

**STUDENT ONE:
Student Characteristics**

Female

Junior

Good Grades

Junior Class Vice-President

Family Member Went With Rotary

Bubbly and Friendly

Married Parents

Interested in Culture

Wants to Learn a Language

Religious

**STUDENT TWO:
Student Characteristics**

Female

16 Years Old

A /A- Student

Family Dysfunction

Cheerleader

Wants to only go to England

Studying Latin

Has Steady Boyfriend

Appears to have ADHD

No Personal Rotary Experience

**STUDENT THREE:
Student Characteristics**

Female

Junior

Schooling Not Really Important

Abuse and Neglect in the Home

Interested in Leaving Area

Studied Latin and French

**Can Read Almost any Romance
Language**

Isolates When Overwhelmed

Attends Protests and Marches

Poor Family

**RED LIGHT --- Stop!
Pay Attention!!!**



Red Light Mental Health Issues

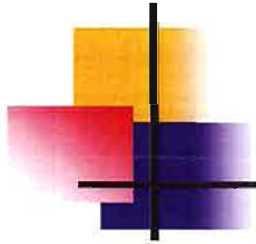
- Bipolar I & II
- Schizophrenia
- Serious Suicide Attempts

Personality
Disorder
Behaviors...

Yellow Light – Caution... Caution... Caution



Yellow Light



- Depression-is it well treated? Is medication stable? Do they have cognitive behavioural strategies? Do they have a good support network and friends
- If they are doing well enough to have a good application, the depression is not going to interfere



Yellow Light

- Anxiety Disorder-is it a diagnosed disorder? How is it managed?
- If they are doing well enough to face the application process, it is probably a green

Green Light – Let's Get This Exchange Started





Green Light

- ADHD
- Anxiety
- Aspergers/High Functioning Autism
- Learning Disability



For Sending
Receiving
Youth

Jane Doe's Dietary and Medical Agreement

District 5420 would like to make a dietary and medical agreement with District 4470 on the behalf of Jane Doe, who would like to do a long term exchange in Campo Grande, MS, Brazil for the exchange year 2012 -2013.

In the agreement, the following provisions need to be followed by both Jane Doe and District 4470 for Jessica's health and safety.

1. Jane Doe will be weighed every two weeks, starting after the first two weeks she arrives in Campo Grande, MS, Brazil. This will be done under the supervision of Rotarian Luiz Spengler. Rotarian Luiz Spengler will report any weight less than 46.5 kilos. If Jane is able to maintain her weight of 46.5 kilos or higher, she will only need to be weigh one time a month until the end of her exchange. Jessica, her family, District 5420 and District 4470 understand that if anytime she falls under 46.5 kilos, it must be reported to her Outbound Coordinator, Rotarian Terri Sawyer, who will report it to her biological parents, dietician and therapist in the USA.
2. Jane Doe will be surrounded by supportive adults while in Brazil and her eating disorder , anorexia nervosa, will only told to the supportive adults, including Rotary counselor and host families, in her life that need to know. Those supportive adults will keep a watchful eye on Jane but not treat her differently. Jessica's confidentiality is important and will be respected. If they have any concerns, they need to speak with Jane first and report any concerns to Rotarian Luiz Spengler, who will notify Rotarian Terri Sawyer. Rotarian Terri Sawyer will report any concerns to her biological parents, dietician and therapist in the USA.
3. Jane Doe is responsible for reporting any problems or concerns she may have if she is struggling with her eating disorder. She may contact her therapist or dietician in the USA at any time. Jane will be responsible for taking her Zoloft daily and reporting any problems she might have with her medication. She will bring a 3 month supply with her upon arrival.

Rotarian Luiz Spengler will take her to a medical doctor after 2 months in Brasil to receive a Brazilian prescription for the same medication, Zoloft and the same dosage. All different prescriptions or dosage of a prescription will need to have approval from her biological parents. All parties understand that if Jane Doe's weight falls to a dangerous level in which her biological family, dietician and therapist feels is life threatening, Jane will immediately return to the USA.

The desire of both District 5420 and District 4470 is that Jane Doe will have a successful and fun long term exchange. Her health and safety are the number priority. Open communication and respectful, supportive relationships will help keep Jane safe as Jane make choices to keep herself safe.

March 16th, 2012

Marco Pompeu

Chairman, District 4470

Luiz Spengler

Outbound Coordinator, District 4470

Terri Nicole Sawyer

YEO, District 5420

Mental Health Treatment Plan Steps to Think About Before Creating your Plan

- 1. Is the youth in a life-threatening situation? Does this youth need immediate medical treatment? What kind of things would warrant an ER visit?**
- 2. Who needs to know that the youth is struggling with mental illness? Who needs to be on the support team? How do you keep confidentiality and balance a supportive network for the youth?**
- 3. In the process, who is the youth going to respond to the best?**

**For
Inbounds**

Mental Health Treatment Plan

(This document is to get you thinking about how to approach helping a Rotary Youth Exchange Student while they are showing signs of mental illness. This is only a document to help you, your committee, your student, host families and the student's family back home understand what is happening. ALWAYS consult a mental health professional immediately when helping a student.)

1. Keep the youth safe. How will you keep the youth safe as you help the youth?

A.

B.

C.

2. Who needs to be notified?

3. Is treatment here available and will it meet the needs of the student? Is this a pre-existing problem?

A.

B.

C.

4. Who is responsible for treatment and making sure that the student gets the help the student needs?

For
Inbounds

5. How will help be received? What are the steps of getting the youth to treatment?

A.

B.

C.

D.

6. How will the team know that progress is being made?

7. Special conditions or things needing attention to keep the student safe.