

Developing the Treatment Plan



1 Long-Term Goal

What the client is hoping to achieve from treatment

✓ What the client wants in his/her own words



Long Term Goal

"I want to feel better and get a job"

2 Problems

(To be addressed in the Treatment Plan)

The identified mental health need that will be addressed in treatment

✓ "Included" Primary diagnosis

✓ Impairments due to the Primary diagnosis

- (e.g., Unemployment, homelessness)

▼ Problem: Generalized anxiety disorder

▼ Goal

▼ Reduce anxiety

▼ Objective

▼ Client will reduce anxious symptoms from a GAD-7 score of 18 (severe) to 8 (mid)

▼ Intervention

Practitioner will provide individual therapy to identify and modify his anxiety provoking cognitive distortions

3 Goals

The broad intention of treatment

✓ Usually the opposite of the problem



✓ As written, this should be about 2-5 words in length

▼ Problem: Generalized anxiety disorder

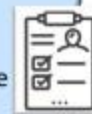
- ▼ Goal
 - ▼ Reduce anxiety
 - ▼ Objective
 - ▼ Client will reduce anxious symptoms from a GAD-7 score of 18 (severe) to 8 (mild)
 - ▼ Intervention
 - Practitioner will provide individual therapy to identify and modify his anxiety provoking cognitive distortions

4 Objectives

How the goal is measured to know if treatment is working

✓ Develop Objectives that are:

1. Related to the client's mental health needs (symptoms/behaviors/impairments documented on the client's assessment)
2. Measurable
3. Written in a way that makes sense to the client



▼ Problem: Generalized anxiety disorder

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REFERENCE SLIDE

Sample Objectives

Pause the video if you want to review these examples

Client will reduce depressive symptoms from a PHQ-9 score of 17 (moderately severe) to <4 (minimal)

Client will increase daily independent living skills from 0x to 2x per day

Client will obtain a part-time job within 6 months

Client will obtain stable permanent housing

Client will increase social activities from 0x to 3x per week

Client will increase showering from 1x per week to 4x per week

5 Interventions

This is what practitioner will do to help the client attain his/her objective

✓ When developing Interventions, make sure the client understands...

1. What the practitioner will be doing

- Description of the intervention



2. Why the practitioner is doing it

- To address client's mental health need



3. How often the practitioner will be doing it

4. When the practitioner will be done (if duration less than a year)

▼ Problem: Generalized anxiety disorder

▼ Goal

▼ Reduce anxiety

▼ Objective

▼ Client will reduce anxious symptoms from a GAD-7 score of 18 (severe) to 8 (mild)

▼ Intervention

Practitioner will provide individual therapy to identify and modify his anxiety provoking cognitive distortions

Treatment Plan Examples



Problem

Major Depression

Pause the video
if you want to
review this
example

Goal

Improve mood

Objective

Client will reduce depressive symptoms from a PHQ-9 score of 17 (moderately severe) to <4 (minimal)

Intervention

Mental Health Service:

Provide **individual therapy** using CBT to identify and modify client's negative feelings of worthlessness and reinforce active problem-solving skills in order to strengthen self-confidence and improve mood

Intervention

Mental Health Service:

Provide **collateral** services to client's spouse so that spouse can assist client better with using his problem-solving skills at home

