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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Dx Code** | **Service Modality** | **Service Code** | **POS** | **Start Time** | **End Time** |  | **Duration** | |
| F33.1 | Treatment Plan | H0032 | 53 | 5:15 PM | 6:15 PM | 60 | 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 symptoms of sadness, low energy, low motivation, hopelessness, isolates self, crying spells, appetite disturbance, insomnia, and A/V/H associated with depression. Client rates his depression at 9 out of 10. | | | | |
| **GOAL#1:** “I want to be able to feel less lonely and more joyful” | | | | |
| **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 better-coping skills (such as, replacing negative thoughts with more positive ones, learning to live in the present instead of in the past, etc.) that can help decrease his levels of depression from level 8 to a level 5, this will also help him better interact with others so as to decrease his isolation. This objective will be measured through verbalization during sessions. | 07/10/2020 | 01/10/2021 | On going  Partially completed  Closed  Date: \_\_\_\_\_\_\_\_\_  Initials:\_\_\_\_\_\_ |
| Intervention | The PSR Facilitator will teach client how to better cope with h depressive symptoms | 07/10/2020 | 01/10/2021 |  |
| 1.2 | 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. | 07/10/2020 | 01/10/2021 | On going  Partially completed  Closed  Date: \_\_\_\_\_\_\_\_\_  Initials:\_\_\_\_\_\_ |
| Intervention | The PSR Facilitator will encourage client to incorporate coping skills learned in the session. | 07/10/2020 | 01/10/2021 |  |
| 1.3 | Client will learn about the stages of grief and will process feelings regarding him losses 1 time per week. This objective will be measured through verbalization during sessions. | 07/10/2020 | 01/10/2021 | On going  Partially completed  Closed  Date: \_\_\_\_\_\_\_\_\_  Initials:\_\_\_\_\_\_ |
| Intervention | The PSR Facilitator will introduce the stages of grief and adequate techniques to cope with losses using empathy and active listening. | 07/10/2020 | 01/10/2021 |  |
| **Area of Focus 2:**  Anxiety/Sleep: client reports he wakes up throughout the night due to his worries. | | | | |
| **GOAL#2:** “I want to decrease my worries and sleep better” | | | | |
| **Objective** | **Measurable Objective**  **(Short Term Goal) to be met in 6 Months** | **Date**  **Opened** | **Target**  **Date** | **Date Resolved** |
| 2.1 | Client will learn to identify at least 3 triggers that lead him to feeling anxious and how feeling anxious can interfere with his sleep. This objective will be measured through client’s report. | 07/10/2020 | 01/10/2021 | On going  Partially completed  Closed  Date: \_\_\_\_\_\_\_\_\_  Initials:\_\_\_\_\_\_ |
| Intervention | PSR Facilitator will teach client ways in which he can identify triggers that lead him to feel anxious, while also helping improve his socialization. | 07/10/2020 | 01/10/2021 |  |
| 2.2 | Client will learn and implement 3 stress-reducing techniques to use at bedtime (ex, progressive relaxation, guided imagery, listening to relaxing music, etc.) and report progress during weekly group sessions. | 07/10/2020 | 01/10/2021 | On going  Partially completed  Closed  Date: \_\_\_\_\_\_\_\_\_  Initials:\_\_\_\_\_\_ |
| Intervention | PSR Facilitator will teach client stress-reducing techniques that can help improve hours of sleep. | 07/10/2020 | 01/10/2021 |  |
| 2.3 | The client will successfully implement 3 relaxation techniques before bedtime and will report an increase in hours of sleep to at least 5-6 hours per night. | 07/10/2020 | 01/10/2021 | On going  Partially completed  Closed  Date: \_\_\_\_\_\_\_\_\_  Initials:\_\_\_\_\_\_ |
| Intervention | PSR facilitator will help client to successfully implement three relaxation techniques to help the client increase his hours of sleep while also decreasing his anxiety levels. | 07/10/2020 | 01/10/2021 |  |
| **Area of Focus 3:** PSR Socialization: Client reports he would like to socialize more | | | | |
| **GOAL#3:** “I want to socialize more and share my experiences with other” | | | | |
| **Objective** | **Measurable Objective**  **(Short Term Goal) to be met in 6 Months** | **Date**  **Opened** | **Target**  **Date** | **Date Resolved** |
| 3.1 | Client will learn at least 3 better communication skills (i.e., empathy, appropriate eye contact, active listening, verbalization of needs) during group sessions to help improve his socialization. This objective will be measured through homework assignments. | 07/10/2020 | 01/10/2021 | On going  Partially completed  Closed  Date: \_\_\_\_\_\_\_\_\_  Initials:\_\_\_\_\_\_ |
| Intervention | PSR Facilitator will introduce topics about communication skills and client will have the opportunity to practice them through role-playing and then using what he has learned in his daily interactions with others | 07/10/2020 | 01/10/2021 |  |
| 3.2 | Client will identify 3 reasons that affect his ability to interact well with others and learn at least 3 assertiveness skills (such as, learn the proper tone of voice to use, learn to set boundaries for himself and others, etc.) that he can use daily while interacting with others. This objective will be measured by the frequency of client’s participation during sessions. | 07/10/2020 | 01/10/2021 | 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. | 07/10/2020 | 01/10/2021 |  |
| 3.3 | Client will go out of his house to participate in an activity he enjoys, such as going to church, visiting friends, or family at least 1 time per week. This objective will be measured through verbalization during sessions. | 07/10/2020 | 01/10/2021 | On going  Partially completed  Closed  Date: \_\_\_\_\_\_\_\_\_  Initials:\_\_\_\_\_\_ |
| Intervention | PSR Facilitator will teach, discuss, and role play with client how to relate to others and how to start conversations on a weekly basis | 07/10/2020 | 01/10/2021 |  |
| **Area of Focus 4:**  PSR- Problem Solving Skills: Client states he does not have many friends or social support due to his isolation and withdrawn from social interaction due to his depression | | | | |
| **GOAL#4**: “I have isolated myself because I just feel so down” | | | | |
| **Objective** | **Measurable Objective**  **(Short Term Goal) to be met in 6 Months** | **Date**  **Opened** | **Target**  **Date** | **Date Resolved** |
| 4.1 | Client will learn at least 3 new interpersonal skills (such as, learn to tolerate others’ differences, communication skills, anger management skills, etc.) that will improve his ability to establish and maintain relationships with family and friends. This objective will be measured through participation during sessions. | 07/10/2020 | 01/10/2021 | On going  Partially completed  Closed  Date: \_\_\_\_\_\_\_\_\_  Initials:\_\_\_\_\_\_ |
| Intervention | PSR Facilitator will assist client in developing communication skills to enhance social support that is conducive to positive social interactions. | 07/10/2020 | 01/10/2021 |  |
| 4.2 | Client will learn to identify and understand at least 3 triggers that lead him to become irritable towards others, how to avoid them, and learn to better cope with them | 07/10/2020 | 01/10/2021 | On going  Partially completed  Closed  Date: \_\_\_\_\_\_\_\_\_  Initials: \_\_\_\_\_\_ |
| Intervention | PSR Facilitator will teach client different ways to identify triggers that interfere with his socialization | 07/10/2020 | 01/10/2021 |  |
| 4.3 | Client will practice techniques learned in group therapy sessions in his daily life in order to help increase his socialization and report his progress in group therapy. | 07/10/2020 | 01/10/2021 | On going  Partially completed  Closed  Date: \_\_\_\_\_\_\_\_\_  Initials: \_\_\_\_\_\_ |
| Intervention | PSR Facilitator will encourage client to practice techniques learned in session at least 2 times per week. | 07/10/2020 | 01/10/2021 |  |

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

Date of next scheduled Treatment Plan Review: 01/10/2021

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.