

# INTRODUCING:

Date Developed:

	Things To Know About Me		
Non-Negotiables Rituals	<ul style="list-style-type: none"> <li>Being supported by female staff when I need self-care assistance</li> </ul>	<ul style="list-style-type: none"> <li>Feeling safe</li> <li>Having contact/visits with my mother</li> </ul>	<ul style="list-style-type: none"> <li>Trust</li> <li>Having independence and choices</li> </ul>
Here's what is important TO me	<ul style="list-style-type: none"> <li>Not to be directly contradict me or told "no"</li> <li>Connection with my support system and my friends</li> <li>Writing in my journals</li> <li>Keeping a meaningful job that fits my leadership skills</li> <li>Having money and access t money for shopping</li> <li>Having control with my routine</li> </ul>	<ul style="list-style-type: none"> <li>Taking care of myself by being heard</li> <li>Newspapers</li> <li>News</li> <li>TV game shows and crime shows</li> <li>Movies</li> <li>Taking walks</li> <li>Beauty products and activities</li> <li>Having a wage</li> <li>Having my 'special foods'</li> <li>Rice Krispies</li> <li>Looking nice and having nice clothes</li> </ul>	<ul style="list-style-type: none"> <li>Connecting with my mother</li> <li>Eating out</li> <li>Getting mail</li> <li>Pets/Animals</li> <li>Carrying a backpack</li> <li>Having consistency with my support team</li> <li>Being able to assist others</li> <li>Taco Bell</li> <li>Having household responsibilities</li> <li>Having a sense of purpose</li> <li>Not feeling embarrassed</li> </ul>
Here's what is important FOR me	<ul style="list-style-type: none"> <li>Taking care of my personal care</li> <li>Wearing clothes for the weather</li> <li>Eating well and eating Gluten-free</li> <li>Having a clean space/bedroom</li> <li>Medical care for mental health needs</li> </ul>	<ul style="list-style-type: none"> <li>Learning to be patient</li> <li>Taking my medicine</li> <li>Eating/socializing with others</li> <li>Not over-isolating myself in my room</li> <li>Wearing my glasses</li> <li>Exercise</li> </ul>	<ul style="list-style-type: none"> <li>Getting enough sleep</li> <li>Organizing my backpack</li> <li>Going on walks/movement</li> <li>A predictable environment</li> <li>Making positive statements</li> </ul>
What supports me in having a good day and why?	<ul style="list-style-type: none"> <li>When I have positive conversation and am reassured</li> <li>Knowing and being prepared for medical appointments</li> <li>Having enough money when I go out</li> <li>Sharing excitement about my future</li> <li>Connecting with familiar staff and providing a slow transition with new staff</li> </ul>	<ul style="list-style-type: none"> <li>Having people around me remain calm and unaffected by my anxiety</li> <li>Staying engaged</li> <li>Making positive statements</li> <li>Being reminded to remain patient</li> <li>Reassuring me that I am safe</li> <li>Reminding me of clear boundaries I have set for myself</li> <li>Giving me space after new information has been shared with me</li> </ul>	<ul style="list-style-type: none"> <li>Having a regular routine</li> <li>Reminding me that you are here to protect me</li> <li>Having female support to help me with my personal-care skills</li> <li>Having some alone time in my room</li> <li>Sharing with me a sense of humor</li> <li>Having routine anchors (e.g. it is Wednesday because I get paid)</li> </ul>
What does a bad day for me look like and why (causes)?	<ul style="list-style-type: none"> <li>I can get anxious about upcoming events and appointments</li> <li>I am agitated and anxious</li> <li>I hear bad news that upsets me</li> <li>Leaving a visit/event before I want to</li> <li>My routine is disrupted</li> <li>I fixate and am not supported in focusing on the positive</li> <li>I elevate my behavior to achieve an inappropriate goal (going to hospital)</li> <li>I can be delusional</li> </ul>	<ul style="list-style-type: none"> <li>I curse and yell</li> <li>I don't get enough sleep</li> <li>I make unusual statements about my teeth/mouth and body sensations</li> <li>I claim that others hurt me or are mean</li> <li>I become aggressive and try to hurt</li> <li>My plan is not utilized and I react with aggression and anxiety</li> <li>I become confused about date/times/months</li> </ul>	<ul style="list-style-type: none"> <li>I can escalate quickly when upset</li> <li>I do not want to take care of my personal-care needs</li> <li>I want to eat in my room and isolate myself from others for long periods</li> </ul>

