

Treatment Plan Template

Date: 12/06/2021

Demographic information (Use a fake name) Alexandra Arula

DSM 5 Diagnosis 314.01 - ADHD
315.1 (F81.2) Specific Learning Disorder
293.84 - Anxiety Disorder Due to Another Medical Condition

Patient strengths Resilient, willingness, positive attitude

Patient barriers to progress: No consistent support. Needs motivation, strategies to cope with emotional and behavioral stability in the classroom, peer pressure distractions.

Psychosocial Formulation of client's situation: A 16 years old student with ADHD, Specific Learning Disorder and Anxiety Disorder Situational

Problem 1: ADHD - 314.01 (F90.1) A persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development, as characterized by (1) and/or (2):

Hyperactivity and Impulsivity: Six (or more) of the following symptoms have persisted for at least 6 months to a degree that is inconsistent with developmental level and that negatively impacts directly on social and academic/occupational activities: Note: The symptoms are not solely a manifestation of oppositional behavior, defiance, hostility, or a failure to understand tasks or instructions. For older adolescents and adults (age 17 and older), at least five symptoms are required.

Patient's view of the problem - Student understands experiencing the problematic behaviors of being diagnosed with ADHD. Students also understand that possible referral to a psychiatrist for further evaluation and treatment when behavioral progress is not reached.

Client Goal 1- Client's words (Change that is desired) - I want to get better and get to school and class on time.

Clinic Goal (instrument used to measure symptomatology - such as PHQ9 or GAD7) and goal for treatment: Instrument used to measure symptomatology will be ADHD Symptom checklist, GAD7

Clinic Goal and goal for treatment is: ADHD Symptom checklist, GAD7, CBT Therapy, Motivational Interview, Mindfulness Therapy, exercise routine. Monitor for 6mos in weekly meeting journal.

- **Objective 1:** Get to school and class on time. Leave home regularly at set time and go straight to school. When the class bell rings to change class try to go directly to class without stopping unless you have to go to the bathroom.

Intervention - weekly meeting and motivational interview therapy. CBT therapy techniques and homework: Modifying Decision Making 6.1, 6.2 Short and Long Term Goals

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- **Objective 2:** Check In - weekly attendance arrival for all classes. Weekly review to monitor practice and improvement. Example: Monday - _____# of times late, Tuesday - _____# of times late. and so on.

Intervention - weekly meeting and motivational interview therapy. CBT therapy techniques and homework: Modifying Decision Making 6.2

- **Objective 3:** Complete class and homework assignments.
Intervention - weekly meeting and motivational interview therapy. Check In with tutoring after school classes. CBT therapy techniques and homework: Modifying Decision Making

Problem 2: Complete class and homework assignments.

Goal 2- Get promoted to 12 grade by June 2022

Clinic Goal and goal for treatment is: ADHD Symptom checklist, GAD7, CBT Therapy, Motivational Interview, Mindfulness Therapy, exercise routine

Client Goal 1- Client's words (Change that is desired) Get promoted to 12 grade by June 2022.

- **Objective 1: Organize and write each class assignment with a To Do List by class and date.**
Intervention: weekly meeting and motivational interview therapy.
- **Objective 2: When assignment is difficult, ask the teacher to help.**
Intervention: Weekly meeting and motivational interview therapy. Check In with tutoring after school classes. CBT therapy techniques and homework: Modifying Decision Making 6.3
- **Objective 3: Review To Do List by class for weekly completion of assignments.**
Intervention: Weekly meeting and motivational interview therapy. Check In with tutoring after school classes. CBT therapy techniques and homework: Modifying Decision Making 6.3

Problem 3: Unemployment

Goal 3- **Employment**

Client Goal 1- Client's words (Change that is desired) **I would like to get a job and work**

Clinic Goal (instrument used to measure symptomology- such as PHQ9 or GAD7) and goal for treatment

- **Objective 1: Get promoted to 12 grade by June 2022.**
Intervention: weekly meeting and motivational interview therapy.
- **Objective 2: When assignment is difficult, ask the teacher to help.**
Intervention: Weekly meeting and motivational interview therapy. Check In with tutoring after school classes. CBT therapy techniques and homework: Modifying Decision Making 6.3, 9.11
- **Objective 3: Check with the guidance counselor needed credits/classes to promote to 12 grade.**

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Ask for any part-time training/work programs available to apply to.

Intervention: Weekly meeting and motivational interview therapy. Check In with tutoring after school classes. CBT therapy techniques and homework: Modifying Decision Making 6.3, 9.11
Update progress and continue monitoring for behavioral change consistency.

Psychotropic Medications? None

Do you want your family involved in treatment? Yes or No? Uncertain.

Date of Next Review: January 18, 2022

Termination Criterion and Plan for Termination: Criterion will be a report card with promotion to 12 grade. The student will be informed 2 weeks before the confirmed termination date June 2022.

Signature of Therapist: Milagros Valencia

Signature of Supervisor: Ms. Moriah Kreppin

Signature of Psychiatrist: