

Treatment Care Plan Checklist

❑ Is there a Treatment Focus Area that MUST be on this TCP?

Discharge Barrier	Whatever is getting in the way of the person being discharged (for a person committed under a 370 order, this will be the barrier to competency)
Fall Risk	If moderate or high per most recent Fall Risk Assessment
Suicide Risk	If moderate or high in short term and/or on 1:1 Enhanced Supervision
Chronic Pain	If requires intervention such as medication, PT/OT, etc. for more than 2 weeks
Active Medical Condition	If unstable, new/in the process of being worked up, or interferes with treatment
Substance Use Disorder	If directly linked to this admission (e.g., substance-related charges or GEI revocation due to substance use) OR a current barrier to discharge
Patient Rights Restriction	The plan to restore the patient right, so long as a restriction remains in place
Use of on/off-ground privileges	Is there a clinically-indicated reason related to barriers to next level of care or discharge?
Inappropriate sexual behavior	Defined per policy 6.016 Sexual Activity Between Patients.
Internet/electronic device access	Is there an exceptional need for internet access or electronic devices?

❑ Is every treatment area we are currently focused on included in the TCP?

- Are the person and the team now ready to address what was previously identified as a “treatment area to be addressed later”?
- Is a “stable with treatment” area no longer stable?

❑ Have we identified the treatment areas which are stable with treatment?

❑ Have we identified treatment areas which need to be addressed later?

- If so, include in the problem statement what must happen before these problems can be actively treated.

Additional questions for every treatment focus area: (See other side for TCP examples.)

❑ Does the Treatment Focus Area describe the issue we’re treating?

- What are the symptoms, signs, or thoughts/feelings/behaviors being treated?
- Is the description objective, respectful of the person, and free of jargon or reference to legal charges?

❑ Do the interventions meet the requirements? Are they:

- **Specific** – Is it clear who the responsible staff/discipline is and what they will do?
- **Relevant** – Will the intervention help the person meet the short-term goal? Include treatment interventions that either the person or the team identifies have worked in the past.
- **Time Bound** – What is the frequency and duration of the intervention? (This will dictate documentation requirements.)
- Finally, is there at least one intervention each for Psychiatry, Social Work and Nursing in the TCP? (All three are not required for every treatment focus area, but all three must be present in at least one of the combined treatment focus areas in the TCP.)

S.M.A.R.T. GOALS

❑ Does the long-term goal meet the requirements? Is it:

- **Specific** – Is the desired result clear?
- **Measurable** – Does it specify how you will measure progress and completion?
- **Achievable** – Can the person reasonably meet the goal with appropriate treatment? (What skills and resources are needed? How does the environment impact likelihood of success?)
- **Relevant** – Does meeting this goal help the person stabilize or resolve the Treatment Focus Area?
- **Time Bound** – Can it realistically be achieved within 90 -180 days?

S.M.A.R.T. GOALS

❑ Does the short-term goal meet the requirements? Is it:

- **Specific** – Is the desired result clear?
- **Measurable** – Does it specify how you will measure completion?
- **Achievable** – Can the person reasonably meet the goal with appropriate treatment?
- **Relevant** – Does meeting this goal help the person meet the long-term goal?
- **Time Bound** – Can it realistically be achieved within 30 days?

TCP Examples

Privileges

PROBLEM STATEMENT:

- ▶ Community reintegration

LONG-TERM GOAL EXAMPLE:

- ▶ Maintain safe behavior to gain privileges from RRP.
- ▶ Show RRP that they are ready to gain additional privileges and/or be approved for Conditional Release

SHORT-TERM GOAL EXAMPLE:

- ▶ Safely engage in on and off unit activities; e.g., groups, vocational services, educational services, etc.
- ▶ Use gained privileges successfully by attending community outings to demonstrate his/her ability to interact with society in a safe manner.

INTERVENTION EXAMPLE:

- ▶ To aid patient in developing appropriate social skills and ability to interact with others in a social public setting staff will arrange, accompany and monitor patient on community-based outings weekly for 30 days.

Psychosis

PROBLEM STATEMENT:

- ▶ John Doe hears voices and has difficulty expressing himself in a way others can understand, to the point that it significantly interferes with his life, as evidenced by jumping from topic to topic when speaking in nearly every conversation and frequently interrupting to speak to unseen others. He is not convinced medication will help with this.

LONG-TERM GOAL EXAMPLE:

- ▶ John Doe will be more able to express himself in conversation, as evidenced by staying on topic and not interrupting others for at least 20 minutes at a time. [Target date: 90 days]

SHORT-TERM GOAL EXAMPLE:

- ▶ John Doe will take medication daily to help him keep his mind on track and quiet the voices he hears, as evidenced by the medication record and his self-report of symptoms. [Target date: 30 days]

INTERVENTION EXAMPLE:

- ▶ [Attending Practitioner] will meet with John weekly to discuss medication and adjust as necessary to optimize thought organization and minimize side effects.

Fall Risk

PROBLEM STATEMENT:

- ▶ Casey Doe is at high risk for falls due to reduced lower leg strength and a shuffling gait. They have a history of falls resulting in ankle and wrist fracture.

LONG-TERM GOAL EXAMPLE:

- ▶ Casey Doe will experience minimal injury related to falls as assessed by nursing or medical staff following a fall. [Target: 90 days]

SHORT-TERM GOAL EXAMPLE:

- ▶ Casey Doe will follow their personal exercise plan during physical therapy appointments three times weekly. [Target: 30 days]

INTERVENTION EXAMPLE:

- ▶ [Physical Therapist] will provide an exercise plan to improve Casey's lower leg strength during sessions three times weekly for 4 weeks.

Substance Use

PROBLEM STATEMENT:

- ▶ Jane Doe has used methamphetamine as often as five times per week, even when she knew that using might cause her to lose her apartment and custody of her children because "the authorities frown on people who like to have fun."

LONG-TERM GOAL EXAMPLE:

- ▶ Jane Doe will identify at least two ways she can have fun without using methamphetamine. [Target: 90 days]

SHORT-TERM GOAL EXAMPLE:

- ▶ Jane Doe will identify three problems that methamphetamine use has caused in her life. [Target date: 30 days]

INTERVENTION EXAMPLE:

- ▶ [Social Worker] will use motivational interviewing during weekly meetings to explore Jane's awareness of the impact of methamphetamine on her life.

Pain Management

PROBLEM STATEMENT:

- ▶ Pat Doe experiences low back pain most of the day, most days and uses heat and ibuprofen on an as-needed basis at least once daily. Pat does not enjoy being physically active and appreciates reminders and encouragement.

LONG-TERM GOAL EXAMPLE:

- ▶ Pat Doe will experience comfort and a relief from back pain, as evidenced by using ibuprofen no more than twice per week. [Target: 90 days]

SHORT-TERM GOAL EXAMPLE:

- ▶ Pat Doe will walk at a comfortable pace for 15 minutes a day, 5 days a week, as evidenced by self-report on a daily calendar. [Target: 30 days]

INTERVENTION EXAMPLE:

- ▶ [Nursing staff] will encourage Pat to walk either in the quad or on the unit daily.

Sexual Behavior

PROBLEM STATEMENT:

- ▶ Jane Doe makes unwanted advances by touching peers in a sexual manner and asking them to have sex.

LONG-TERM GOAL EXAMPLE:

- ▶ Jane will gain skills in healthy relationships and boundaries to reduce the likelihood of unwanted touching [Target 90 days]

SHORT-TERM GOAL EXAMPLE:

- ▶ Jane will identify 3 skills that she can use to prevent her from touching others without consent [Target 30 days]

INTERVENTION EXAMPLE:

- ▶ Healthy boundaries classes; submit a referral to SOTP

Computer Access / Electronic Devices

LONG-TERM GOAL EXAMPLE:

- ▶ Patient will demonstrate progress in educational endeavors by attending Supported Education

SHORT-TERM GOAL EXAMPLE:

- ▶ During educational sessions patient will use computer access to read educational material and will complete x number of assignments weekly for 30 days
- ▶ To aid patient in maintaining safety toward self and others they will have access to a tablet to watch age-appropriate movies upon request for 30 days.

INTERVENTION EXAMPLE:

- ▶ Specific details to outline use that follows TCP requirements