

Treatment Plan Development Tip Sheet

Important Steps of Treatment Planning

- Treatment plan goals should align with assessment, diagnosis, and presenting symptoms
- Treatment plan should be Person Centered
- Treatment plan should serve as a guide towards the client's recovery
- Clinical Documentation in a treatment plan should include;
 - Techniques that are being used
 - Interventions/objectives
 - Member's strengths
- Discharge Planning
 - Begins at day one and continues throughout the entire treatment process

Creating a Person Centered Treatment Plan using Specific, Measurable, Attainable, Relevant, and Time Frame (SMART) goals

- This method helps goals to be measured and adjusted over time to show incremental progress or regression
- Goals should have a time frame of no more than 90 days
- Goals should be member driven and align with their desired outcome
- Goals should be strengths based and individualized
- It is recommended that each goal has two interventions: one for the member and one for the provider

Tools to aid in SMART goal development

- Biopsychosocial assessment
- Diagnosis and presenting problem
- In-depth interview with member and support – assess the desired outcome
- Motivational interviewing – consider stage of change the member is in and how they want treatment to help them

Considerations

- Baseline behaviors and what is attainable for the member
- Barriers to meeting the goal
- Developmental age and stage
- The timeframe of goal and align interventions being provided
- Make the goal tangible to be able to answer if it was met "yes" or "no" at the update

Goals and objectives should be adjusted and modified as needed

- When a goal is created ask yourself, *"At the time of re-evaluation, will the member and I be able to know if this goal has been met?"*
- Individualize timeframes of goals/objectives
 - Can the goal be met in 1 month, 2 months, or 3 months?
- At the time of re-evaluation, if the goals are not working, providers should ask themselves *"What can we do differently?"*
 - Reflect changes in updated treatment plan
- Goals should be updated after a crisis or change in diagnosis

Please refer to the microlearning training titled *Treatment Planning for references*