Treatment Plans

1. Go to documentation tab
2. Make sure correct client name is highlighted on the left so you are seeing the correct client's information
3. You should see the client's evaluation (diagnosis) on this page. Find where it says "evaluation" and click the box that is to the right of it. There should be a check mark on it once you click. This is saying you want to use this diagnosis in your treatment plan. If you have given your client multiple diagnoses make sure to check the most current one.
4. On the top left hand corner of the screen hover the curser over the second plus sign from the left—when you are hovering over it should say "New Care Plan". Click this once
5. Make sure the diagnosis and client info is correct at the top.
6. Fill out all the different fields: current meds, current level of functioning, etc.
7. Choose goals from the goal library and then edit them to be more specific to your client. NOTE: just because it is in the goal library does not make it a good goal
8. What does make a good goal?
    a. It relates back to your diagnosis—Ex: "Client will explore triggers to depression in session I order to work towards being able to recognize these triggers outside of session at least 75% of the time for two months consecutively.
    b. The goal is measureable (see above goal)
    c. If a client has a major mental health disorder such as GAD, MDD, etc utilize a goal that will measure their symptom improvement. Ex: Client will decrease score on PHQ-9 but 5 points and maintain that score for two months consecutively.