

Session Information

Client:	Test, Client-Six (0000) 10/3/2008
Staff:	VoVillia, Jeffery (2004)
Document Date:	8/21/2024
Client Program:	(Not Set)

Treatment Plan

Plan Type:	<input checked="" type="radio"/> Initial <input type="radio"/> Update <input type="radio"/> Review
Plan Begin Date/Time:	08/21/2024 <input type="text"/> 11:40 AM
Plan End Date/Time:	02/17/2025 <input type="text"/> 11:40 AM
Client Program(s):	<input checked="" type="checkbox"/> Outpatient Routine (OPR)
Strengths:	Client reports, "I like to read." Parents report having grandparents nearby as supports.
Challenges:	Family reports struggles with poverty. Client reports, "I get sick a lot."
Discharge Planning:	Client will discharge from services once treatment goals are met and/or client/family feel as though Client has adequate coping skills to manage symptoms and life transitions.

Problems/Goals/Objectives

	Duration	Status
Problem 1: Client struggles with low mood most days, markedly diminished interest in activities, loss of energy, feelings of worthlessness and/or suicidal ideation in addition to symptoms of anxiety including excessive worry that's difficult to control.		Active
Problem Type: Mental Health		
Goal 1: Client's Depression/Anxiety symptoms will reduce in frequency and intensity to manageable levels, improving functioning at school, in the community and at home. Client will be able to report increased mood (baseline 6/10) and self-esteem. Family will be able to report utilizing skills to support client managing depression/anxiety symptoms 80% of the time.		Active
Progress Toward Goal:		
Completed Date:		
Objective 1: All adults and supports in Client's life will be in contact at least 1x/month for the next 6 months in order to coordinate care across all life domains.		Active
Client Programs: Outpatient Routine		
Start Date: 8/21/2024		
Progress Toward Objective:		
Completed Date:		
Objective 2: Client will engage in exploration of emotional experience, ultimately being able to identify up to 3 core emotions, and explore at least three contributing factors/triggers to Depression/Anxiety as reported by Client, caregivers, school staff and providers, within the next 6 months.		Active
Client Programs: Outpatient Routine		
Start Date: 8/21/2024		
Progress Toward Objective:		
Completed Date:		
Objective 3: Client will implement and practice new coping skills in 3 out of every 5 instances [or 75% of the time] so that they're able to manage Depression/Anxiety as reported by Client, caregivers, school staff and providers, within the next 6		Active

months.

Client Programs: Outpatient Routine

Start Date: 8/21/2024

Progress Toward Objective:

Completed Date:

Objective 4: Client will engage in medication management services at least 1x/month (or as needed) in order to mitigate symptoms of Depression/Anxiety for the next 6 months.

Active

Client Programs: Outpatient Routine

Start Date: 8/21/2024

Progress Toward Objective:

Completed Date:

Objective 5: Client will demonstrate an increased ability to verbally express and process feelings and experiences that create discomfort. Client will be able to share or recall his experience of trauma with less disturbance, reporting a 2 or less (per EMDR SUDS scale) and will experience this reduction in symptoms consistently for at least 3 months.

Active

Client Programs: Outpatient Routine

Start Date: 8/21/2024

Progress Toward Objective:

Completed Date:

Objective 6: Supportive adults will increase understanding of Client's Depression/Anxiety, its causes, and treatment strategies by 50% over the next 6 months.

Active

Client Programs: Outpatient Routine

Start Date: 8/21/2024

Progress Toward Objective:

Completed Date:

Goal 2: Client reports, "I just want to feel better." Client will be able to report increased mood for most days. Client reports, "I want to be less stressed." Client will be able to manage symptoms of stress and report increased confidence in doing so.

Active

Progress Toward Goal:

Completed Date:

Objective 1: All adults and supports in Client's life will be in contact at least 1x/month for the next 6 months in order to coordinate care across all life domains.

Active

Client Programs: Outpatient Routine

Start Date: 8/21/2024

Progress Toward Objective:

Completed Date:

Objective 2: Client will engage in exploration of emotional experience, ultimately being able to identify up to 3 core emotions, and explore at least three contributing factors/triggers to Depression/Anxiety as reported by Client, caregivers, school staff and providers, within the next 6 months.

Active

Client Programs: Outpatient Routine

Start Date: 8/21/2024

Progress Toward Objective:

Completed Date:

Objective 3: Client will implement and practice new coping skills in 3 out of every 5 instances [or 75% of the time] so that they're able to manage Depression/Anxiety as reported by Client, caregivers, school staff and providers, within the next 6 months.

Active

Client Programs: Outpatient Routine

Start Date: 8/21/2024

Progress Toward Objective:

Completed Date:

Objective 4: Client will engage in medication management

Active

services at least 1x/month (or as needed) in order to mitigate symptoms of Depression/Anxiety for the next 6 months.

Client Programs: Outpatient Routine

Start Date: 8/21/2024

Progress Toward Objective:

Completed Date:

Objective 5: Client will demonstrate an increased ability to verbally express and process feelings and experiences that create discomfort. Client will be able to share or recall his experience of trauma with less disturbance, reporting a 2 or less (per EMDR SUDS scale) and will experience this reduction in symptoms consistently for at least 3 months.	Active
---	--------

Client Programs: Outpatient Routine

Start Date: 8/21/2024

Progress Toward Objective:

Completed Date:

Objective 6: Supportive adults will increase understanding of Client's Depression/Anxiety, its causes, and treatment strategies by 50% over the next 6 months.	Active
---	--------

Client Programs: Outpatient Routine

Start Date: 8/21/2024

Progress Toward Objective:

Completed Date:

Interventions

	Duration	Status
Intervention 1: CFT: Therapist will facilitate and/or attend meetings with outside providers in order to coordinate care for Client. Frequency: 1 - 4 times per Month Modality: CFT Meeting Start Date: 8/21/2024 Responsible Party: All FS Treatment Team Members Completed Date:	60 minutes	Active
Intervention 2: "COMPREHENSIVE COMMUNITY SUPPORT: This therapist will maintain open and consistent communication with identified adults, medical staff, and school staff to coordinate and ensure Client's needs are understood and met; psychoeducation materials will be provided as necessary." Frequency: 1 - 4 times per Month Modality: Comprehensive Community Support Start Date: 8/21/2024 Responsible Party: All FS Treatment Team Members Completed Date:	60 minutes	Active
Intervention 3: FAMILY: This therapist will support Client's guardian(s) in increasing attachment and closeness, identifying helpful communication patterns, setting boundaries/limits, and allowing opportunity to express feelings; psychoeducation materials will be provided as necessary. Frequency: 1 - 4 times per Month Modality: Family Treatment Services Start Date: 8/21/2024 Responsible Party: All FS Treatment Team Members Completed Date:	60 minutes	Active
Intervention 4: INDIVIDUAL: This therapist will actively build/maintain the level of trust with Client through consistent eye contact, active listening, unconditional positive regard, and warm acceptance in order to support them in increasing their ability to identify and express emotions and concerns. Therapist will utilize CBT, DBT, strength-based, art therapy interventions, and mindfulness-based techniques to assist Client in developing healthy coping and cognitive patterns about self, others, and the world that serve to alleviate depressive symptoms. This therapist will	60 minutes	Active

assist Client in identifying triggers to Depression/Anxiety, as well as current unmet emotional needs; Therapist will work with Client to develop communication skills needed to express these needs to safe support people.

Frequency: 1 - 4 times per Month

Modality: Family Treatment Services

Start Date: 8/21/2024

Responsible Party: All FS Treatment Team Members

Completed Date:

Intervention 5: FSS: Family Support Specialist (FSS) will engage Client in the home, school, and other community environments with solution-focused and strengths-based interactions (modeling, role-playing, behavior rehearsal) for the purposes of reinforcing treatment goals, e.g. increasing self-awareness and ability to manage mood/behavior in various settings.	60 minutes	Active
---	------------	--------

Frequency: 1 - 4 times per Month

Modality: Skill Building

Start Date: 8/21/2024

Responsible Party: All FS Treatment Team Members

Completed Date:

Intervention 6: PSC: Peer Support Counselor (PSC) will engage caregivers in the home, school, and other community environments with solution-focused and strengths-based interactions (modeling, role-playing, behavior rehearsal) for the purposes of reinforcing treatment goals, e.g. increasing self-awareness and ability to manage mood/behavior in various settings.	60 minutes	Active
--	------------	--------

Frequency: 1 - 4 times per Month

Modality: Peer Services

Start Date: 8/21/2024

Responsible Party: All FS Treatment Team Members

Completed Date:

Intervention 7: MEDICATION MANAGEMENT: Treatment team will collaborate regarding Client's presenting mental health needs, symptoms and response to medication management; Client will take medications as prescribed and attend scheduled follow-up appointments; psychoeducation materials will be provided as necessary.	60 minutes	Active
---	------------	--------

Frequency: 1 - 4 times per Month

Modality: Medication Management Services

Start Date: 8/21/2024

Responsible Party: All FS Treatment Team Members

Completed Date:

Signatures

Signature #1:	Jeffery VoVillia (LMHC, MA, CMHS) - 8/21/2024 11:40 AM
Staff to Sign:	<input type="text"/>
	VoVillia, Jeffery (2004)
Electronic Signature #2:	

Signature History

Action	Date	Staff
Document Signed	8/21/2024	Jeffery VoVillia (LMHC, MA, CMHS)