

# Quality Treatment Plan Training

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## Treatment Plan Standards

- TREATMENT PLANS ARE TO BE COMPLETED BY THE SECOND SESSION
- GOALS ARE WRITTEN FOR ONE YEAR
- OBJECTIVES ARE WRITTEN FOR 90 DAYS
- A CONSUMER SIGNATURE SHOULD BE OBTAINED FOR THE INITIAL TREATMENT PLAN AND EVERY 6 MONTHS AFTER
- ONE PROBLEM, ONE GOAL, AND MANY OBJECTIVES-UNLESS BPHC
- ALWAYS CREATE A DOCUMENT AFTER MAKING UPDATES TO THE TREATMENT PLAN
- STRENGTHS PULL FROM THE ASSESSMENT-IF THEY DO NOT PULL TYPE IN STRENGTHS ON TREATMENT PLAN

## TREATMENT PLAN COMPONENTS

**Problem:** The problem should be specific, related to the diagnosis, include a precise description and should include any physical problems that could require treatment or interfere with treatment.

**Goal:** The goal should be written for one year, related to the problem, include a clinical outcome and a plan for discharge, include a person-centered statement, and be client-specific.

**Objectives:** Objectives should be measurable, achievable, time-specific (written for 90 days), related to the goal, and be client-specific. Objectives should include an intervention that is related to the problem, goal and objective, and should also include the frequency.

## EXAMPLES: PROBLEM

- Antonio argues and whines when he doesn't get his way, has difficulty cooperating with his sisters, often lies, even when he's done nothing wrong, has limited social interaction with peers and struggles to understand appropriate social relationships and interactions, and struggles to stay focused in the home and school settings.
- Nathaniel displays poor behavior in the home and school settings, lack of compliance with rules and requests, inappropriate verbal and physical interactions with peers, and impulsivity/hyperactivity.
- Mark often displays anger outbursts and struggles with properly communicating with other adults in the workplace and his apartment setting. He struggles with depressive thoughts since his wife passed last year as well as communicating his emotions in an appropriate manner.
- Rita is experiencing symptoms of Bipolar Disorder evidenced by symptoms of functional impairment, confusion, and disorganization with characterization of partial undress in public and mild confusion.



## EXAMPLES: GOAL

- Father states: "I want to have a better relationship with more honesty." Father states he wants to lower the family stress a little. Matthew reports same goal. Comply with rules and respectfully accept direction from authority figures. Discharge will be considered when family reports improvement in relationship and no reported disciplinary acts from school for a minimum of three months.
- Kelsey states that her goal: To be less of a burden on others and to have more interest in doing things. Develop healthy cognitive patterns and beliefs about self and the world that lead to alleviation of depression symptoms. The discharge goal is for Kelsey to report that she has experienced no impairment of daily functioning due to symptoms of depression for 180 days.
- Danny reports goal of "to be more positive because when I become negative and no one wants to be around a negative person. I need to work on social skills." Danny demonstrates a need to address coping skills, paranoia, parenting skills, and learn effective anxiety management. Discharge will be considered when Danny reports no new legal action and no significant distress for a minimum of three months.

## EXAMPLES: INDIVIDUAL THERAPY OBJECTIVES

- Matthew will demonstrate the ability to follow one new rule per month within the next 90 days. Due to displaying symptoms of Conduct Disorder, Matthew struggles with following rules. Meeting this criteria will be based upon parent and teacher report.
  - Intervention: Conduct CBT to help Matthew identify positive consequences of managing anger and misbehavior (e.g. respect form others and self, cooperation from others) and teach Matthew new ways to conceptualize and manage anger and misbehavior. Matthew will meet with his therapist 1-2 times per month.
- Ivy will learn one positive interpersonal skill weekly in treatment activities to improve her social interactions over the next 90 days. Due to symptoms of Bipolar Disorder Ivy struggles with social skills.
  - Intervention: Therapist will utilize DBT, CBT and motivational interviewing to improve Ivy's interpersonal effectiveness skills. Ivy will meet with her therapist 1-2 times per month.



### EXAMPLES: CASE MANAGEMENT OBJECTIVES

- John will meet with his CM to assist in monitoring, linking and coordinating to continue to work towards his goal of becoming more independent and moving out on his own. For successful completion of this objective, John will independently link and coordinate community resources 3 out of 5 times per month over the next 90 days. Due to John's Substance Abuse Diagnosis, he is struggling with his ability to maintain independence.
  - Intervention: Care Manager will assess John for his service needs by completing ongoing assessments, maintain his treatment plan, and help John gain his independence by accessing community resources. John will meet with his Care Manager 2-4 times per month
- Richard will meet with his CM to engage in ongoing assessments, ANSA, treatment planning, and accessing community resources. Richard will be able to identify one objective or goal that he wants to improve upon independently over the next 3 months. Due to symptoms of depression, Richard is struggling with goal oriented tasks.
  - Intervention: Care manager will assess Richard for his service needs, complete ANSA, develop and maintain a treatment plan, and help Richard to access services and activities. Richard will meet with his Care Manager 1-2 times per month.

### EXAMPLES: INDIVIDUAL SKILLS TRAINING AND DEVELOPMENT OBJECTIVES

- Jodi will learn 1-2 basic cleaning skills over the next 90 days to help maintain her apartment as well as help her gain independence. Due to symptoms of anxiety Jodi becomes overwhelmed with maintaining a clean apartment.
  - Intervention: Skills Technician will meet with Jodi 1-3 times a week to teach cleaning skills by utilizing HCI curriculum for skills training and development. Jodi will meet for skills training 2-4 times per month.
- Dennis will improve his social skills by learning 1-3 skills each month while communicating with others in public over the next 90 days. Social skills can include: maintaining eye contact, not interrupting others, controlling volume of voice, controlling tone of voice, using appropriate hand gestures, and maintaining personal space. Due to intrusive thoughts related to his diagnosis of Schizophrenia, Dennis struggles with appropriate social skills.
  - Intervention: Skills Technician will meet with Dennis up to 1-5 hours per week to ensure he is learning appropriate communication skills that will aid in meeting his goal of independence. Dennis will meet for skills training 2-4 times per month.