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# SOCW 6446: Social Work Practice With Children and Adolescents

**Treatment Plan Template**

### PART A

Instructions: Use this template to create a treatment plan. Provide your response to each area in the box below:

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| 1. **Identify a list of problems reported to you by the client and/or caregiver(s).** |
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| 1. **As you are able, identify a provisional primary psychiatric diagnosis you believe may be present and may need to be addressed**. (Note: Refer to the DSM-5 for diagnostic criteria for specific problems listed.) |
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| 1. **Identify the level of care needed to address the presenting problem(s).** This could include:    1. Inpatient    2. Residential treatment    3. Partial hospitalization    4. Intensive outpatient counseling    5. Outpatient counseling |
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| 1. **Identified strengths**: When identifying goals, include strengths that will help client achieve long-term goal(s) (e.g., supportive family). Client should help identify strengths. Initially, it may be difficult to help client identify more than one or two strengths, but as the course of treatment continues, more should become evident. |
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| 1. **Identified problems/deficits:** Includes factors in client’s life that may impede successful recovery. |
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| 1. **Explain one treatment intervention you might use in the case you selected and justify the use of the intervention. Next select a treatment modality— individual counseling, group counseling, family counseling, or a combination of these. Support your recommended intervention and modality with evidence from scholarly resources.** (Note: Consider researching evidence-based treatments or treatment outcomes that you can use to help guide your recommendations for treatment.) |
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| 1. **Identify and describe how you will tailor the treatment to the client’s unique individual and cultural background.** |
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| 1. **Explain how you would involve the parents/guardians in the treatment plan and why their involvement might be important.** |
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### PART B:

Based on the answers provided above, create a treatment plan by describing the counseling goals in the most measurable way possible (e.g., how will you and the client be able to recognize that the problem has been reduced or the goal has been partially or completely met?). Complete row 3 in the template below. Identify 1-3 long-term goals and the associated short-term goals, objectives, strategies, and expected outcomes.

| **Long-Term Goal(s*):*** | **Short-Term Goals** | **Objectives** | **Strategies** | **Expected Outcome**  **(With Time Frame)** |
| --- | --- | --- | --- | --- |
| Stated as broad desirable outcome that will be broken down into short-term goals and objectives; usually, one long-term goal will be adequate for first year. | Series of time-limited goals that will lead to achievement of long-term goal | Statements of what client will do to achieve short-term goal. Stated in measurable, behavioral terms | How objective will be carried out or accomplished | Objective, measurable desirable outcome with timeframe |
| Example:  *Goal 1: `John will remain abstinent from use of heroin and all other mood-altering substances and behaviors for 1 year, as demonstrated by negative random drug screens and self-report.* | Example:  *John will successfully complete residential treatment.* | Example:   1. *John will attend and actively participate in all individual and group counseling sessions.* 2. *John will admit he has an addiction problem.* | Example:   1. *Schedule one individual counseling session and five group counseling sessions weekly.* 2. *John will complete Step One of the Twelve Steps.* | Example:   1. *Staff and self-report of regular attendance and active participation in individual and group counseling sessions (30 days).* 2. *Self-report to counselor and members of group sessions (30 days).* |
| Goal 1: |  |  |  |  |
| Goal 2: |  |  |  |  |
| Goal 3: |  |  |  |  |