



- 6) Important routines - things that help me transition through the day/week

- 7) How to reset/calm/comfort - what I can do, what you can do, and what not to do

- 8) Important people in my life

- 9) What was working/not working at Day program in the past? What do you want to keep and what do you want to let go?

- 10) What is working/not working during the day since the pandemic started? What do you want to keep and what do you want to let go?

- 11) What risks do you think going to Day program has for you? List all your concerns. How likely is each one to happen? How bad would it be if it did? How can it be made it less risky for you? Is there anything on the list you really cannot do? Is there anything on the list that you want to do despite the risk? Is there anyone else that could be at risk if you go to Day program?