CONFIDENTIAL

Mental Health Treatment Plan

Date: _____ Student: Miguel Type of Service: Outpatient Start Date: ASAP Duration: 6 months

Area of Need: Relapse Prevention

Present Level: Miguel has maintained sobriety for approximately 5 months.

Measurable Long-Term Goal: Miguel will maintain sobriety and attend 12-step meetings regularly.

Parents will be informed of progress	Periodic Review Dates	Progress Toward Goal	Sufficient Progress to Meet Goal
☐ Quarterly ☐ Trimester	1. _____	1. _____	☐ Yes ☐ No _____
☐ Semester ☐ Other:_____	2. _____	2. _____	☐ Yes ☐ No _____
How?	3. _____	3. _____	☐ Yes ☐ No _____
☐ Annotated Goals/Objectives	4. _____	4. _____	☐ Yes ☐ No _____
☐ Other: _____			

Benchmark/Short-Term Objective: By two weeks, Miguel will identify relapse triggers in his home environment, and also sources to support his sobriety. He will develop a relapse prevention plan. He will continue to attend his 12-step group regularly. Person(s) Responsible: parent, therapist	Date: ☐ Achieved ☐ Reviewed
Benchmark/Short-Term Objective: By one month, Miguel will utilize his relapse prevention plan to maintain sobriety. He will continue to attend his 12-step group regularly. Person(s) Responsible: parent, therapist	Date: ☐ Achieved ☐ Reviewed

Area of Need: Miguel can engage in impulsive or risky behavior when upset.

Present Level: Miguel has maintained for at least two months without any remarkable incidents.

Measurable Long-Term Goal: Miguel will utilize his skills to manage upset feelings appropriately 90% of the time. He will not react in ways which risk his physical safety.

Parents will be informed of progress	Periodic Review Dates	Progress Toward Goal	Sufficient Progress to Meet Goal
☐ Quarterly ☐ Trimester	1. _____	1. _____	☐ Yes ☐ No _____
☐ Semester ☐ Other:_____	2. _____	2. _____	☐ Yes ☐ No _____
How?	3. _____	3. _____	☐ Yes ☐ No _____
☐ Annotated Goals/Objectives	4. _____	4. _____	☐ Yes ☐ No _____
☐ Other: _____			

Benchmark/Short-Term Objective: By two weeks, Miguel will identify sources of support in his home environment, and develop a plan to manage anxiety and impulsive behaviors. He will implement his plan. Person(s) Responsible: parent, therapist	Date: ☐ Achieved ☐ Reviewed
Benchmark/Short-Term Objective: By two months, Miguel will utilize his plan and skills to manage upset feelings appropriately 80% of the time. He will be able to maintain for a 30-day period without reacting in a way which risks his physical safety. Person(s) Responsible: parent, therapist	Date: ☐ Achieved ☐ Reviewed

_____ _____ _____ _____

Student Signature Date Signature of Parent Date

_____ _____

Signature of Mental Health Services Representative Date