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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Dx Code** | **Service Modality** | **Service Code** | **POS** | **Start Time** | **End Time** |  | **Duration** | |
| F33.1 | Treatment Plan | H0032 | 53 | 03:05 PM | 04:05 PM | 60 | F33.1 |
|  | | | | | |
| Minutes | Event |

**Level of care**: Outpatient therapy Medication Management 🗹 PSR Clubhouse

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| **INITIAL DISCHARGE CRITERIA:**  The client will be discharged from services upon meeting the goals and objectives proposed in the Initial Treatment Plan. |
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| --- | --- |
| **Code** | **Diagnosis** |
| F33.1 | Major Depressive Disorder, Recurrent, Moderate |

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| --- | --- | --- |
| **Who will do that** | **Modality** | **Frequency** |
| Client and Facilitator | PSR | Four times per week |

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| **Treatment Plan Problem Area** | | | | |
| **Area of Focus 1:** Depression. Client reports experiencing symptoms, such as sadness. Mr. Garcia refers that he is losing his temper easily for minor things. The client reports crying frequently for personal problems. The client has low self-esteem. On a scale from 1-10, 10 being the most depressed, he reports having 8 | | | | |
| **GOAL#1:** “I want to feel good, less sad, without getting mad at everything” | | | | |
| **Objective** | **Measurable Objective**  **(Short Term Goal) to be met in 6 Months** | **Date**  **Opened** | **Target**  **Date** | **Date Resolved** |
| 1.1 | Client will learn at least 3 techniques that can help increase his self-esteem (i.e., practice self-care, building self-confidence, changing negative thinking for more positive ones), which will also bring more and better social interactions. This objective will be measured through client’s report. | 07/07/2020 | 01/07/2021 | On going  Partially completed  Closed  Date: \_\_\_\_\_\_\_\_\_  Initials: \_\_\_\_\_\_ |
| Intervention | PSR Facilitator will encourage client to incorporate coping skills learned in the session. | 07/07/2020 | 01/07/2021 |  |
| 1.2 | The client will be able to decrease his level of anger and will report the following instructions provided during anger management and behavior therapy sessions 2 times per week. This objective will be measured through verbalization during sessions. This objective will be measured through verbalization during sessions. | 07/07/2020 | 01/07/2021 | On going  Partially completed  Closed  Date: \_\_\_\_\_\_\_\_\_  Initials: \_\_\_\_\_\_ |
| Intervention | The therapist will teach the client anger management strategies such as relaxation techniques, taking time out, counting to 10, etc. in order to incorporate whenever it is needed. | 07/07/2020 | 01/07/2021 |  |
| 1.3 | Client will improve his mood and ability to manage symptoms of depression and anxiety by using adequate coping skills.Client will identify triggers of his depressed mood and anxiety, and he will verbalize how they are interfering with his overall functioning and social interactions. This objective will be measured through verbalization during sessions. | 07/07/2020 | 01/07/2021 | On going  Partially completed  Closed  Date: \_\_\_\_\_\_\_\_\_  Initials: \_\_\_\_\_\_ |
| Intervention | PSR Facilitator will aid client in identifying coping skills. | 07/07/2020 | 01/07/2021 |  |
| **Area of Focus 2:**  Anxiety: Mr. Hernandez reports having symptoms of anxiety and depression, as evidenced by experiencing Sadness and excessive worries. | | | | |
| **GOAL#2:** “I want to think more about a bright future without excessive worries, be able to sleep well” | | | | |
| **Objective** | **Measurable Objective**  **(Short Term Goal) to be met in 6 Months** | **Date**  **Opened** | **Target**  **Date** | **Date Resolved** |
| 2.1 | Client will verbalize an understanding of the cognitive, physiological, and behavioral components of anxiety and its treatment, and how it can affect socialization 2 times per week. This objective will be measured by the frequency of the client’s participation during sessions. | 07/07/2020 | 01/07/2021 | On going  Partially completed  Closed  Date: \_\_\_\_\_\_\_\_\_  Initials: \_\_\_\_\_\_ |
| Intervention | PSR Facilitator will teach client ways to identify and understand the different components of anxiety and its effects on daily living. | 07/07/2020 | 01/07/2021 |  |
| 2.2 | Client will learn and implement 3 stress-reducing techniques to use at bedtime (ex, progressive relaxation, guided imagery) and report progress during weekly group sessions. | 07/07/2020 | 01/07/2021 | On going  Partially completed  Closed  Date: \_\_\_\_\_\_\_\_\_  Initials: \_\_\_\_\_\_ |
| Intervention | PSR Facilitator will teach client stress-reducing techniques that can help improve hours of sleep. | 07/07/2020 | 01/07/2021 |  |
| 2.3 | Client will learn and verbalize at least 3 positive outcomes of implementing coping skills that he has learned in PSR groups and how these techniques have helped his overall mood, including sleeping habits. This objective will be measured by the frequency of client’s participation during sessions. | 07/07/2020 | 01/07/2021 | On going  Partially completed  Closed  Date: \_\_\_\_\_\_\_\_\_  Initials: \_\_\_\_\_\_ |
| Intervention | PSR facilitator will teach client coping skills that will aid in improving his mood and sleep routine. | 07/07/2020 | 01/07/2021 |  |
| **Area of Focus 3:**  Socialization: Client indicates feeling lonely and will like to be part of a group. | | | | |
| **GOAL#3:** “I want to go talk to people and share with others our experiences” | | | | |
| **Objective** | **Measurable Objective**  **(Short Term Goal) to be met in 6 Months** | **Date**  **Opened** | **Target**  **Date** | **Date Resolved** |
| 3.1 | Client will identify 3 reasons that affect his ability to interact with his family and people and learn 2 to 3 assertiveness skills he  can use daily while increasing socialization. This objective will be measured by the frequency of the client’s participation during sessions. | 07/07/2020 | 01/07/2021 | On going  Partially completed  Closed  Date: \_\_\_\_\_\_\_\_\_  Initials: \_\_\_\_\_\_ |
| Intervention | PSR Facilitator will guide client in developing essential social skills that will enhance the quality of relationships and give him a sense of self-worth and confidence. | 07/07/2020 | 01/07/2021 |  |
| 3.2 | Client will engage in at least 3 social activities per week during the PSR group that involves learning how to better interact with others, as well as how to be more tolerant of others’ habits, and report progress during weekly group activities. This objective will be measured by the frequency of the client’s participation during sessions. | 07/07/2020 | 01/07/2021 | On going  Partially completed  Closed  Date: \_\_\_\_\_\_\_\_\_  Initials: \_\_\_\_\_\_ |
| Intervention | Facilitator will assist client in practicing socialization skills that will increase his understanding of healthy interaction with others and improve his ability to engage in recreational activities that will reduce isolation and loneliness. | 07/07/2020 | 01/07/2021 |  |
| 3.3 | Client will learn and develop 3 interpersonal skills that will improve his ability to establish and maintain relationships with family and friends. This objective will be measured through participation during sessions. | 07/07/2020 | 01/07/2021 | On going  Partially completed  Closed  Date: \_\_\_\_\_\_\_\_\_  Initials: \_\_\_\_\_\_ |
| Intervention | PSR Facilitator will assist client in developing communication skills to enhance social support (for ex: taking time to listen, seeking feedback, choosing appropriate words when talking to others) that are conducive to positive social interactions. | 07/07/2020 | 01/07/2021 |  |
| **Area of Focus 4:**  Personal functioning: Client states that he has difficulty engaging in outdoor activities and would like to be more active during the day. The client is pessimistic about his future, has trouble concentrating, is distracted, and forgetful which interferes in his daily activities. | | | | |
| **GOAL#4**: “I want to take better care of myself and feel less guilty” | | | | |
| **Objective** | **Measurable Objective**  **(Short Term Goal) to be met in 6 Months** | **Date**  **Opened** | **Target**  **Date** | **Date Resolved** |
| 4.1 | Client will verbalize at least 3 behaviors/events that prevent him from completing daily tasks as well as ADLs and will learn and practice 2-3 alternative behaviors that help him to engage in positive self-care. Client will share progress once a week in session. | 07/07/2020 | 01/07/2021 | **☐** On going  **☐** Partially completed  **☐** Closed  Date: \_\_\_\_\_\_\_\_\_  Initials: \_\_\_\_\_\_ |
| Intervention | PSR Facilitator will actively engage clients in activities such as developing a daily routine and to-do lists, which promote organizational skills and successful completion of ADL’s. | 07/07/2020 | 01/07/2021 |  |
| 4.2 | Client will learn 3 memory-enhancing exercises (i.e. crossword, jigsaw, and math puzzles) to improve his focus and concentration and will report practicing these independently at least 4 times per week. This objective will be measured through verbalization during sessions. | 07/07/2020 | 01/07/2021 | **☐** On going  **☐** Partially completed  **☐** Closed  Date: \_\_\_\_\_\_\_\_\_  Initials: \_\_\_\_\_\_ |
| Intervention | PSR Facilitator will assist the client in practicing memory boosting techniques (i.e. providing crossword, jigsaw, and math puzzles) to improve memory and concentration. | 07/07/2020 | 01/07/2021 |  |
| 4.3 | Client will identify 2 to 3 precipitating events or factors that prevent him from engaging in daily tasks (such as, cleaning, organizing, etc.) and a minimum of 2 positive changes he can implement in his daily routine that will increase his participation in daily activities. | 07/07/2020 | 01/07/2021 | **☐** On going  **☐** Partially completed  **☐** Closed  Date: \_\_\_\_\_\_\_\_\_  Initials: \_\_\_\_\_\_ |
| Intervention | PSR Facilitator will actively engage client in increasing daily level of activity and implementing changes in his daily routine that will promote increased involvement in daily chores. | 07/07/2020 | 01/07/2021 |  |

**ANTICIPATED LENGTH OF TREATMENT:**   1 mo  3 mo  6 mo Other:\_\_\_\_\_\_\_\_\_\_\_

Date of next scheduled Treatment Plan Review: 01/07/2021

Certification of need for outpatient treatment: As a Certified Addictions Professional and/or Licensed Practitioner to provide Mental Health Services in the State of Florida and trained in the diagnosis and treatment of substance abuse and psychiatric illnesses, I certify that services are medically necessary and appropriate to the patient’s diagnosis and needs.

Patient has reviewed and agreed to comply with the goals as established in the Master Treatment Plan. This service plan has been explained to the patient in terms that patient can understand, and a copy has been provided to the patient.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Jesus Ariel Hernandez 12/10/2019

Client Signature Printed Name Date