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Resident Name

Location of Visit

Date of Visit

Visit Plan

Please remember that home visits are an opportunity to spend time with family and practice applying what you have learned in a home environment. They are an extension of treatment, not a vacation from it. This is why it is important to structure home visits to reflect what life will be like after discharge. This includes practicing rhythms and routines, such as waking up and going to bed at regular hours, participating in household responsibilities, and following the rules of your home.

This plan will help to identify your responsibilities, document how your time will be structured, and reflect on what skills you should practice. Successes and struggles on the home visit, including how well you follow your Visit Plan, will be reviewed with the case manager and in family therapy, and will influence your progression of home visits.

Treatment Visit Expectations

Keep the following expectations in mind to ensure the focus of the visit is to make the time an extension of treatment.

1. Supervision must be maintained by caregivers at all times, unless determined otherwise and collaboratively with the treatment team.
2. Maintain a regular sleep schedule.
3. Plan activities and create a schedule – some downtime is okay.
4. No social media/phone use, unless determined otherwise and collaboratively with the treatment team.
5. Contact with friends must be approved in advance.



Treatment Goal for the Home Visit *(from your treatment plan, build relationship, practice skills, etc.)*

What works for me to stay healthy and well?

How will I or others know I need to use a skill or tool?

What skills or tools will I remember to use?



Agenda

Establish Rhythms and Routines (bedtime, wake up, chores, mealtimes, family connection, medication, etc.):

Day 1 Date:

Time	Activity

Day 2 Date:

Time	Activity

What skills can I use to transition back to campus after my visit?

