Country Crossroads Counseling, LLC
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August 6, 2026

To Whom It May Concern:

Enzo Anziano (DOB REDACTED has been a client of mine since 6/9/2026. As of the date of this letter, I have met with Enzo for 4 sessions. Prior to me starting counseling sessions with Enzo, Sarah K. Russell, LPC was his therapist. She started meeting with Enzo 1/12/2026.

On 1/12/2026, Sarah and Selena Howerton developed Enzo's treatment plan, goals, objectives, and interventions. I am currently utilizing this information for Enzo's sessions.

Diagnosis:

F43.20	Adjustment Disorder, Unspecified
Z62.21	Child in welfare custody

Objectives:

1. Enzo will demonstrate age-appropriate coping strategies (e.g., using words, seeking comfort from a caregiver, or engaging in a calming activity) during moments of distress in at least 3 out of 5 observed opportunities.
2. Enzo will show a reduction in self-soothing behaviors that cause harm (hair pulling and self-scratching) as reported by caregivers and preschool staff over a 60-90 day period.
3. Enzo will strengthen secure attachment behaviors by appropriately seeking support from foster caregivers and trusted adults when emotionally triggered, as observed consistently across home and preschool settings.

Interventions used during counseling sessions:
Child-Centered Play Therapy Techniques; Modality: Individual Therapy; Frequency: Every Other Week
Child-Parent Relational Therapy Techniques; Modality: Individual Therapy; Frequency: As Needed

Discharge Criteria/Planning:
Enzo may be considered for discharge when he demonstrates consistent age-appropriate emotional regulation skills and no longer engages in self-injurious behaviors in response to distress. Discharge will also be appropriate when caregivers report sustained improvement in his ability to cope with transitions and emotional triggers across home and preschool settings. Continued stability in placement and the ability of caregivers to effectively support his emotional needs will further support readiness for discharge.

Additional Information:
Enzo's strengths include his kind and loving temperament, positive social functioning in preschool, supportive foster placement, and engagement in age-appropriate activities, all of which promote treatment progress. Barriers to treatment include his history of placement instability, ongoing uncertainty regarding permanency, limited ability to verbally express emotions due to developmental age, and exposure to caregiver disruptions that may continue to trigger emotional stress.

As stated at the beginning of this letter, I am utilizing the treatment plan, goals, objectives, and interventions developed on 1/12/2026 by Sarah Russell and Selena Howerton. Enzo is progressing on all of the goals and interventions as stated in his treatment plan. I anticipate Enzo will continue progressing with continued individual therapy sessions scheduled every other week.

If I can be of further assistance, please feel free to contact me.

Sincerely,

Jennifer Cave, MS, LPC
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