

An Approach to the Treatment Plan Development Process

I. When developing the Client Treatment Plan

1. **List the problems** [from the Assessment]
2. **Prioritize problems** [which problem/s do we address first?]
3. **Develop a broad goal** [the opposite of the problem]
4. **Identify Objective** [how will we know when broad goal reached?]
5. **Identify Intervention/s** [what will staff do to help client reach objective?]

1/2 List Problems	3 Develop a Broad Goal (Opposite of Problem)	4 Objective (How will we know when goal reached?)	5 Interventions (How will staff assist client in reaching Objective)
<ul style="list-style-type: none"> ➤ Aggressive behavior of verbal outbursts 	<ul style="list-style-type: none"> ➤ Improve anger management 	<ul style="list-style-type: none"> ➤ Client will decrease verbal aggressions from 2x/week to 0x/week. 	<ul style="list-style-type: none"> ▪ Provide group rehab 1x/week to teach client effective strategies for appropriately managing anger and frustration.
<ul style="list-style-type: none"> ➤ Feelings of frustration and hopelessness 			<ul style="list-style-type: none"> ▪ Provide TCM weekly to link client to a meditation class to assist client to better cope and manage his anger and frustration.
<ul style="list-style-type: none"> ➤ Difficulty with concentration and paying attention 			

II. When developing a Treatment Plan Objective ask yourself:

- Is the objective related to the client's mental health needs (symptoms/behaviors/impairments as documented in the assessment)?
- Is the objective measurable?
- Does the objective make sense to the client?

III. When developing Interventions, make sure the client understands:

- What you will be doing
 - Description of the intervention
- Why you are doing it
 - To address his/her mental health need
 - To help him/her attain their objective
- How often you will be doing it
- When you will be done (if duration less than a year)