



Treatment Planning

Problem, Goals, Objectives, and Interventions for Stepworks therapy team

Anger

Problem

- history of explosive, aggressive outbursts that led to assaultive acts or destruction of property
- uses substances to cope with angry feelings and relinquish responsibility for aggression
- angry overreaction to perceived disapproval, rejection, criticism
- persistent pattern of challenging or disrespecting authority figures

Goal

- maintain a program of recovery free of substance use and violent behavior
- decrease the frequency of angry thoughts, feelings, behaviors
- stop blaming others for problems
- accept responsibility for personal feelings, thoughts, behaviors
- learn and implement anger management skills to reduce stress and irritability

Objective

- identify situations, thoughts, feelings that trigger anger and angry verbal/behavioral actions
- identify the targets of those actions

Intervention

- thoroughly assess the various stimuli (situations, people, thoughts) that trigger anger and the thoughts, feelings, actions that characterize their anger responses

Objective

- verbalize an understanding of how angry thoughts and feelings lead to an increased risk of addiction

Intervention

- teach the patient about their tendency to engage in addictive behavior to relieve uncomfortable feelings
- develop a list of several instances of occurrence

Objective

- keep a daily journal of persons, situations, and other anger triggers
- record thoughts, feelings, actions taken

Intervention

- assign the patient to keep a log of situations that precipitate angry feelings
- document the thoughts, feelings, intensity, duration of anger

Anxiety/Depression/Mental health

Problem

- demonstrates excessive fear and worry regarding life circumstances
- demonstrates symptoms of motor tensions (restlessness, lethargy, shakiness, muscle tension)
- feels sad or down most days of the week
- engages in addictive behavior to escape feelings of sadness, worthlessness, helplessness, anxiety

Goal

- maintain a program of recovery free from substance use and excessive anxiety
- learn coping techniques to decrease the effects of anxiety
- elevate mood and develop a program free from substance use
- decrease dysfunctional thinking and increase positive, self-enhancing self-talk

Objective

- within thirty days, create a daily anxiety log (provide to the therapist at individual session)

Intervention

- teach the patient what to record in a daily anxiety log
- help identify triggers for anxiety

Objective

- within thirty days, verbalize an understanding of the importance of meditation and calming activities
- identify the methods to use when experiencing anxiety

Intervention

- teach the patient the benefits of mindfulness, guided imagery, or meditation for relaxation

Objective

- within thirty days, identify and verbalize three ways to manage depression and anxiety

Intervention

- teach the patient coping skills, relaxation techniques, and the importance of participating in sober social activities

Barriers to Treatment

Problem

- reports multiple barriers that have affected success in recovery
- lack of healthy relationships resulting in relapsing in the past

Goal

- identify barriers to treatment along with methods for overcoming them

Objective

- within thirty days, verbalize three barriers to treatment and recovery
- identify methods for overcoming those barriers

Intervention

- help the patient recognize any barriers to treatment and recovery
- teach the patient how to overcome personal barriers
- teach the patient the importance of developing and maintaining healthy supports
- help the patient recognize personal barriers to treatment
- teach the patient methods for overcoming barriers

Objective

- within thirty days, verbalize two barriers to having healthy relationships with family members
- identify two ways to overcome each barrier

Intervention

- teach the patient how to develop and maintain healthy relationships and how to overcome barriers to healthy relationships

Chores

TREATMENT PLAN PROBLEM #2

Problem

- needs to establish increased structure and responsibility in daily life

Goal

- increased skill at daily routines and activities

Objective

- complete at least one chore assigned daily

Intervention

- assign daily chores to accomplish (monitored by team members)

Objective

- complete chore by assigned time
- sign off on chore schedule when completed

Intervention

- Stepworks team monitors to ensure chores are completed at the appropriate time

Communication

Problem

- lack of appropriate communication skills resulting in behavioral/verbal misunderstanding
- lack of assertive communication style resulting in manipulation
- inappropriate communication resulting in conflict with peers or Stepworks team members

Goal

- improve positive communication skills to utilize daily
- identify three barriers to communication leading to misunderstandings

Objective

- within thirty days, verbalize two occasions they effectively communicated their needs to another person

Intervention

- help the patient build effective communication skills

Objective

- within thirty days, verbalize their communication style and three ways to become more assertive in their communication

Intervention

- teach the patient communication styles and ways to be more assertive during the communication process

Objective

- within thirty days, verbalize three barriers to communication that affect their ability to have their needs met

Intervention

- teach the patient about barriers to communication and communication breakdowns

Criminal Justice

Problem

- persistent refusal to comply with rules or expectations (home, treatment, community)
- unresolved legal problems complicating recovery from addiction
- history of repeated violations of the law related to buying, selling, or using illegal substances
- chemical dependency resulting in several arrests

Goal

- comply with rules and expectations (home, treatment, community)
- eliminate all illegal and antisocial behavior
- demonstrate significant improvement in impulse control
- maintain a program of recovery free from substance use and legal conflicts

Objective

- within thirty days, comply with probation and parole guidelines/requirements and report progress to the therapist

Intervention

- teach the patient the benefits of complying with their probation/parole officer (PO)
- monitor patient progress

Objective

- within thirty days, verbalize five ways criminal behavior affects their recovery process and treatment

Intervention

- teach the patient how criminal activity affects treatment, the recovery environment, and the overall recovery process

Objective

- within thirty days, verbalize three things they need to change in the recovery environment to avoid criminal behavior

Intervention

- teach the patient the importance of changing behavior
- teach how to overcome behavioral issues to promote successful treatment and recovery

Coping Skills

Problem

- reports a history of multiple treatment attempts and subsequent relapse
- frequently expresses negative emotions, increasing risk for continued addiction
- has never worked a program long enough to maintain abstinence
- describes interpersonal conflicts that increase the risk of relapse

Goal

- develop coping skills to use when experiencing high-risk situations and cravings
- learn refusal skills when tempted by addictive behavior
- resolve interpersonal conflicts and learn healthy communication skills

Objective

- within thirty days, use two coping skills to promote the recovery process
- verbalize results to the therapist

Intervention

- teach the patient coping skills (their use and benefits)

Objective

- within thirty days, verbalize one occasion when they used a coping skill to overcome a trigger

Intervention

- at least once monthly during weekly sessions, encourage the patient to use coping skills to prevent relapse when triggered

Objective

- within thirty days, verbalize five coping skills they have used to cope with triggers

Intervention

- teach the patient coping skills and activities that aid in relapse prevention
- teach the patient to recognize and verbalize triggers
- teach the patient to identify the warning signs of relapse

Health, Pain, Medical

Problem

- diagnosed with medical problems that complicate recovery
- self-medicates medical problems with mood-altering chemicals
- compromised ability to focus on recovery due to severe medical problems

Goal

- resolve medical problems and return to a normal level of functioning
- understand the relationship between medical issues and addiction
- understand and participate in the medical management of physical health problems
- maintain a program of recovery free of substance use

Objective

- list ten things to do to improve physical functioning

Intervention

- help the patient list ten actions that they can take to improve physical functioning

Objective

- identify medical problems and how these relate to addictions

Intervention

- explore the patient's medical history and help them see the relationship between medical problems and addictive behaviors

Objective

- over the next thirty days, verbalize three ways to improve health, reduce pain, and reduce the risk of relapse

Intervention

- at least once during weekly sessions, teach the patient the importance of improving one's health to avoid relapse triggered by pain and illness

Objective

- within thirty days, the discharge counselor will help the patient obtain a primary care physician (PCP) and schedule/attend an appointment

Intervention

- the discharge counselor will help the patient schedule an appointment and monitor the patient's goal progress

Family and Peer Relationships

Problem

- exhibits a pattern of conflicts leading to dysfunctional relationships and addiction
- demonstrates poor communication skills, leading to inability to solve family/peer problems
- describes a family/peer group that is not supportive of recovery
- history of addiction in family members leading to a poor recovery environment

Goal

- maintain a program of recovery free of substance use and family/peer conflict
- stop addictive behavior and use coping behaviors to deal with conflicts
- learn and demonstrate healthy communication and conflict resolution skills

Objective

- within thirty days, tell one family member three specific recovery needs
- report progress to the therapist

Intervention

- teach the patient how to overcome communication barriers with family/peers about recovery needs
- teach the patient the benefits of being honest with family about recovery and specific needs

Objective

- within thirty days, verbalize three ways assertive communication will help them mend relationships

Intervention

- teach the patient communication styles and skills

Objective

- within thirty days, verbalize the family members they would like to make amends with and three ways to make amends

Intervention

- teach the patient emotional boundaries and ways to maintain healthy boundaries while making amends

Objective

- within thirty days, verbalize two barriers to healthy relationships with family members
- identify two ways to overcome each barrier

Intervention

- teach the patient how to develop and maintain healthy relationships and how to overcome barriers

Unresolved Grief and Loss

Problem

- verbalizes excessive and unreasonable feelings of responsibility for the loss of a significant other
- believes they did not do enough to prevent the person's death
- expresses feelings of guilt about being a survivor when loved ones have died
- unresolved bereavement, intense longing for the significant other
- addictive behavior to cope with grief

Goal

- resolve feelings of anger, sadness, guilt, abandonment surrounding the loss of the loved one
- make plans for the future
- accept the loss
- increase social contact with others
- develop coping skills to help renew old relationships and make new ones
- maintain a program of recovery free from substance use and unresolved grief

Objective

- tell the story of the lost relationship

Intervention

- ask the patient to write about the circumstances, feelings, and effects of the loss (or other losses they have experienced)

Objective

- verbalize the feelings of anger, guilt, sadness, abandonment felt because of the loss

Intervention

- help the patient to identify the feelings of hurt, loss, abandonment, anger felt because of the loss
- trace and resolve the cause of these strong feelings

Objective

- list five negative consequences that resulted from using substances to cope with grief and loss

Intervention

- help the patient identify how addiction has led to more pain and unresolved feelings

Healthy Boundaries

Problem

- lack of appropriate boundaries in current relationships
- tendency to interact inappropriately with others without careful thought

Goal

- maintain a program of recovery with established boundaries in place
- demonstrate appropriate boundaries with peers in treatment

Objective

- within thirty days, verbalize three changes they can make to establish healthy boundaries in relationships

Intervention

- teach the patient how to develop and maintain healthy boundaries
- teach the patient how to overcome barriers to healthy boundaries

Impulsivity

Problem

- tends to act too quickly on impulses without careful thought or planning, resulting in numerous negative consequences
- impulsivity promotes a self-defeating pattern of addictive behavior
- desires everything immediately (decreased ability to delay pleasure or gratification)

Goal

- maintain a program of recovery free from impulsive behavior and substance use
- reduce the frequency of impulsive behavior
- increase the frequency of carefully thought-out behavior
- learn to stop, think, plan before acting

Objective

- verbalize specific negative consequences of impulsivity and addiction

Intervention

- review patient's behavior pattern
- help them identify instances of impulsivity and its negative consequences (without minimization, denial, or projection of blame)

Objective

- discuss how impulsivity and addiction meet the 12-step recovery program's criteria for insanity

Intervention

- help them see that doing the same things over and over again and expecting different results meets the 12-step recovery program's definition of insanity

Objective

- list the negative consequences that are caused by impulsivity

Intervention

- help them make connections between their impulsivity and negative consequences (to themselves and others)

Peer Group Negativity

Problem

- associates with chemically-dependent friends/relatives who encourage joining them in addictive behavior
- peer group is not supportive of recovery
- peers do not take recovery seriously and encourage abuse of substances

Goal

- maintain a program of recovery free of addiction and the negative influence of peers
- understand that continuing to associate with the current peer group increases the risk of relapse
- learn how to develop a new, drug-free peer group that supports their recovery

Objective

- identify several times peer group negativity led to addictive behavior

Intervention

- help them see the relationship between their peer group and addictive behavior
- identify how often the group encouraged addictive behavior

Objective

- list ways the conception of a higher power can aid recovery from peer group negativity and addiction

Intervention

- help them list the negative consequences of keeping ties with the current peer group

Stress Management

Problem

- acknowledges never having learned social skills to decrease stress and increase confidence
- uses addictive behavior to control stress symptoms

Goal

- learn the relationship between stress and addiction
- identify positive stress-relieving activities and how to use them
- identify common stressors and tools to manage them
- learn stress reduction techniques to manage stress without using substances

Objective

- within thirty days, verbalize at least three stress-reducing activities to address their three most common stressors

Intervention

- teach the patient how to address stressful situations

Objective

- during the next thirty days, verbalize at least one stressor each week to the therapist
- identify each stressor's impact on their recovery, mental health, and physical capabilities

Intervention

- at weekly counseling sessions, help them identify stressors
- teach them how stress decreases their stability

Objective

- within thirty days, verbalize at least three consequences of unmanaged stress

Intervention

- within thirty days, teach the patient the importance of stress reduction
- help the patient see how stress influences relationships, physical, mental health

Self-Care

Problem

- lacks the discipline and motivation for adequate self-care
- substandard hygiene and grooming (strong body odor, disheveled hair, dirty clothing)
- poor interaction skills (limited eye contact, insufficient attending, awkward social responses)

Goal

- discontinue substance use
- increase functioning self-care
- learn basic skills for maintaining a clean, sanitary living space
- learn basic, consistent self-care habits

Objective

- within thirty days, verbalize at least three ways to practice self-care

Intervention

- teach the patient the benefits of taking care of oneself

Objective

- within thirty days, verbalize three self-care activities they participated in

Intervention

- teach the patient how a daily self-care regimen can help prevent relapse

Objective

- within thirty days, participate in at least two self-care activities per week
- report progress to the therapist

Intervention

- teach the patient the importance of self-care
- monitor patient goal progress
- teach the patient various self-care activities

Sexual Promiscuity

Problem

- reports a preoccupation with sexual thoughts, actions
- pattern of sexual behavior that seeks immediate gratification
- uses sexual behavior to cope or escape from stress or to reduce tension
- substance abuse accompanies the impulsive, emotionally-detached sexual encounters
- history of self-damaging, sexual “acting out”

Goal

- maintain a program of recovery free from sexual promiscuity and addictive behavior
- reduce thoughts that trigger sexual promiscuity
- increase self-talk that controls behavior
- learn to stop, think, plan before acting

Objective

- identify the negative consequences of sexual promiscuity and addiction

Intervention

- help them make connections between their sexual promiscuity and negative consequences

Objective

identify and replace thoughts that trigger impulsive sexual behavior

Intervention

- help them uncover dysfunctional thoughts that lead to sexual promiscuity
- help them to replace each one with accurate, positive, self-enhancing, adaptive thought

Objective

- identify triggers to sexual promiscuity and coping behaviors for each trigger

Intervention

- help the patient identify thoughts and situations that trigger urges to act out sexually
- develop adaptive behaviors with the patient to cope with trigger situations

Spiritual Confusion

Problem

- verbalizes confusion about spiritual matters
- negative attitude about using a higher power in recovery
- fears God is angry with them (preventing a connection)
- anger at God leads to a rejection of any religious system or personal spiritual development

Goal

- maintain a program of recovery free of substance use and spiritual confusion
- understand the relationship between spiritual confusion and addiction
- develop a concept of a higher power that is loving and supportive to recovery

Objective

- describe their thoughts/feelings toward spirituality in their personal life

Intervention

- explore their spiritual journey; religious training; thoughts/feelings toward a higher power; and current spiritual practice

Objective

- understand that various religions/cultures fit the 12-step program

Intervention

- teach the patient the 12-step program concept, "God as we understand Him"

Objective

- practice prayer and meditation at least once a day

Intervention

- assign the patient to keep a written prayer journal
- have them record new insights about the higher power's will for their life

Substance Abuse and Dependence

Problem

- a maladaptive pattern of substance abuse
- increased tolerance and withdrawal
- fails to stop or decrease their use of mood-altering substances once started
- continued use despite their verbalised desire to stop
- continued use despite negative consequences (physical, legal, financial, vocational, social, relationships)

Goal

- accept their powerlessness over mood-altering substances
- participate in a recovery-based program
- establish a sustained recovery free from the use of all mood-altering substances
- establish and maintain total abstinence
- learn about the addiction disease and the recovery process

Objective

- attend group therapy sessions to share thoughts and feelings (causes of addiction, consequences, alternatives to addiction)

Intervention

- lead group therapy in which patients share their thoughts and feelings (causes of addiction, consequences, alternatives to addiction)

Objective

- list and discuss negative consequences of substance dependence

Intervention

- ask the patient to list ways chemical use has negatively impacted their life

Objective

- learn and implement personal coping strategies to manage urges to return to chemical use

Intervention

- give the patient personalized coping strategies (calming strategies; thought-stopping; positive self-talk; attentional focus skills from urges to use chemical substances)

Substance Abuse and Dependence

TREATMENT PLAN GOAL #1

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