

Mental Health Treatment Plan Steps to Think About Before Creating your Plan

- 1. Is the youth in a life-threatening situation? Does this youth need immediate medical treatment? What kind of things would warrant an ER visit?**
- 2. Who needs to know that the youth is struggling with mental illness? Who needs to be on the support team? How do you keep confidentiality and balance a supportive network for the youth?**
- 3. In the process, who is the youth going to respond to the best?**

Mental Health Treatment Plan

(This document is to get you thinking about how to approach helping a Rotary Youth Exchange Student while they are showing signs of mental illness. This is only a document to help you, your committee, your student, host families and the student's family back home understand what is happening. ALWAYS consult a mental health professional immediately when helping a student.)

1. **Keep the youth safe. How will you keep the youth safe as you help the youth?**
 - A.
 - B.
 - C.
2. **Who needs to be notified?**
3. **Is treatment here available and will it meet the needs of the student? Is this a pre-existing problem?**
 - A.
 - B.
 - C.
4. **Who is responsible for treatment and making sure that the student gets the help the student needs?**

5. How will help be received? What are the steps of getting the youth to treatment?

A.

B.

C.

D.

6. How will the team know that progress is being made?

7. Special conditions or things needing attention to keep the student safe.