

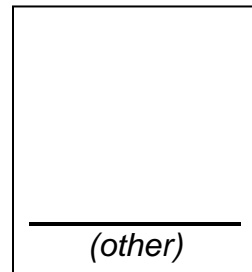
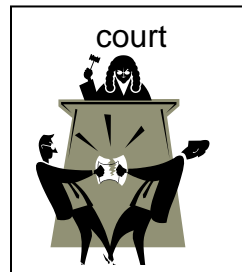
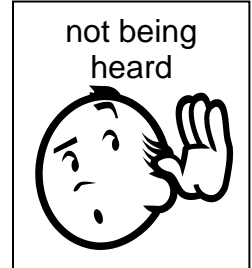
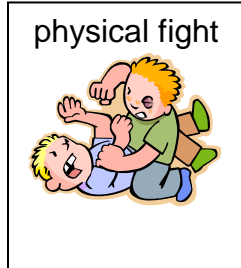
What name would you prefer to be called?

Date: _____

How Can We Help?

Developed by the girls in the RTC Leadership Council to help you because they know what it's like to be new here.

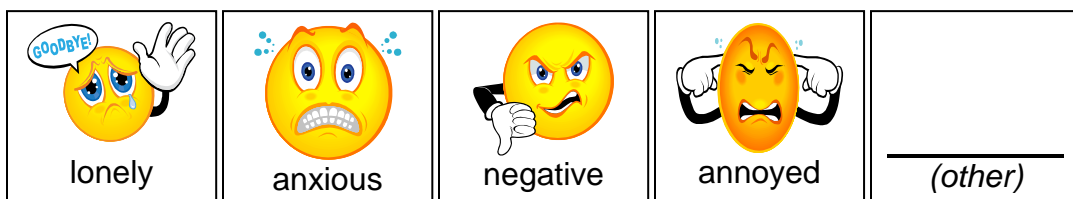
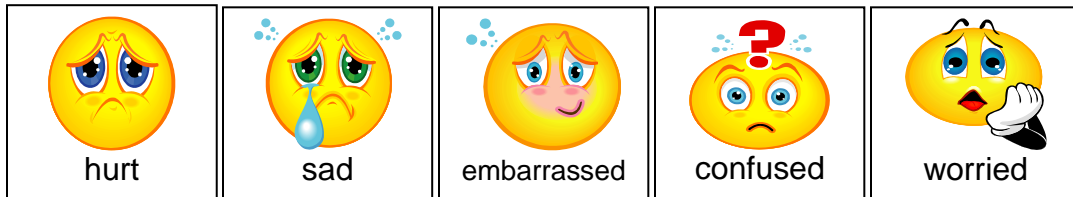
When *this* happens ...



In case you want to tell us more about this: _____

I feel *this* ...

(Select as many or as few as you need and feel free to add different emotions)



In case you want to tell us more about this: _____

I need *this* ...

(Select as many or as few as you need and feel free to add different activities)

 <p>a hug</p>	 <p>a phone call</p>	 <p>a book or journal</p>	 <p>music</p>	 <p>TV</p>
 <p>arts & crafts</p>	 <p>to be active</p>	 <p>sleep</p>	 <p>food</p>	<p>_____</p> <p>(other)</p>

In case you want to tell us more about this: _____

I don't need *this* ...

(examples: I don't need to be touched, I don't need things to be loud, I don't need to be alone, I don't need to be around other people, I don't need to be lectured, etc.)

Things staff/foster parents can do to help support me include ...

(examples: be silly, play a game with me, help me paint my nails or do my hair, share a journal with me, just talk to me, etc.)

Things I like most about me include ...

(examples: I'm funny, I'm thoughtful, I'm smart, I'm cool, I'm nice, I'm athletic, etc.)

Feel free to use additional pages if needed! ☺

Therapist Signature

Resident Signature