



SUD/COD Treatment Planning Samples

PROBLEMS:

(SUD)

Client denies a substance use issue despite suspicion by referral source: _____, however client needs to demonstrate he/she is not misusing substances or gain insight into any potential substance use issue if present

Client has demonstrated a pattern of repeated relapse with regard to substance use/dependence issues, due to a lack of effective relapse prevention skills and supports

Client use/misuse of mood-altering substances has resulted in impairment of functioning as evidenced by;

Client reporting a desire to stop using substances for the following reasons: _____

(COD- Co-occurring)

Client abusing/misusing prescribed drugs for _____ disorder and therefore client needs to develop a recovery plan to prevent future use of these drugs and prevent related consequences

Client has demonstrated a pattern of repeated relapse with regard to co-occurring substance use and the following mental health issues: _____ due to a lack of co-occurring relapse prevention skills for both SUD and MH issues

Client lacks knowledge of sober coping skills and supports for effectively dealing with co-occurring SUD and MH issues including: _____

Client reporting that substance use/misuse and co-occurring disorders are adversely impacting life with a corresponding need to engage in a recovery program in order to prevent future negative consequences related SUD and _____ (Mental Health Disorder)

Client reports misusing substances in order to try to cope with/self-medicate the following co-occurring issues:

Client suffering from interrelated, co-occurring substance use and emotional/behavioral issues such as _____ which client needs help to stabilize and to learn to cope with in order to improve overall quality of life

Client use/misuse of mood-altering substances as well as inter-related co-occurring issues/disorders; _____ has resulted in impairment of functioning as evidenced by (list)



INTERVENTIONS:

(SUD)

1:1 Therapy; Staff will facilitate education & discussion on: coping skills, supports, recovery & relapse prevention plans, enhancing motivation, decision making and life changes w/progress monitoring 1x/session & random urine testing

Group 1.5hr/wk.; Staff will facilitate education & discussion on: coping skills, supports, recovery & relapse prevention plans, enhancing motivation, decision making and life changes w/progress monitoring 1x/session & random urine testing

Group 1hr/wk.; Staff will facilitate education & discussion on coping skills, supports, recovery & relapse prevention plans, enhancing motivation, decision making and life changes w/progress monitoring 1x/session & random urine testing

IOP 3hrs/session; Staff will facilitate education & discussion on coping skills, supports, recovery & relapse prevention plans, enhancing motivation, decision making and life changes w/progress monitoring 1x/session & random urine testing

Psychiatric evaluation 1x with follow up Med Mgmt. appts. as per prescriber, who will prescribe meds as needed with ongoing med education on effects, contraindications, & side effects with ongoing monitoring of symptoms, risk factors and progress 1x/session

(COD/Co-occurring)

Prescriber will meet with ct initially to complete psychiatric assessment and medication evaluation, and ongoing for medication education regarding risks & benefits, and response to Tx and possible side effects

1:1 Therapy; Staff will facilitate ongoing dual-focused education & discussion on: coping skills, supports, recovery & relapse prevention plans for co-occurring disorders w/ regular progress monitoring 1x/session & random urine testing

Group 1.5hr/wk.; Staff will facilitate ongoing dual-focused education & discussion on: coping skills, supports, recovery & relapse prevention plans for co-occurring disorders w/ regular progress monitoring 1x/session & random urine testing

Group 1hr/wk.; Staff will facilitate ongoing dual-focused education & discussion on coping skills, supports, recovery & relapse prevention plans for co-occurring disorders w/ regular progress monitoring 1x/session & random urine testing

IOP 3hrs/session; Staff will facilitate ongoing dual-focused education & discussion on coping skills, supports, recovery & relapse prevention plans for co-occurring disorders w/ regular progress monitoring 1x/session & random urine testing

Psychiatric evaluation 1x with Med Mgmt. appts as per prescriber who will prescribe meds as needed with ongoing med education on effects, contraindications, & side effects with monitoring of symptoms, risk factors and progress 1x/session



SHORT TERM GOALS

(SUD)

Client will demonstrate active engagement in recovery as evidenced by regular attendance in Tx, verbalizing absence of SUD & by submitting to random urine testing & sharing about use of tobacco, alcohol, prescriptions & other drugs

Client will develop & implement a relapse prevention plan by identifying at least _ relapse triggers, high risk situations &/or relapse warning signs as well as identifying at least one corresponding strategy for each problem area

Client will develop & maintain a sober support system by identifying & participating in at least one sober support activity (such as NA, AA or other appropriate equivalent) at least ____ times per week.

Client will develop a personal Recovery Plan by identifying & implementing at least __ individualized tools, life changes, coping skills &/or supports for substance use & enhancing recovery & preventing consequences

Client will develop and implement a wide-ranging, expansive plan for recovery that includes at least ____ specific activities that enhance physical, emotional and spiritual recovery from substance use/dependence issues

Client will identify and implement at least ____ lifestyle changes necessary for preventing future substance use/dependence, assertively refusing drug offers and for improving overall functioning

Client will identify at least ____ factors that lead to most recent relapse based on past experience and develop at least one strategy for pro-actively coping with each relapse factor before it re-occurs in the future.

Client will identify at least ____ personalized motivational factors (such as family, legal, and financial incentives/rewards) for committing to adhering to a proposed recovery plan to prevent future substance misuse

Client will identify at least ____ sober coping skills specifically for identifying & managing day to day life stressors, frustration, anger & other challenging emotions without abusing non-prescribed substances or acting out

Client will identify at least ____ ways continued substance use/use may potentially adversely affect future life goals and then actively share and discuss these goals with counselor

Client will increase insight by identifying _ways that substance use has adversely affected past or present functioning & at least _ potential benefits of avoiding future SUD in at least one or more life areas

Client will report improved overall functioning as evidenced by an absence of any new consequences (e.g., legal, family, work/school problems, etc.) as a result of engaging in recovery, making better decisions, & making an effort to stop using

Client will verbalize an increased understanding of the concept of use & addiction by verbalizing knowledge of at least __ key factors such as tolerance, withdrawal, progression, loss of control, etc.

FAMILY -Ct. will participate in at least __session(s) with a family member, significant other, sponsor &/or friend to increase insight into other's perceptions of substance use issues, improve communication & enhance support

HIGH RISK – The following High-Risk factors have been identified with regard to this Ct.: _____. Ct. will consistently verbalize an absence of these high-risk factors as a result of progress in treatment

MEDICAL/HEALTH - As part of recovery plan, Ct. will report compliance with appropriate sober medical appointments/services & recommendations for the following conditions: _____

MEDICATION ASSISTED TREATMENT – Client will verbalize ongoing compliance with outside appointments and recommendations for medication assisted addiction treatment (Suboxone, Methadone, etc.)

PRESCRIPTION DRUG MISUSE – Client will develop and implement a plan with appropriate medical providers for preventing use of prescribed drugs



PSYCHIATRIST/PRESCRIBER – Client will seek evaluation with psychiatrist/APN/prescriber to rule out any possible underlying or co-occurring mental health issues in addition to substance use issues and attend follow up med monitoring appts as indicated

REF SOURCE: As part of recovery plan, Ct. will demonstrate & verbalize compliance with rules, outside appointments, & other expectations indicated by referral source: _____

(COD/Co-occurring)

Client will demonstrate recovery as evidenced by regular attendance in treatment, by submitting to random urine testing & verbalizing absence of substance misuse, & by sharing about ATOD & reporting ongoing stability of emotional/behavioral symptoms

Client will develop an integrated Recovery Plan by identifying & implementing at least ___ individualized tools, lifestyle changes, recovery skills & supports for SUD & for effectively coping with COD's & related symptoms

Client will develop and implement a wide-ranging, expansive plan for recovery that includes at least ___ specific activities that enhance physical, emotional and spiritual recovery from co-occurring SUD & MH disorders

Client will identify and implement at least ___ lifestyle changes necessary for preventing future substance use, refusing drug offers & for alleviating symptoms of co-occurring disorders and for improving overall functioning

Client will identify at least ___ internal triggers for future substance use such as feelings, mood states, and co-occurring health issues (such as MH and pain management issues) that may trigger urges to use substances

Client will identify at least ___ personalized motivational factors (such as family, legal, and financial incentives/rewards) for committing to adhering to a proposed plan to recover from co-occurring SUD and MH issues

Client will identify linkages between SUD and MH issues by identifying at least ___ ways substance use/misuse may adversely affect recovery from MH issues (such as triggering MH symptoms, negating the positive effects of psych meds, etc.)

Ct. will develop & implement a comprehensive integrated co-occurring relapse prevention plan by identifying at least ___ skills for preventing relapse & maintaining ongoing stability with regard to interrelated MH & SUD issues

Ct. will develop a support system for both SUD & co-occurring issues by identifying & participating in sober, positive activities that enhance recovery & support (such as NA/AA or other appropriate equivalent) at least ___times per week

Ct. will identify and implement at least ___ drug-free alternatives to self-medicating co-occurring disorders and symptoms with non-prescribed substances

Ct. will identify at least ___ coping skills for managing stress, anger & other emotions & challenging emotional/behavioral symptoms w/o self-medicating with non-prescribed substances or engaging in other negative acting out behaviors



FAMILY -Client will participate in at least _ session(s) with a concerned family member, significant other, sponsor &/or friend in order to increase insight into other's perceptions of his/her substance use/use & MH issues & enhance support in recovery

HIGH RISK – The following High-Risk factors have been identified with regard to this client.: _____. Ct. will consistently verbalize an absence of these high-risk factors as a result of progress in treatment

MEDICAL/HEALTH - As part of recovery plan, Ct. will report compliance with appropriate sober medical appointments/services & recommendations for the following conditions: _____

MEDICATION ASSISTED TREATMENT – Client will verbalize ongoing compliance with outside appointments and recommendations for medication assisted addiction treatment (Suboxone, Methadone, etc.)

PRESCRIPTION DRUG USE – Client will develop and implement a plan with appropriate medical providers for preventing use of prescribed drugs

PRESCRIBER – Client will seek evaluation with prescriber to treat underlying and/or co-occurring mental health issues in addition to substance use issues and attend follow up med monitoring appts as indicated

REF SOURCE: As part of recovery plan, Ct. will demonstrate & verbalize compliance with rules, outside appointments, & other expectations indicated by referral source: _____



LONG TERM GOALS

(SUD)

Client will both verbalize and demonstrate that there is no further misuse of prescribed and non-prescribed drugs

Client will demonstrate a sustained recovery from substance use/dependence issues and ability to effectively prevent relapse

Client will demonstrate an absence of substance use & an improvement of functioning by increasing the knowledge, skills, insight & motivation with regard to the process of recovery

Client will demonstrate increased insight and motivation with regard to ambivalence about substance use issues and therefore be able to effectively engage in an active recovery program

Client will demonstrate the ability to establish & maintain a lifestyle free from use of substances & thereby improve overall quality of life & prevent future substance use related consequences

Client will satisfy recommendations of referral source by providing reasonable evidence that there is no current substance misuse issue or risk

Client will verbalize and demonstrate for a clinically significant time period that their life has improved as a result of learning to live and cope with life stressors without abusing both prescribed or non-prescribed mood-altering substances

(COD)

Client will demonstrate increased insight and motivation with regard to ambivalence about co-occurring substance use and mental health issues and therefore be able to effectively engage in an active dual-focused recovery program

Client will demonstrate sustained, comprehensive recovery from co-occurring substance use and mental health issues

Client will verbalize and demonstrate a significant period of alleviation of distressing symptoms of both substance use issues and co-occurring issues

Ct. will demonstrate ability to establish & maintain a lifestyle free from use of substances while simultaneously stabilizing co-occurring MH issues & thereby improve overall quality of life & functioning & prevent future negative consequences

Ct. will demonstrate absence of substance use & improvement of functioning by increasing knowledge, insight, & motivation into the recovery process & by developing sober coping skills & supports for identified co-occurring issues:

