



HELPING YOUNG MALES AND FEMALES BECOME  
PRODUCTIVE ADULTS IN TODAY'S SOCIETY

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## **MONTHLY PROGRESS REPORT:**

**MENTEE:** Joe Blow

### **Begin by outlining the goals you worked on this month:**

Joe and I worked on anger management and life skills development. Both of these goals were important and outlined on his referral sheet. His foster parents also agreed that improvement in these areas are critical.

### **What did you do to work toward the goals?:**

Joe and I talked about handling conflict this month. He discussed some of the issues that he faced this month as an altercation at school we examined the cause of the conflict. I asked Joe to provide me with ways in which conflict could have been resolved. He acknowledged that he could have used clear communication as a way to mediate. We discussed various techniques such as: (1) Finding a quiet place when he feels angry to retreat until he calms down; (2) Discussing his angry feelings without using profanity; (3) Discussing his angry feeling without becoming physical; (4) Using a combined approach and not shouting, using profanity, or becoming physical when angry; (5) Using another emotional outlet other than bad words physical contact to express his anger, such as crying or deep breathing. I provided ways in which he can talk himself down once he begins to get himself upset. I suggested that he remove himself from situations until he is clear headed and calm. We also talked about more severe risks that could result from fights and conflicts at school...such as violence involving guns.

### **Discuss any other activities this month:**

Joe and I also went to dinner at a restaurant where we talked about etiquette and healthy food choices. We went bike riding for physical activity downtown and talked about some of the museums and sights. We will choose one to visit every month.

### **Discuss any challenges you intend to work on next month:**

Joe and I will continue to talk about conflict as they arise. We will also continue with our physical activity and general discussions about career choices and gaining independence. Joe also expressed some issues at home that we will address in detail next month once he tries some of the anger management techniques we discussed to see if he notices improvement.

Jason Tisdale