



Treatment Plan Development

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 toward the member'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 the 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 be done differently. If the goal needs to be amended to improve attainability, reflect changes in the updated treatment plan.
- Goals should have a timeframe of no more than 90 days.
- Goals should be member-driven and align with their desired outcome.
 - Use direct member quotes for identified goals to align with their chosen language and ensure their understanding.
- Goals should be strength-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 the member's needs.
- Diagnosis and presenting problem: Document clear supportive symptoms and behaviors that align with the diagnosis.
- In-depth interview with member and support: Assess the desired outcome and strengths.
- Motivational interviewing: Consider the 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