



SUD Treatment Recovery Plan							
Client Name: Mickey Mouse			Clt ID#: 123456	Assigned Primary Counselor-Name: Daffy Duck, LAADC		Intake Date: 11/30/16	
Initial Plan <input checked="" type="checkbox"/> Update <input type="checkbox"/>			Primary Diagnosis Description & DSM Code: F10.20, Alcohol Use Disorder, Severe	Secondary Diagnosis Description & DSM Code: F15.20 Amphetamine-Type Use Disorder, Moderate	Monthly Frequency of Tx Services: Individual: <u>4</u> Collateral: <u>4</u> # of Groups: <u>12</u>		
Treatment Plan Update Due: 3/13/17							
Date Identified	Index Number	Goals & Actions: (#A, # B)	Big Picture Goals (G) /Strengths (S) What personal strengths-mental, physical, resources & methods can I use to achieve this goal? G=Goals S=Strengths	Challenges (C)/Statement of Problem What keeps me from reaching my Goal? What changes in symptoms, behaviors, skills, and attitudes do I need to make? C=Challenges D=Deferred Challenge	My Plan of Change and Recovery/Action (A) Steps: What specific, observable & measurable changes will I make)? What are the small measurable steps towards my Goal? A=Action Indicate Action Steps By: a. client, b. counselor, c. family d. other support system R=Clinical reason for deferral	Target Date	Date Complete
12/13/16	1	A	(G) I want to stop going in and out of jail and complete my DUI class. (S) Mickey is in a long term relationship and has the support of his wife, Minnie. (C) Mickey is employed but recently placed on probation due to increased absences. Mickey needs his license for work.		(A) Mickey will enroll in DUI class and with his counselor's input will coordinate his treatment schedule so he can complete the DUI class requirements and get his Driver's license back.	1/6/17	
12/13/16	7	A	(G) I want to gain self-respect and respect from my family and wife. (S) I take pride in my kids and want them to be proud of their father. (C) My drinking has caused a lot of shame and embarrassment, my wife is ready to leave me if I do not stop drinking.		(A) Mickey will attend the scheduled SUD group sessions and identify 5 triggers for drinking and/or using. (A) Mickey will attend 2 recovery support groups per week and provide his counselor with the times and locations of scheduled meetings. (A) Mickey will identify an outside support person, peer or sponsor and tell his counselor why he chose this person.	12/5/16 1/6/17 12/12/16	
12/13/16	7	A	(G) I want to improve communication and the relationship with my wife. (S) Mickey is optimistic about his marriage and also realizes there has been a lot of damage done due to his drinking. (C) The finances are a mess and his health has been negatively affected by his drinking.		(A) Mickey and Minnie will utilize collateral services to provide relationship support. Another counselor will be assigned for these services by the primary counselor.	2/6/17	
11/30/2016	9	D	(D) Client's physical examination indicates he has been diagnosed with arthritis.		(R) While client admits that he partially uses substances to self-medicate pain, Client declined to see a MD at this time and doesn't want to take any pain medications. Due to health implications, this will be reassessed at the next treatment plan update.	N/A	

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11/30/2016	9	D	(D) Client identified that he experienced physical trauma when he was growing up and that his father was physically and emotionally abusive.	(R) Client declined assistance in obtaining individual therapy to address this past trauma. Some of these issues will most likely be explored in groups but client is declining more intensive individual therapy at this time. Counselor will reassess this challenge at next treatment plan update.	N/A
11/30/2016	9	D	(D) Client identified having not completed desired educational level and that he needs more education to advance at his job.	(R) Client identified this challenge during the admission/intake process however, declined assistance at this point in time due to feeling overwhelmed and wanting to focus on reducing his drinking and improving his familial relationships. Will reassess at the next treatment plan update.	N/A
Client Signature:				Date: 12/13/16	**Physician Signature <i>John Doolittle, MD</i>
Print Name:			Mickey Mouse		**Print Name: Dr. John Doolite, MD
Counselor Signature:				Date: 12/13/16	Index of Challenges / Barriers: 1) Substance Use Disorder 2) Mental Health 3) Physical Health 4) Employment/Education 5) Financial/Housing 6) Legal 7) Psycho-Social /Family 8) Spirituality 9) Deferred Challenges
Print Name			Donald Duck		

***Stage of Change:** Pre-Contemplation - Contemplation - Preparation - Action - Maintenance – Relapse