10 community options that may meet this need, while building on the Bryan and his family's strengths and culture. Circle one option you think Bryan would pick:

3. Who could help Bryan get involved in the option you selected? Who would you want to hook him up with?

4. Develop an action plan for getting started

STEP	PERSON	DATE

5. How successful do you think this plan will be? Why?

6. What are the potential barriers or challenges? Why? What steps can be taken to overcome them?