

EXHIBIT 3
Sample Discharge Plan



NEUROCOUNSELING
& Consulting Services, PLLC

JUVENILE SEX OFFENDER THERAPY DISCHARGE REPORT

Date: January 20, 2020

Client: John Smith

Supervising Officer: Joe Garcia, Juvenile Probation Dept.

Primary Therapist: Michelle Regalado, LCSW, LSOTP

Reason for Termination:

☒ Successful Discharge

☐ Unsuccessful Discharge

Pathways Modules Completed:

☒ **Module 1:** Initial Reactions

☒ **Module 7:** Understanding my Behavior Cycle

☒ **Module 2:** Starting the Treatment Process

☒ **Module 8:** Controlling/Expressing my Sexual Feelings

☒ **Module 3:** Disclosing

☒ **Module 9:** Relapse Prevention Plan

☒ **Module 4:** Learning about Victims

☒ **Module 10:** Understanding Sexual Abuse

☒ **Module 5:** Why did I do it?

☒ **Module 11:** Clarification

☒ **Module 6:** Grooming/Maintenance Behaviors

☒ **Module 12:** Steps to Sex Offender Accountability

☒ **Module 13:** Completing Treatment

Needs Identified:

1. Client was recommended to undergo a psychiatric evaluation due to initial symptoms of depression and suicidal thoughts.
2. Client was diagnosed with an intellectual disability that required modifications to treatment delivery
3. Client struggled with fluency in the English language and required bilingual treatment services

Risk Factors:

1. Client denied commission of the instant offense
2. Client had a pervasive history of exhibiting poor impulse control in multiple areas of functioning to include being physically aggressive, inappropriate sexual touching and stealing
3. Client exhibited low motivation to participate in treatment/probation process

Youth's Strength and Protective Factors:

1. Client has a pro-social network of support from peers in his soccer team
2. Client reported to have a good relationship with parents and described them as “on his side.”
3. Client has expressed having future goals of attending college

Completion of Short-Term and Long-Term Goals

Goals	Indicate if goal was met	If goal not met, indicate reason
Short Term Goal #1: Client will learn the difference between “good touch” and “bad touch”	Goal was met successfully	Not applicable
Long-Term Goal #1: Client will display healthy physical boundaries with family members and peers	Goal was met successfully	Not applicable
Short Term Goal #2: Client practice daily journaling 5 times per week so he can identify his thinking errors	Goal was met successfully	Not applicable
Long Term Goal #2: Client will exhibit no more than one “angry episode” per month	Goal was met successfully	Not applicable
Short Term Goal #3: Client will write a “Clarification Letter” to his victim	Goal was met successfully	Not applicable
Long Term Goal #3: Client will gain a better understanding of the impact his behavior has on others	Goal was met successfully	Not applicable

Continuation of Care:

Continued Treatment Needs	Recommendation
1. Management of depression symptoms	Client continue to see his psychiatrist on a regular basis to address symptoms of depression
2. Anger management	Client continue to practice coping techniques learned in treatment to assist with anger impulses

Reunification:

Is family reunification being recommended at this time? ☐ Yes ☐ No ☒ Not applicable

Safety Recommendations: Not applicable at this time.

Post Assessment Results:

Sex Offender Registration:

Is this youth being recommended to register as sexual offender? ☐ Yes ☒ No

Summary/Recommendations: Mr. Smith has met established treatment goal, attended all necessary

group/individual treatment sessions, as well as completed all required core workbook assignments. He is eligible for successful completion of the SOTP program at this time.

Prepared by:

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