

Mental Health Treatment Plan

Date: _____ Student: Miguel Type of Service: Outpatient Start Date: ASAP Duration: 6 months

Area of Need: Relapse Prevention

Present Level: Miguel has maintained sobriety for approximately 5 months.

Measurable Long-Term Goal: Miguel will maintain sobriety and attend 12-step meetings regularly.

<u>Parents will be informed of progress</u>	<u>Periodic Review Dates</u>	<u>Progress Toward Goal</u>	<u>Sufficient Progress to Meet Goal</u>
<input type="checkbox"/> Quarterly <input type="checkbox"/> Trimester <input type="checkbox"/> Semester <input type="checkbox"/> Other: _____ <u>How?</u> <input type="checkbox"/> Annotated Goals/Objectives <input type="checkbox"/> Other: _____	1. _____ 2. _____ 3. _____ 4. _____	1. _____ 2. _____ 3. _____ 4. _____	<input type="checkbox"/> Yes <input type="checkbox"/> No _____ <input type="checkbox"/> Yes <input type="checkbox"/> No _____ <input type="checkbox"/> Yes <input type="checkbox"/> No _____ <input type="checkbox"/> Yes <input type="checkbox"/> No _____

Benchmark/Short-Term Objective: By two weeks, Miguel will identify relapse triggers in his home environment, and also sources to support his sobriety. He will develop a relapse prevention plan. He will continue to attend his 12-step group regularly.

Date: _____
 Achieved
 Reviewed

Person(s) Responsible: parent, therapist

Benchmark/Short-Term Objective: By one month, Miguel will utilize his relapse prevention plan to maintain sobriety. He will continue to attend his 12-step group regularly.

Date: _____
 Achieved
 Reviewed

Person(s) Responsible: parent, therapist

Area of Need: Miguel can engage in impulsive or risky behavior when upset.

Present Level: Miguel has maintained for at least two months without any remarkable incidents.

Measurable Long-Term Goal: Miguel will utilize his skills to manage upset feelings appropriately 90% of the time. He will not react in ways which risk his physical safety.

<u>Parents will be informed of progress</u>	<u>Periodic Review Dates</u>	<u>Progress Toward Goal</u>	<u>Sufficient Progress to Meet Goal</u>
<input type="checkbox"/> Quarterly <input type="checkbox"/> Trimester <input type="checkbox"/> Semester <input type="checkbox"/> Other: _____ <u>How?</u> <input type="checkbox"/> Annotated Goals/Objectives <input type="checkbox"/> Other: _____	1. _____ 2. _____ 3. _____ 4. _____	1. _____ 2. _____ 3. _____ 4. _____	<input type="checkbox"/> Yes <input type="checkbox"/> No _____ <input type="checkbox"/> Yes <input type="checkbox"/> No _____ <input type="checkbox"/> Yes <input type="checkbox"/> No _____ <input type="checkbox"/> Yes <input type="checkbox"/> No _____

Benchmark/Short-Term Objective: By two weeks, Miguel will identify sources of support in his home environment, and develop a plan to manage anxiety and impulsive behaviors. He will implement his plan.

Date: _____
 Achieved
 Reviewed

Person(s) Responsible: parent, therapist

Benchmark/Short-Term Objective: By two months, Miguel will utilize his plan and skills to manage upset feelings appropriately 80% of the time. He will be able to maintain for a 30-day period without reacting in a way which risks his physical safety.

Date: _____
 Achieved
 Reviewed

Person(s) Responsible: parent, therapist

Student Signature _____ Date _____ Signature of Parent _____ Date _____

Signature of Mental Health Services Representative _____ Date _____