Treatment Plan Development Tip Sheet

Important Steps of Treatment Planning

- Treatment plan goals should:
    - Align with assessment, diagnosis, and presenting symptoms
    - Be member driven and individualized
    - Serve as a guide towards the client's recovery and be referenced frequently
- Clinical Documentation in a treatment plan should include interventions that are being used, measurable target dates for each goal, and member's strengths.

Creating a Member-Focused 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.
    - If progress is not occurring, ask yourself, "What can we do differently?" and reflect changes in the updated treatment plan if the goal needs to be amended to improve attainability.
- Goals should have a time frame of no more than 90 days.
    - Can the goal be met in 1 month, 2 months, or 3 months?
- Goals should be member driven and align with their desired outcome.
    - Use direct member quotes for identified goals to use member language and ensure their understanding.
- Goals should be strengths based and individualized.
- It is recommended that each goal has two interventions: one for the member and one for the provider.

Tools to Aid in SMART Goal Development

- Biopsychosocial assessment – triage for member's needs
- Diagnosis and presenting problem – clear supportive symptoms and behaviors that align with diagnosis
- In-depth interview with member and support – assess the desired outcome and strengths
- 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 of the member
- Goals should be updated after a crisis, hospitalization or change in diagnosis
- Ensure that the timeframe and interventions for the goal align
- Goal should be tangible and able to answer "yes" or "no" if the goal was met at the treatment review