While participating in the Family Treatment Court Program, I would like to address the following needs for my family: (please check all the needs you have NOW under the “still need help with”, and then check what you’ve completed under “Done” with at each team meeting or prior to graduation)

**Transportation**

- **DONE**
- **STILL NEED HELP WITH**
  - [ ] Transportation
  - [ ] Obtaining Driver’s License
  - [ ] Ignition Interlock
  - [ ] DOL hearing (habitual offender status)
  - [ ] Fines in Collections

**Employment**

- **DONE**
- **STILL NEED HELP WITH**
  - [ ] Employment/Resume/Job search/Interview skills/interview clothing

**Housing**

- **DONE**
- **STILL NEED HELP WITH**
  - [ ] Clean and sober housing w/child(ren)
  - [ ] Clean and sober housing w/no kids

**Education**

- **DONE**
- **STILL NEED HELP WITH**
  - [ ] Education/GED
  - [ ] Finances/Better Budgeting
  - [ ] Time Management/Organization/Scheduling
  - [ ] Stress Management
  - [ ] Parenting Classes
  - [ ] Learn Child/Infant/Adult CPR & First Aid
  - [ ] Learning about or how to use computers
  - [ ] Creative Problem solving
  - [ ] Domestic Violence Classes/Anger Management

**Pro-Social**

- **DONE**
- **STILL NEED HELP WITH**
  - [ ] Having fun sober (hobby, exercise)
  - [ ] Recovery environment
  - [ ] Family/peer-to-peer support/mentor

**Health & Wellness**

- **DONE**
- **STILL NEED HELP WITH**
  - [ ] Medications (access / copay)
  - [ ] Dental health care insurance / issues
  - [ ] Medical health Care/ issues (diabetes, Hep C, etc.)
  - [ ] Family Planning information (birth control, pregnancy services, etc.)
  - [ ] Mental Health Counseling, for me
  - [ ] Mental Health Counseling, for child(ren)
  - [ ] Grief and Loss counseling/support
  - [ ] Trauma counseling/support
  - [ ] Family counseling/classes
  - [ ] Nutrition/ Cooking
  - [ ] Fitness/Weight management
  - [ ] Healthy Relationships
  - [ ] Childcare while in services

**Legal/Other**

- **DONE**
- **STILL NEED HELP WITH**
  - [ ] Obtaining State ID card
  - [ ] Dependency case
  - [ ] Parenting Plan through the courts
  - [ ] Divorce information
  - [ ] Reduce fines & fees - for (Circle one) District Court or Superior Court
  - [ ] Cellphone assistance
  - [ ] Letter of support/recommendation for:

  - [ ] Other (please specify) ____________________________
### Local Resources to Help with some of the NEEDS

#### EMPLOYMENT:
- Val Ogden Center
- Goodwill Job Connections
- Work Source
- Partners In Careers

(for more information, ask for our Employment Program Handout)

#### EDUCATION:
- Budget / Finance:
  - CVAB REACH Center:
    - Money Smart
    - Computer 101
  - Clark College Student Success Workshops & Pathways Center:
    - [View Schedule](http://www.clark.edu/campus-life/careers/success_workshops.php)
- Clark College / GED or prep classes
- Val Ogden Center/programs

### HEALTH & WELLNESS:
- REACH Too Activities
  - (at the Reach Too office on 4th Plain-Orchards)
- CVAB
- WHAM (Whole Health Action Management)
- WRAP (Wellness Recovery Action Plan)
- Trauma in Life (women only)
- Parenting Class – see additional handout on variety of options
- Additional Counseling –
  - Children’s Center
  - Children’s Home Society
  - Family Solutions
  - Catholic Community Services
  - Domestic Violence / Anger Management
  - Thinking for a Change
- Peace Health courses: (parent education, car seat, etc.)
- Peace Health –support groups
- All NAMI-supported groups
- Public Health, SeaMar or CVAB programs on Nutrition (diabetes, family planning, hepatitis, etc.)
- 12-step based meetings (Alcoholics Anonymous, Narcotics Anonymous, Co-dependency Anonymous (CODA), Crystal Meth Anonymous (CMA), Ala-non, Ala-teen)
- Smart Recovery
- Celebrate Recovery
- Face-to-face meetings with your mentors/sponsors. Must get a slip signed
- On-going classes: T4C, parenting classes, Domestic Violence or Anger Management classes, NAMI (Nat’l Alliance on Mental Illness), SeaMar Health Calendar
- Lifeline’s Recovery Resource Center

### HOUSING:
- Council for Homeless
- Housing Solution Center

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*Please let us know how we can help! We don’t know unless you tell us.*

Updated 11/2018