

MENTAL HEALTH TREATMENT PLAN – GOVT. CODE 26.5 (AB2726)

CONFIDENTIAL

CHILD'S NAME: Rashid
 SCHOOL DISTRICT:
 DATE: 7/29/99

TYPE(S) OF TREATMENT: Day Treatment
 AND FREQUENCY: Daily
 ANTICIPATED START OF SERVICE: ASAP
 EXPECTED DURATION OF SERVICE: 9 months or as clinically indicated

PROBLEM	Rashid's anxiety is expressed through self-defeating behaviors, e.g., risky behaviors, lack of consideration of consequences, alienation from peers.
TREATMENT GOALS	Rashid will be able to employ consequence-oriented strategies, reducing seemingly impulsive and/or risky behaviors by 75%.
TREATMENT OBJECTIVES	<ol style="list-style-type: none"> 1. By 1 month, Rashid will identify 3 triggers that elicit anxiety and lead to poor decisions. 2. By 1 month, Rashid will identify negative consequences to poor decisions. 3. By 2 months, Rashid will develop at least 2 strategies to reduce anxiety and make better decisions. 4. By 3 months, Rashid will be able to implement one strategy per day, as evidenced by teacher or therapist report. 5. By 6 months, Rashid will utilize strategies to reduce self-defeating behaviors by 50%, with a baseline established by treatment and school staff.
CRITERIA FOR ACHIEVEMENT	By 8 months, Rashid will utilize strategies to reduce self-defeating behaviors by 75% as reported by teacher, thereby preparing him for a transition to a less restrictive school setting.

PROBLEM	Rashid's unresolved emotional/physical history along with his lack of skills in self-managing mood fluctuations produces varying degrees of anger outbursts.
TREATMENT GOALS	Rashid will improve his ability to identify, process, and express feelings in a treatment setting.
TREATMENT OBJECTIVES	<ol style="list-style-type: none"> 1. By 4 months, Rashid will identify a wider range of feeling the therapist. 2. By 5 months, Rashid will identify with the therapist and parent historical events that may be impacting current relationships. 3. By 6 months, Rashid will be able to verbalize and use three healthy options for self-soothing anxiety around these issues. 4. By 8 months, Rashid will verbalize a clinically substantial degree of emotional closure with two of the above major historical issues.
CRITERIA FOR ACHIEVEMENT	Rashid's therapist, and parent will report willingness and improvement of emotional processing in the treatment setting.

Signature of Mental Health Services Representative

Date

Signature of Parent

Date

Health and Human Services Agency
Mental Health Services