Individualized Treatment Plan

Patient information	
Name: Anthony Jenkins	
Contact information: 555-1234 | anthony.jenkins@email.com	
Sex: Male	**Age:** 34
Date of birth: July 21, 2024	**Date of plan creation:** December 12, 2024

Medical history

General medical history:

Hypertension, Type 2 diabetes, history of smoking

Behavioral health history:

Diagnosed with generalized anxiety disorder (GAD) in 2015, history of substance use (alcohol), currently in recovery

Diagnostic assessment summary

Intensity of needs determination:	**Condition classification:**
○ Mild	○ Severe emotional disturbance (SED)
◉ Moderate	◉ Serious mental illness (SMI)
○ Severe	○ Other:

Primary diagnoses (ICD-10 codes): F41.1 Generalized anxiety disorder

Date of diagnostic assessment: F10.20 Alcohol use disorder, severe

Name and credentials of the professional who conducted the assessment:

Dr. Sarah Allen, Licensed Clinical Psychologist

Current functional assessment

1. Behavioral and psychological status

Emotional state:	○ Normal	◉ Abnormal
Cognitive functioning:	◉ Normal	○ Abnormal
Social functioning:	○ Normal	◉ Abnormal

2. **Physical health status**

- ○ Normal
- ◉ Minor issues
- ○ Significant issues

Treatment strategies

Treatment approach (e.g., CBT, Play Therapy): Cognitive Behavioral Therapy (CBT) for anxiety, Substance use counseling, Medication management for anxiety

Specific interventions:

Weekly CBT sessions, Medication for GAD (SSRIs), Referral for group therapy for alcohol use disorder

Cultural or personal considerations:

Strong support system from family; prefers structured daily routine

Goals and objectives

Goals 1:

Reduce anxiety symptoms to improve daily functioning

Objective 1:

Engage in weekly CBT sessions, track symptoms using a self-reported scale

Goals 2:

Achieve and maintain sobriety from alcohol

Objective 2:

Attend at least three group therapy sessions per week

Goals 3:

Improve social interactions and reintegrate into work life

Objective 3:

Attend two social activities per week outside of therapy

Prescribed services
Service #1: Cognitive Behavioral Therapy (CBT)
Scope: Weekly 50-minute sessions
Duration: 3 months
Provider: Dr. Sarah Allen, psychologist
Therapeutic goal:
Reduce anxiety symptoms
Service #2: Alcohol recovery group therapy
Scope: Weekly group therapy sessions
Duration: Ongoing, 6-month minimum
Provider: Riverstone Recovery Center
Therapeutic goal:
Achieve sobriety
Service #3: Medication management for anxiety
Scope: Medication for GAD
Duration: Ongoing, quarterly medication review
Provider: Dr. Sarah Allen, psychologist
Therapeutic goal:
Stabilize emotional state
Service #4: Family therapy
Scope: Monthly family therapy sessions
Duration: 6 months
Provider: Family therapist, Dr. Jane Smith, LCSW
Therapeutic goal:
Strengthen family support system

Schedule for accomplishing goals

Timeline for goal 1: Begin CBT sessions immediately, review progress in 1 month

Timeline for goal 2: Ongoing group therapy attendance, initial review in 3 months

Timeline for goal 3: Begin social activities within the first month

Re-evaluation date: 03/06/2025

Coordination of care

Collaborating providers and roles:

Dr. Sarah Allen, Psychologist (CBT, medication management)
Riverstone Recovery Center (Substance abuse therapy)
Jane Smith, LCSW (Family therapy)

Care coordination plan:

Regular team meetings monthly to review patient's progress and adjust treatment as necessary.

Discharge plan

Planned duration of services: 6 months, with re-evaluation for potential discharge or continued care

Criteria for discharge:

Stability in anxiety symptoms, sobriety for 3 months, and successful reintegration into social/work life

Aftercare recommendations:

Continue monthly family therapy and bi-monthly check-ins with therapist

Aftercare providers or organization:

Riverstone Recovery Center, Family support groups

Progress notes
Progress towards goals:
Anthony has made good progress with CBT, symptoms of anxiety have reduced by 40%, and he’s attending group therapy weekly. He has attended two social events and is reintegrating well into work.
Temporary services (if applicable):
None at this time

Healthcare professional information	
Name: Dr. Sarah Allen	**License ID number:** 12345
Signature: Dr. Sarah Allen	**Date of plan creation:** December 12, 2024