

## PLAN DEVELOPMENT, non-physician (H0032)

**P - (Purpose):** Plan development to establish treatment goals with Iris.

**I - (Intervention):** Met with Iris at the office. Engaged in discussion to build rapport (first meeting), discuss her history with therapy and establish goals for individual therapy going forward.

**R - (Response):** Iris stated that she has had positive (feeling heard and having a safe place to express herself) and negative (feeling that the therapist was judging her, not believing her trauma history) experiences with past therapists (she stated that she has been in therapy on and off since she was 15). Iris stated that she wants to work on coping skills to help when she feels triggered by past trauma, relational issues within her family and anxiety.

**PL - (Plan):** Iris and I have agreed to meet weekly (exchanging meeting at the office or via zoom biweekly) to work on her stated goals for therapy above.

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**P - (Purpose):** Team meeting to discuss Issac's struggles to engage in treatment.

**I - (Intervention):** PSC presented Issac's case to the treatment team (reviewed diagnosis, prominent symptoms, interventions tried and resources utilized). Asked treatment team for recommendations and feedback to increase Issac's engagement in treatment. Made plan with treatment team to try interventions suggested.

**R - (Response):** Treatment team (Psychiatrist, IRT staff, Program Manager) reviewed Issac's case. Suggestions made: connect Issac to transportation services, utilizing text reminders for appointments, connecting appointment times to food bank hours, referring Issac to the Men's group.

**PL - (Plan):** I will review the food bank times and rework Issac's appt times. I will call Issac and talk with him about the Men's group and getting connected to transportation services.

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## TCM TREATMENT PLANS

**P - (Purpose):** Treatment plan for TCM services related to Janet's residential stability.

**I - (Intervention):** Met with Janet at her home. Discussed Janet's goals for housing, and what case management help she would need.

**R - (Response):** Janet said, "I want to stay consistently the same. Same routine, same medications, same home. I don't want to change anything."

**PL - (Plan):** Case manager will work with Janet to find an IHSS worker to help with vacuuming, dusting, and other household tasks. SCBH will coordinate with her landlord, IHSS, and other housing services to help Janet achieve her goal.

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**P- (Purpose):** Treatment plan for TCM services related to Kris's educational & job goals.

**I - (Intervention):** Talked to Kris about her goals and needs around education and job resources.

**R - (Response):** Kris would like to attend the first two classes of the Administrative Assistance certificate program at the Santa Rosa Junior College. She said she needs help coordinating with the disability office there for accommodations.

**PL - (Plan):** SCBH to provide targeted case management to help link Kris to the SRJC disability office and other providers to help her work toward her goal of completing the certificate program.

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**P- (Purpose):** Treatment plan for TCM services related to Ash's goals for social, educational, residential, and family issues.

**I - (Intervention):** Talked to Ash about their goals and ways in which treatment team could help through case management.

**R - (Response):** Ash stated goals of, "I want to find places where I can make friends," "I really need to get my GED," and "I'm so tired of arguing with my family. I want to move out, or find ways to stop fighting so much." Ash said they will likely also need support in finding classes on daily living skills like cooking. They agreed that they'd like help working on these items.

**PL - (Plan):** SCBH to provide targeted case management to identify and link Ash to social environments (e.g., church, AA), educational resources for completing their GED, and family counseling. If Ash does decide to move out, SCBH to provide support in finding, applying for, and following up with residential options. SCBH to also work with Ash in finding and applying for classes in daily-living skills.