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 Timeframe (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 timeframe 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 & 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
- Make the goal tangible to be able to answer "yes" or "no" if the goal was met at the treatment review

Please refer to the Umu microlearning training titled Treatment Planning for references:
Scan the QR code at left or visit **pin.umu.com** and enter access code **dd2286**.