

## 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 used
  - Interventions/objectives
  - Member's strengths
- Discharge Planning
  - Begins at day one and continues throughout the entire treatment process

### **Create 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
- Each goal should have 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 time frame 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 time frames 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 reference*