YCS Treatment Planning Guide and Examples

**Explanation:** “A care plan (treatment plan) is exactly what the term implies: a blue print, a design, and a projected strategy. Like any blue print, the care plan (treatment plan) is susceptible to frequent revision in response to changes in the needs of the individual served” (Joint Commission Resources, 62, 2002).

“…. The care plan (treatment plan) should be conceptualized as a continuous sequence of mini-plans that result in incremental progress from the time of entry to discharge or transfer” (Joint Commission Resources, 62, 2002).

**Components**

- Problem Area
- Goals
- Objective(s) for each goal
- Treatment Interventions
- Criteria
- Objective Initiated on
- Anticipated Time Frame
- Objective Completed
- Name of people providing treatment/Staff Responsible
- Progress

**Treatment Plan**

**Problem Area**— Behaviors, thoughts, feelings, actions, etc., that prevent or interfere with the client’s functioning. These behaviors need to be specific and clear. *Including the specific diagnosis and its symptoms is a requirement in some programs.*

**Goal**— The end point of care. The goal is a long-term statement, in which the client demonstrates enough improvement from the original issue that the need is completely alleviated or at a functional level.

- The goal should focus on the positive.
- The goal should be measurable.
- The goal should be realistic.
- The goal should be achievable.
- The goal should be perceived as worthwhile to the client.
- This statement which, if met, should directly effect one or more of the symptoms of the diagnosis.

**Objective**— A short-term step the client will take toward attaining the long-term treatment goal that can be realistically achieved within the anticipated time frame identified. *A simple way to insure the objective has validity is to re-read the “Problem Area”. If the objective reflects the needs and starts to eliminate it, you are on the right track.*

Revised on 9/12/06
The objective is used to identify what the client will do while in session or treatment.

- The objective is to be measurable.
- The objective has an identified target date.

**Techniques/Interventions** - What the clinician and staff will do to assist the client in achieving the objective.

- This may include the type of service being used:
  - Group, Individual, Family Therapy
- This may include noting the specific type of theoretical approach that is used:
  - Cognitive, behavioral, reality, life skills, etc.
- This may include the frequency that client will be seen.

**Example Treatment Goals/Objectives/Interventions**

**Goal Domain: Psychological**

**Problem Area**: Client displays consistent failure to accept responsibility for misbehavior, accompanied by a pattern of blaming others, stealing, and refusing to complete assigned tasks.

**Goal 1**: Client will decrease the frequency and severity of angry outbursts by identifying, describing, and discussing feelings.

**Objective 1**: Client will identify one way (and verbalize this) in which feelings are connected to misbehavior in each session.

**Technique/Intervention 1**: Client and social worker will meet 1 time per week for individual therapy in order to help client identify and describe his angry outbursts.

**Goal 2**: Client will reduce conflicts with authority figures by using words instead of actions.

**Objective 2**: Client will use words to tell staff what he is feeling about a situation 50% of the time when he becomes angry.

**Technique/Intervention 2**: Social worker will help client to identify and correct irrational thoughts and beliefs that contribute to the angry response during individual and family therapy weekly. Clinician will give client positive feedback when he shares feelings.

**Goal 3**: Client will improve his compliance with rules and expectations of his current program.

Revised on 9/12/06
Objective 3: Client will complete his 3 weekly chores with only one prompt per chore daily.

Technique/ Intervention 3: Staff will prompt client to complete chores one time daily. Staff will remind client of his goal once daily.

Goal 4: Client will express anger in a controlled, respectful manner.

Objective 4: Client will identify feelings associated with past neglect, abandonment and separation by journaling 3 times per week.

Technique/ Intervention 4: Social worker will direct client to keep a journal documenting the events, people and situations that evoke anger. Social worker will then address with client the feelings associated with these events, people and situations in individual therapy one time per week.

Goal 5: Client will improve impulse control by reducing incidents of stealing.

Objective 5: Client will attend 3 out of 3 community outings during the next review period in which no incidents of stealing occur.

Technique/ Intervention 5: Staff will prompt client to attend outings. Staff will check client to determine whether or not he has stolen anything during the outing. Social worker will address with client through group therapy, impulse control.

Goal Domain: Emotional

Problem Area: Client does not take responsibility for his actions.

GOAL: Client will increase honesty and accept responsibility for his actions.

Objective 1: Client will learn 3 statements that reflect acceptance of responsibility.

Technique/ Intervention 1: Clinician will teach client responsibility statements, and help client develop a list of situations to use these statements.

Objective 2: Client will decrease the frequency of verbalizations that project the blame for problems onto others by 50%.

Technique/ Intervention 2: Clinician will confront statements in which the client blames others for his misbehavior. Clinician will explore and with client process the factors contributing to the client’s blaming pattern.

Goal Domain: Self-Sufficiency

Revised on 9/12/06
**Problem Area:** Client does not have the skills necessary for proper hygiene.

**GOAL:** Client will improve his hygiene

**Objective 1:** Client will learn 3 ways poor hygiene can negatively impact his life.

**Technique/Intervention 1:** Nurse will teach client the negative effects of poor hygiene.

**Objective 2:** Client will learn 3 ways to improve hygiene.

**Technique/Intervention 2:** Nurse will teach client how to improve hygiene. Staff will remind client to take showers, brush teeth, change clothing, etc. Client and clinician will address in therapy reason behind clients inability to improve hygiene.

**Goal Domain: Recreation**

**Problem Area:** Client becomes angry and impulsive during recreational activities.

**GOAL:** Client will develop and practice positive coping mechanisms and conflict-resolution skills to stop escalation of anger and control aggressive impulses during recreation activities.

**Objective 1:** Client will decrease his tantrums by 50%.

**Technique/Intervention 1:** Staff will direct client to use skills such as counting and taking deep breathes when he becomes upset. Client will take part in recreational activities with staff supervision.

**Objective 2:** Client will increase his attention span to 5 minute intervals.

**Technique/Intervention 2:** Social worker will work with client in individual therapy on activities that increase his attention span. Staff will help client to focus by decreasing distractions.

**Objective 3:** Client will decrease his verbal aggression by 90%.

**Technique/Intervention 3:** Client will be directed by social worker to talk in group, about things that make him angry and aggressive. Entire group will work on I statements.

**Goal Domain: Recreation**

**Problem Area:** Client does not have an expressed hobbies and interests.

**GOAL:** Client will identify interests and develop recreational skills.

**Objective 1:** Client will explore and determine 3 areas of recreational interest.

Revised on 9/12/06
Technique/ Intervention 1: Social worker and client will complete a recreation inventory. Client will be shown by staff how to look on the Internet for hobbies and interests. Client will be reminded by staff to come up with 3 areas of interest.

Objective 2: Client will take part in 100% of the recreational activities offered by the program.

Technique/ Intervention 2: Client will be reminded that the program requires recreational activities are a goal area. Client will be transported to all activities. Client and social will meet weekly to discuss clients interaction with others during recreation activities.

Goal Area: Social Skills

Problem Area: Client has difficulty resisting influences by negative peers.

GOAL: Client will develop and practice refusal skills to resist invitations, threats, intimidation, or coercion by negative peers to engage in illegal behaviors.

Objective 1: Client will decrease his delinquent acquaintances to 0.

Technique/ Intervention 1: Home visits will be monitored by staff. Meetings will occur with client and school to address acquaintances. Client and social worker will meet weekly for 30 minutes to discuss his interaction with positive and negative peers.

Objective 2: Client will learn three techniques, per treatment period, to refuse the influence of negative peers.

Technique/ Intervention 2: Client and social worker will meet weekly for 30 minutes to address techniques. Staff will reinforce techniques during group activities.

Goal Domain: Substance Abuse

Problem Area: Client has a history of substance use and abuse.

GOAL: Client will eliminate the use of mood altering substances and improve coping skills and relationships to support and enhance recovery and sobriety.

Objective 1: Client will complete 14 days of sobriety.

Intervention 1: Social worker and client will meet briefly daily to mark off each day of sobriety on the calendar. Client will attend 7 AAA meetings during the first 14 days.

Objective 2: Client will address in therapy one time a week how chronic alcohol use effects his relationships.
**Technique/ Intervention 2:** Client and social worker will meet weekly for 30-60 minutes to address alcohol use and relationships.

**Objective 3:** Client will attend 7 AA/NA meetings in 7 days.

**Technique/ Intervention 3:** Staff will transport client to AA/NA meetings. Client and social worker will discuss AA/NA meetings in individual therapy.

**Goal Domain: Family**

**Problem Area:** Client has a very conflictual relationship with his family.

**Goal 1:** Client will identify and resolve family conflicts and develop skills that contribute to consistent, positive parent-child relationships.

**Objective 1:** Client will learn 3 skills positive coping skills per month. Family will attend family sessions 2 times per month.

**Technique/ Intervention 1:** Client will take part in 2 family sessions and 4 individual therapy sessions per month.

**Objective 2:** Client will share with his family, one time per family session, feelings about being in program and feelings about his relationship with his family.

**Technique/ Intervention 2:** After family sessions, social worker and client will meet for individual therapy to address clients feelings and reactions to session. Family will be reminded about family session through weekly phone calls. Family will be asked to share feelings about client being in program and their relationship with client.

**Goal Domain: Education**

**Problem Area:** Client has missed 25 school days during the past semester. Client does not complete assigned tasks.

**Goal 1:** Client will attend, participate and complete school and homework assignments daily.

**Objective 1:** Client will attend school 19 out of 20 days per month.

**Technique/ Intervention 1:** Program will transport client to school daily. Client will address in individual therapy all issues and concerns regarding school and school absence.

**Objective 2:** A) Client will complete 100% of homework assignments. B) Client will take part weekly in one tutoring session.

Revised on 9/12/06
Technique/ Intervention 2: Staff will allow client a minimum of 1 hour of homework time per day. Mentor will tutor client one time per week. Social worker and client will address in individual therapy 30 minutes per week any obstacles to goal completion.

Objective 3: Client will increase his GPA from a 2.5 to 3.0

Technique/ Intervention 3: Client will attend a weekly after school program from 3-6 pm in order to work on homework. Client will address any concerns about school in individual therapy.

Goal Domain: Employment

Problem Area: Client is unemployed.

GOAL: Client will become employed.

Objective 1: Client will explore and determine 3 areas of interest in regards to finding a job.

Technique/ Intervention 1: Social worker and client will complete a career inventory. Client will be reminded by staff to come up with 3 areas of interest.

Objective 2: Client will collect and fill out 3 job applications per week.

Technique/ Intervention 2: Staff will take client to get job applications. Staff will proofread applications before they are turned in. Staff will help client follow-up on potential jobs. Client and Clinician will discuss progress in finding a job during individual sessions one time per week for 30 minutes.

Goal Domain: Discharge

Problem Area: Client is currently in residential program and needs to find a less restrictive setting for discharge.

GOAL: Client will be discharged to a less restrictive environment.

Objective 1: Client will accomplish 3 out of 6 goals in order to begin looking for discharge options.

Technique/ Intervention 1: Staff will help client to work on goals. Client and social worker will address in weekly individual therapy (for one hour per week) barriers to treatment.

Objective 2: Client will complete the program in order to return to her biological family.

Revised on 9/12/06
**Technique/ Intervention 2**: Client will work with social worker and staff on goals. Client will attend weekly group, individual and family therapy in order to address treatment issues.

**REFERENCES**