**Date of admission**: 12/11/2020

**Treatment plan developed date:** 12/15/2020

**Start time:** 11:00AM

**End time**: 12:00PM

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

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| **INITIAL DISCHARGE CRITERIA / PLAN:**  The client will be discharge from services upon meeting the goals and objectives proposed in the Initial Treatment Plan. |
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| **ICD-10 / DSM-V Code** | **Diagnosis** |
| F33.1  F41.1 | Major Depressive Disorder, Recurrent Episode, Moderate.  Generalized Anxiety Disorder |

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| **Responsible** | **Modality / Intervention** | **Frequency / Duration** |
| Client and Facilitator | PSR | 16 Quarter hour/Units, 4 times/week, for 6 months |

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| **Treatment Plan Problem Area** | | | | |
| **Area of Focus 1:** **Depression.** Client is presenting symptoms of depression as he has been feeling sad and lonely and not being able to do what he used to do. | | | | |
| **GOAL#1:** “I feel lonely and sad. I do not want to die from this terminal illness.” | | | | |
| **Objective** | **Measurable Objective**  **(Short Term Goal) to be met in 6 Months** | **Date**  **Opened** | **Target**  **Date** | **Date Resolved** |
| 1.1 | Client will report medication compliance and follow through with doctor visits 7 days per week and process any issues with the group at least one time per week. | 12/15/20 | 6/15/21 | On going  Partially completed  Closed/met  Date: \_\_\_\_\_\_\_\_\_  Initials:\_\_\_\_\_\_ |
| Intervention | Psychiatrist will evaluate client once a month and follow up with the medication management within the next 6 months. | 12/15/20 | 6/15/21 |  |
| 1.2 | Client will engage in activities he enjoys during the PSR group, such as singing or listening to relaxing music at least 2 times per week within the next 6 months. | 12/15/20 | 6/15/21 | On going  Partially completed  Closed/met  Date: \_\_\_\_\_\_\_\_\_  Initials:\_\_\_\_\_\_ |
| Intervention | PSR Facilitator will use role play, CBT and active listening to teach client ways in which he can cope with his depressive feelings, while also helping improve his socialization. | 12/15/20 | 6/15/21 |  |
| 1.3 | Client will learn 10 foods that improve the symptoms of depression by secreting more serotonin naturally as well as those foods that client should avoid to reduce those symptoms during PSR group within the next 6 months. | 12/15/20 | 6/15/21 | On going  Partially completed  Closed/met  Date: \_\_\_\_\_\_\_\_\_  Initials:\_\_\_\_\_\_ |
| Intervention | PSR Facilitator will teach client the right nutrition to decrease his depression symptoms during the PSR group. | 12/15/20 | 6/15/21 |  |
| **Area of Focus 2: Anxiety.** Client has been feeling overwhelmed, agitated, his appetite has increased as he has gained weight and worries excessively. | | | | |
| **GOAL#2:** David will decrease his level of anxiety to from 7 to 0. | | | | |
| **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 behaviors that lead him to feeling anxious and he will identify 2 techniques/strategies that will help him to elevate his mood and energy within the next 6 months. | 12/15/20 | 6/15/21 | On going  Partially completed  Closed/met  Date: \_\_\_\_\_\_\_\_\_  Initials:\_\_\_\_\_\_ |
| Intervention | PSR Facilitator will use CBT,active listening and solution focused therapy to assist client to identify behaviors leading her to feel anxious and he will learn strategies to improve and/or elevate his mood during PSR sessions. | 12/15/20 | 6/15/21 |  |
| 2.2 | Client will learn and practice 3 effective negative thought stopping techniques in order to decrease his worries and will elevate his mood during the PSR group for the next 6 months. | 12/15/20 | 6/15/21 | On going  Partially completed  Closed/met  Date: \_\_\_\_\_\_\_\_\_  Initials:\_\_\_\_\_\_ |
| Intervention | PSR Facilitator will use role play and active listening to teach client 2 effective negative thought stopping techniques in order to decrease worries and will discuss during PSR sessions during the next 6 months. | 12/15/20 | 6/15/21 |  |
| 2.3 | Client will attend to PSR group, 4 session per week, in order to make two positive verbalizations regarding self to decrease anxiety for the next 6 months. | 12/15/20 | 6/15/21 | On going  Partially completed  Closed/met  Date: \_\_\_\_\_\_\_\_\_  Initials:\_\_\_\_\_\_ |
| Intervention | PSR Facilitator will use role play and reframing to verbalize the positive statements and client will repeat afterwards to improve his mood and sleep routine. | 12/15/20 | 6/15/21 |  |
| **Area of Focus 3:**  Insomnia. Client has been exhibiting problems with his sleep pattern due to the current situation with the Corona Virus. | | | | |
| **GOAL#3**: “I only sleep 4 hours at night.” | | | | |
| **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 relaxation techniques during the PSR group to improve his sleep within the next 6 months. | 12/15/20 | 6/15/21 | On going  Partially completed  Closed/met  Date: \_\_\_\_\_\_\_\_\_  Initials:\_\_\_\_\_\_ |
| Intervention | PSR facilitator will use role play and active listening to show client 3 effective relaxation techniques to effectively improve the quality of client's sleep during the PSR group sessions. | 12/15/20 | 6/15/21 |  |
| 3.2 | Client will learn 3 benefits and 3 consequences of having a sleep disorder within the next 6 months. | 12/15/20 | 6/15/21 | On going  Partially completed  Closed/met  Date: \_\_\_\_\_\_\_\_\_  Initials:\_\_\_\_\_\_ |
| Intervention | PSR facilitator will use psychoducation to teach the client about the importance of having a good sleep and how it can improve the overall mental health. | 12/15/20 | 6/15/21 |  |
| 3.3 | Client will learn 10 foods that improve the insomnia as well as those foods that client should avoid to before bedtime to reduce those symptoms during PSR group within the next 6 months. | 12/15/20 | 6/15/21 | On going  Partially completed  Closed/met  Date: \_\_\_\_\_\_\_\_\_  Initials:\_\_\_\_\_\_ |
| Intervention | PSR facilitator will use CBT and active listening to teach client the right nutrition to decrease his insomnia and how it can improve his overall mental health. Client will observe a video about this topic during the PSR group. | 12/15/20 | 6/15/21 |  |

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

**Date of next scheduled Treatment Plan Review:** 6/15/2021

**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.

🞎 I agree to the Treatment Plan, goals, objectives and services recommended.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_David Robert Santos 12/15/2020

Client Signature Printed Name Date

The signatures of Client and the other members of this Client’s Treatment Team formally accept the services, goals, and objectives, as outlined within, for a period of six (6) months, unless agreed upon to extend such treatment.

***Treatment Team Members:***

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sayira Aquino, MS, PhD, RMHCI 12/15/2020

Therapist Signature/Credentials Printed Name/Credentials Date

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