

INDIVIDUALIZED HEALTHCARE PLAN FOR LGBTQ STUDENT

STUDENT NAME: _____ DOB: _____

Student Address:	School:
Home Phone:	Teacher/Counselor:
Parent/Guardian:	Grade:
Day/Work Phone:	IHP Date:
Healthcare Provider:	IEP Date:
Provider Phone:	Review Date(s):
IHP Written By:	ICD-9 Codes:

Parental/Guardian Statement: I/We have read this plan and agree to its implementation.

Signature: _____ Date: _____

NURSING DIAGNOSIS:	GOALS:	NURSING INTERVENTIONS:	EVALUATION:
Risk for self-directed violence/Risk for suicide	Student will remain free from self harm while at school	<ol style="list-style-type: none"> 1. The school nurse will encourage and listen to the student about why they want to harm themselves 2. The school nurse will provide the student with a 24-hr emergency hot-line phone number. 3. The school nurse will make the clinic available anytime for the student and confidential. 4. The school nurse will offer interventions to student in place of self-harm ideations (ie. stress relief ball). 	Student will notify the school nurse when they are having feelings of self harm.
Anxiety	Identify healthy ways to deal with stress and express anxiety	<ol style="list-style-type: none"> 1. Encourage verbalization of feelings. 2. Provide a calm, restful environment. 3. Encourage staff to provide a caring/concerned attitude. 4. Help student identify positive coping strategies. 	Student will have decreased stress and anxiety.
Impaired Social Interaction	The student will identify problematic behavior that deters socialization	<ol style="list-style-type: none"> 1. Assess feelings related to social isolation. 2. Help identify precipitating factors/stressors. 3. Help identify alternate courses of action. 4. Assist in analyzing which approaches work best. 5. Identify strengths and areas for improvement. 	Student will utilize strategies to promote effective socialization.

Self-Esteem Disturbance

Student verbalizes positive self-esteem

1. Present an environment favorable to the expression of feelings.
2. Provide privacy.
3. Apply active-listening and open-ended questions.
4. Educate the student to join in activities that result in healthy self-esteem.
5. Offer community resources, self-help groups, and professional counseling references.
6. Educate student about the harmful effects of negative self-talk.

Student verbalizes positive self acceptance.