

13.	Other recommendations:			

- 1. It is recommended that John receive individual in-home followed by outpatient therapy to process his history of disruptive behavior and inability to manage his anger to decrease symptomology. Therapy should also address, assist with, and provide coping skills for any past emotional stressors, and their impact on his mood at the present time. It is recommended that he utilizes both Cognitive Behavioral Therapy (CBT) Other modalities of treatment can be applied based on the treating therapist's assessment.*
- 2. It is recommended that John attend family therapy with his family to encourage family relationship-building as it applies to his disruptive behavior. Family therapy should help to minimize anger symptoms and transfer adaptive coping skills to assist John in alternative coping to engage with his family. Therapy should explore the emotional impact of current circumstances as it relates to his mother and her adaptation in managing John behavior.*
- 3. It is recommended that John explore continued additional services such as and IEP to provide enhancements and improve emotional support therapeutic structure and supervision in the classroom setting to reduce conflicts and disruptive behaviors while maximizing his academic achievement by providing any specifically needed remedial academic support. Furthermore, the modifications to the implementation of the IEP would benefit John and his educational supports to address or determine any learning deficiencies.*
- 4. It is recommended that John explore medication management with a provider to manage and stabilize his mood. Medication monitoring discussion regarding symptomology with a provider may be essential in providing continued stabilization in mood. Medication management protocols such as obtaining vital signs as well as ordering and monitoring labs should be observed while simultaneously effectively participating in ongoing psychotherapy. Participation in talk therapy may assist in resolving current mood.*
- 5. It is recommended that John follow up with a Primary Care Provider for a comprehensive medical evaluation to follow up with any health concerns and routine health follow up.*
- 6. It is recommended that John engage in structured activities with a possible provision of mentor at school as well as involvement in interested structured extra-curricular activities. He may benefit from further development of positive socialization skills utilizing an informal setting.*