

Treatment Plan Template

Date: September 20, 2021

Demographic information (Que James)

Client is Que James, he is a 23 year -old African American heterosexual male born and raised in Brooklyn, New York. He is the oldest of four siblings and a father of two children; a two - year old daughter and an unborn child. Client is a High School graduate and attended Community College for one year. His parents were never married, his biological father stayed in his life until age five due to a tumultuous relationship with his mom; he reunited with biological father at the age 18 years old but has nothing in common with him. He has a good relationship with his step-father who has been in his life since he was 9 years old. There is no history of mental health concerns in his family

DSM 5 Diagnosis-- Generalized Anxiety Disorder (GAD) 300.02 (F41.1) ; 296.21(F32.0) Major Depressive disorder (Mild); 300.01 (F41.0) Panic Disorder

Patient strengths- Client wants to be a positive role model and active father to his daughter and is receptive to services and counseling in order to make it happen. He has maintained fulltime employment and has consistent income which allows him to move into his first apartment. Client is willing to co-parent with his ex-girlfriend and open to learning new coping mechanisms when feeling overwhelmed. He is self-aware of his stressors and barriers to progress and wants help.

Patient barriers to progress— Client has a history of shutting down and staying in bed when he becomes frustrated, angered or saddened. He internalizes his feelings and consumes alcohol and marijuana to cope with the tension in his relationship with the mother of his first child which has led to depressive behaviors. She is not receptive or willing to compromise on shared parental responsibilities since he no longer wants to be with her and once, she found out that he has a new girlfriend who is pregnant. These factors impacted the client's overall motivation in the past.

Psychosocial Formulation of client's situation- Client is seeking peer and parenting support and was referred to The Alex House Project by a former participant. Client wants to address concerns of mental health and substance abuse concerns. He smokes marijuana and drinks alcohol to cope with the stressors in his life. Client presented with insomnia stating he has trouble sleeping at night. He complains of chest pains and feeling like he can't breathe. Client reports that he has felt this way off and on for at least three years. Client also reported feelings of depression, stating that he has experienced death in his family for the first time one year ago. He lost his paternal grandmother to whom he had a great relationship with. She was the only real connection with his paternal relatives; he does not have a relationship with his biological father.

After his grandmother's passing client expressed frequent feelings of sadness; did not want to talk to anyone and stayed in his bed with his lights out following her death. Client denied any suicidal ideations. He stated he felt sad for at least one month and he still thinks about her.

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Problem 1

Patient's view of the problem

Client is fearful of his daughter not knowing him because her mother doesn't allow him to visit her. He does not want to be like his biological father who walked out of his life at the age of five. He often has feelings of abandonment and betrayal by those closest to him. He stated that he gives so much of himself and it is never reciprocated; he just wants to be heard and respected.

Client Goal 1- Client's words (Change that is desired) Client states "I feel lost and am saddened without my daughter, I want to be in my daughter's life". I want to be a better parent and I'll do anything to see her. Client wants the ability to co-parent with his ex-girlfriend and be cordial with her.

Clinic Goal (instrument used to measure symptomology- such as PHQ9 or GAD7) and goal for treatment: The tool used to measure the client's levels of depression will be the Beck Depression Inventory (BDI). The design includes twenty-one self-reported items which were clinically derived from systematic observations and records of the characteristic attitudes and symptoms of depressed patients. The BDI uses multiple choice response formats with possible answer choices ranging in intensity (i.e. 0 = I do not feel sad, 1 = I feel sad, 2 = I am sad all the time and I can't snap out of it, 3 = I am so sad or unhappy that I can't stand it). The age range tested for the BDI consists of adolescence ages 13-17 and adulthood; 18 and older.

- Objective 1: Address depressive moods due to inability to see his daughter
 - Intervention: Client will receive CBT for 16 weeks to assist with emotional regulation, decision making, and behavior change.
- Objective 2: Client will learn to cope with negative feelings without using substance
 - o Intervention: Client will enroll in weekly treatment program to address alcohol and marijuana dependency.
- Objective 3: Client will learn to build positive communication skills
 - o Intervention: The client will participate in group counseling

Problem 2

To address levels of anxiety based on current and past trauma of abandonment and separation.

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Goal 2- The client will improve his communication skills, so he no longer internalize his thoughts and feelings and will be able to express himself. Client will identify specific issues causing anxiety and maladaptive behaviors used to address his feelings.

Clinic Goal (instrument used to measure symptomology- such as PHQ9 or GAD7) and goal for treatment the tool used to measure the client's level of anxiety is the GAD-7 scale which is a list of seven questions which is a screening tool to measure generalized anxiety by calculating scores from 0-3.

Client Goal 1- Client's words (Change that is desired). I don't want to end up like my father

- Objective 1- Client will identify appropriate responses to feelings of anxiety
 - Intervention- CBT for 16 weeks
- Objective 2- To learn relaxation techniques to reduce anxiety
 - Intervention- CBT for 16 weeks

Do you want your family involved in treatment? Yes, client would like to engage in family therapy with his ex-girlfriend and current girlfriend. He would also like to address his feelings of abandonment with his biological father.

Date of Next Review—December 20, 2021 (3-month review) or March 20, 2021 (6-month review)

Termination Criterion and Plan for Termination

Client Mr. James is diagnosed with major depressive disorder , General Anxiety and Panic disorder. Clients will engage in CBT therapy for 16 weeks to assist with emotional regulation and reduce symptoms of depression. Client will enroll in a weekly treatment program for substance dependency including alcohol and marijuana. Client will enroll in a parenting support group with peers in order to develop tools and techniques to build on parental techniques and communication skills to co-parent with his ex-girlfriend.

Signature of Therapist- Yolanda Jones

Signature of Supervisor

Signature of Psychiatrist