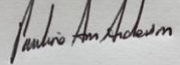
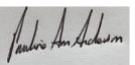


Person-Centred Induction Support Plan – Colin Kerr

Date of Entry into Programme:	08.08.2022
Date of Induction Support Plan	09.08.2022
Review Date:	05.09.2022. Interviewer Signature 

Signatures:

Resident: Colin Kerr	Advisor: Pauline Ann Anderson
Signature: Colin Kerr (approved by resident)	Signature: 

Note: Mr Kerr completed the Teen Challenge Programme in 2012. Since then, he has encountered certain difficulties in his life which have caused him to reach out to us again for help. He will complete the normal Induction phase but will then progress to Phase 3.

PERSONAL WELLBEING				
Concept		Goals		Review of Goals end of Induction
1.1	Use of drugs, alcohol, smoking: To experience a period of being free from all substance misuse; deal with the consequences of misuse and develop skills to avoid misuse in the future	GOAL: To begin to learn again how to stay drug and alcohol free. GAOL: To think about rebuilding family relationships.	Every Day	Colin has been alcohol and drug free for the duration of this Induction phase Colin is now on speaking terms with his sister and daughter.
1.2	Healthy eating: To understand the benefits of healthy eating and incorporate this into Colin's life-style	Colin is aware and motivated in this area. GOAL: Continue to eat healthily	Every Day	Colin follows a varied and well balanced eating plan.
1.3	Personal hygiene: To understand the benefits of personal hygiene and incorporate this into Colin's new life-style	Colin is aware and motivated in this area. GOAL: CONTINUE	Every Day	Colin presents clean and well kemp at all times.
1.4	Personal Fitness To encourage Colin to reach and maintain a level of fitness suited to his abilities to help him today and help prevent problems in later life	Colin is a keen runner,climber and getting in shape to climb Mont Blanc later in the year. GOAL: Keep as physically fit as possible	Every Day	Colin is fit and active. He walked round the garden and was on the go the whole time during the day.
1.5	Mindfulness These are personal activities that Colin identifies that helps him to relieve stress, worry, anxiety or fear.	GOAL: Be outdoors as much as possible	Every Day	Colin didn't get outdoors as much as he would have liked because the programme activities kept him inside a lot of the time..
1.6	Personal Advice Sessions: These sessions give Colin an opportunity to consider root causes for personal difficulties and problems. They also give Colin an opportunity to set his personal goals for recovery	Colin has access to Personal Advice Sessions	Up to four times during Induction	Colin saw his Personal Advisor three times during this Induction Phase. He found the sessions helpful getting someone else's perspective on the situation.

EXTERNAL SUPPORTS				
Concept		Goals	When	Review of Goals end of Induction
2.1	Welfare benefits: To be assessed for eligibility of benefits & receive benefits to maintain accommodation and personal wellbeing	GOAL: Colin is aiming to come off of government benefits into full time employment after completing the programme.	When on Phase 4	Colin has a job to go to once he has completed this programme so he is confident that once he recovers he will be able to return to that.
2.2	Budgeting and Money Management: Colin has an opportunity to take part in group and/ or one-to-one sessions to discuss finance issues where necessary	Colin has always been quite good with managing his money although he has legitimate debts e.g. business loan. No goals applicable	N/A	N/A
3.1	Probation service or equivalent: To develop and maintain a good working relationship with the probation service	On a supervision order GOAL: Complete supervision order	April 2023	Colin is still in contact with Probation. He is receiving encouraging reports and it looks as though this will end in April 2023.
3.2	Social workers/social services department: To develop and maintain a good working relationship with the social work for family/children	N/A	N/A	N/A
3.3	Health services (e.g. GP, dentist, opticians etc.): To receive a comprehensive health assessment and be linked to the appropriate primary and secondary health services	Colin to register with local health services. GOAL: Register with doctor GOAL: Register with dentist	Dec 2022	Registered with Loxford Practice and Dental Solutions (December 2022)

SOCIAL WELLBEING				
Concept		Goals	When	Review of Goals end of Induction
4.1	Fostering / Enhancing Family Relationships	Colin has two daughters and a son. GOAL: Settle in for first month before contacting relatives	N/A	Colin didn't have contact with any family members but is now going to resume contact with them.
4.2	Making friends and forming relationships: To be able to build and maintain new relationships	GOAL: Get to know the Teen Challenge residents and staff members he is not familiar with.	Every day	Colin found it easy to get to know staff and residents. They were mostly all friendly.
4.3	Conflict Management: These sessions allow Colin to think about strategies for dealing with conflict	GOAL: Colin normally walks away from conflict.	<u>Ongoing</u>	Colin is gaining a better understanding of dealing with conflict.

DOMESTIC TRAINING				
Concept		Goals	When	Review of Goals end of Induction
5.1	Health and safety in the home: To be aware of all potential hazards and understand the measures to protect himself and others	Colin has been in Teen Challenge London before (2012) so he is well aware of hazards and protection measures	N/A	Colin took a refresher of our inhouse Health and Safety course.
5.2	Personal security both inside and outside the home: To feel secure both within the home and outside	Colin has always felt secure in Teen Challenge in the past. He believes it will be the same this time	Ongoing	Colin said he felt quite settled from the beginning.
5.3	Learning to use household equipment such as the washing machine: To have a good understanding of how to safely operate household equipment	N/A Colin was married for a number of years so he is well used to using all domestic appliances.	N/A	N/A
5.4	Developing domestic skills like cooking, cleaning, washing up and ironing: To be able to manage his own household and live independently	Colin is a qualified chef and an excellent cook. Also, having lived as a married man and on his own previously, he is able to live independently.	N/A	N/A

EDUCATION AND TRAINING			
Concept		Goals	Review of Goals end of Induction
6.1	IAG: Education, Training and Employment. This will help Colin identify education or training courses that will help him with his chosen career path. Resettlement:	GOAL: on Phase 3, to look into doing Level 2 Counselling Skills GOAL: On Phase 3 to think about where he will go and complete Phase 4.	Colin didn't do any education course on Induction but he would now like to start looking onto starting the Level 2 Counselling Skills.