

Treatment Plan MATRS




**ENHANCED PROFESSIONAL
LEARNING SERIES**

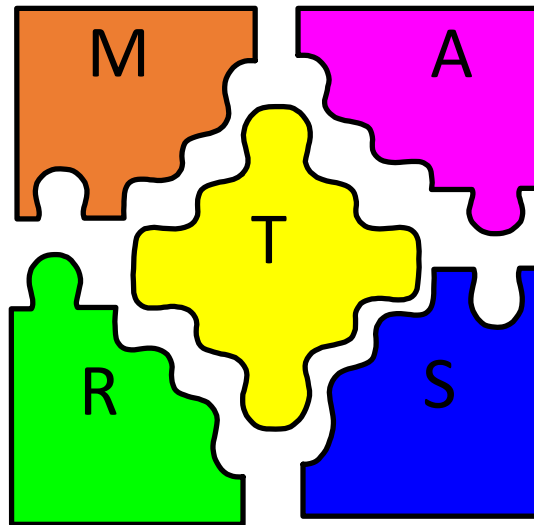


ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Treatment Plan MATRS

Integrated Plans



Beginning the Treatment Planning Process

Conduct assessment.



Collect client data and collateral information.



Identify problems and strengths.

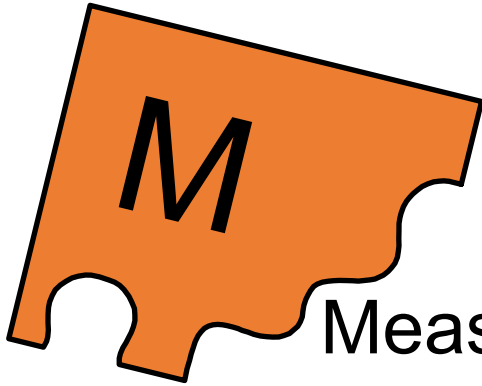


Prioritize problems; write problem statements.

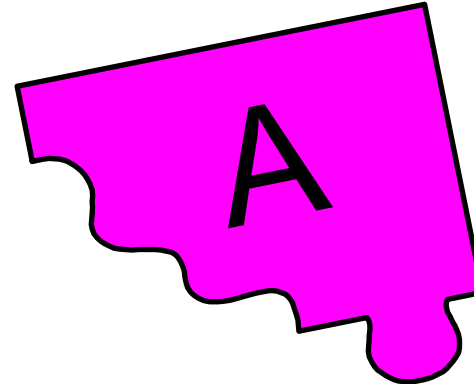


Write goal statements to address problems.

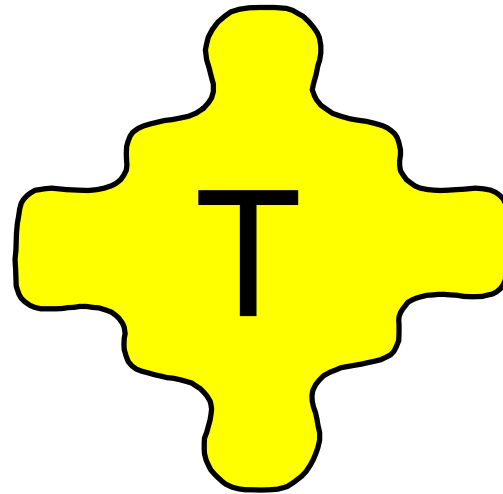
Treatment Planning MATRS



Measurable



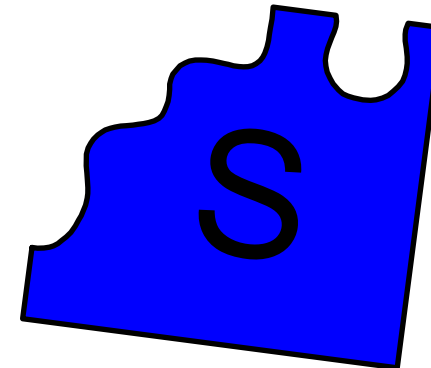
Attainable



Time-limited



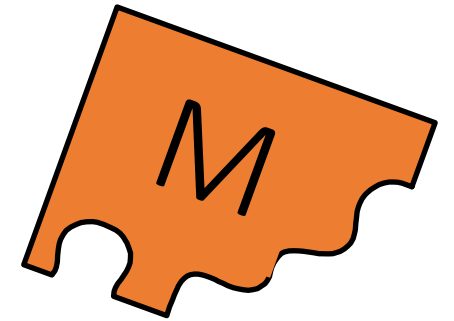
Realistic



Specific

Goals, Objectives & Interventions (It MATRS!)

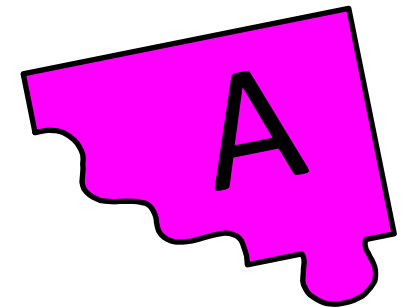
- Achievement of goals, objectives and interventions are measurable.
- Measurable indicators of client progress
 - Assessment scales/scores
 - Client report
 - Behavioral and mental status changes



Measurable

Goals, Objectives & Interventions (It MATRS!)

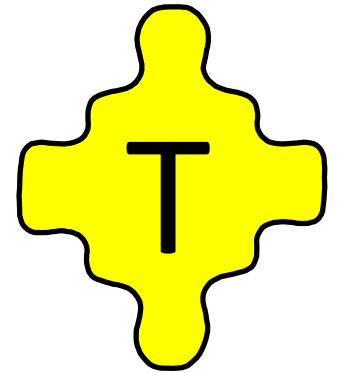
- Objectives and interventions can be achieved during the active treatment phase.
- The focus is on “improved functioning”.
- Identify goals that are attainable in Level of Care provided.
- Remember to revise goals when client moves from one Level of Care to another.



Attainable

Goals, Objectives & Interventions (It MATRS!)

- Focus on goals and objectives that are short term.
- Objectives and interventions should be reviewed within a specific time period.



Time Limited

Goals, Objectives & Interventions (It MATRS!)

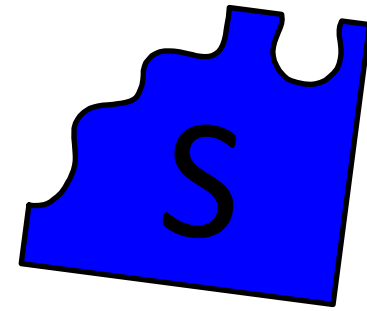
- The client can complete the objectives within a specific time period.
- Goals and objectives are reasonable given the client's environment, supports, diagnosis, and level of functioning.
- Progress requires client effort and buy in. This is essential.



Realistic

Goals, Objectives & Interventions (It MATRS!)

- Objectives and interventions are specific and goal-focused.
- Address in specific behavioral terms how level of functioning or functional impairments will improve with the interventions.



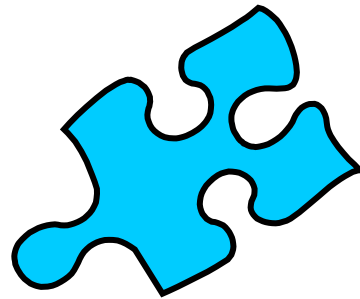
Specific

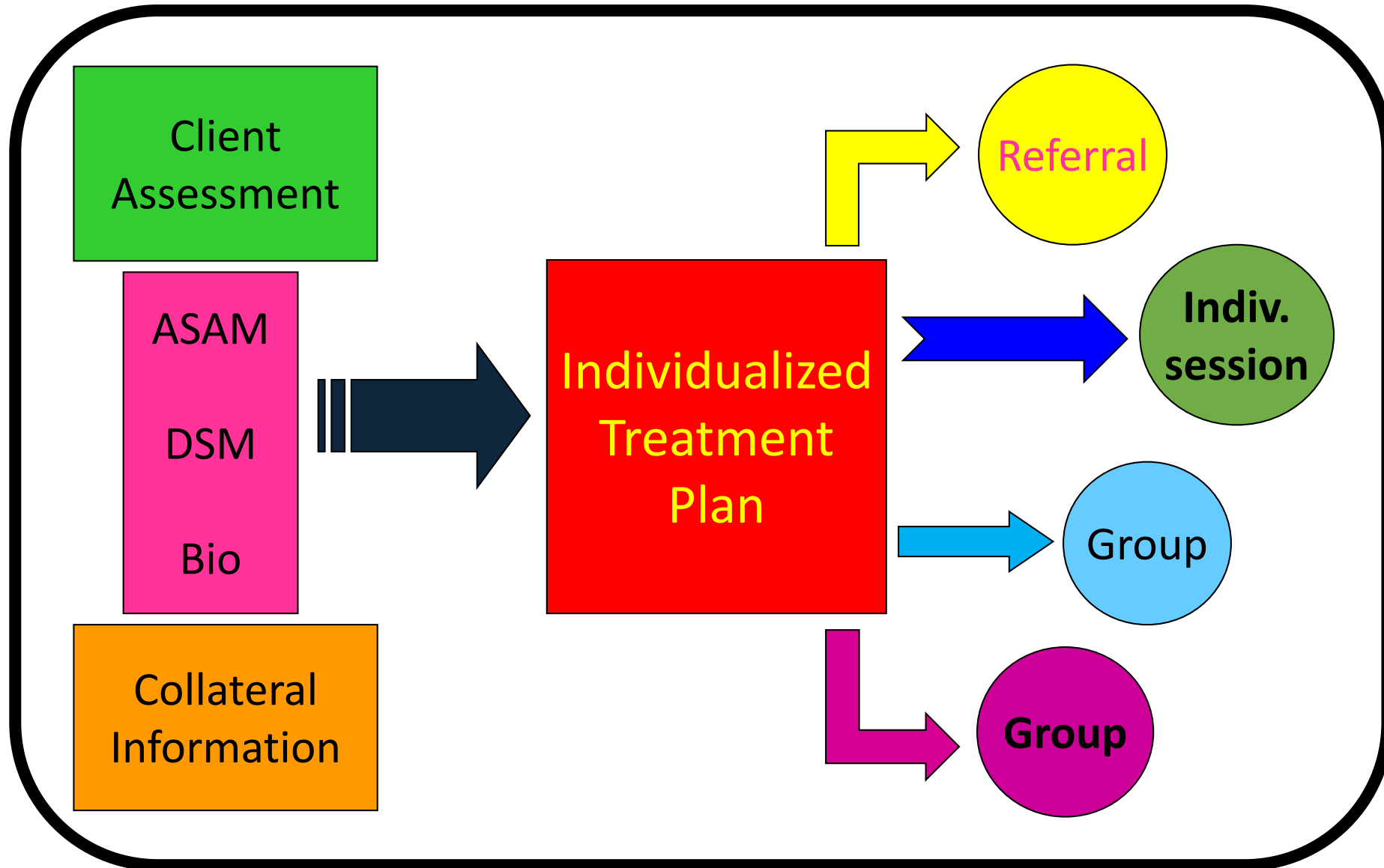


The Golden Thread...

How does the Assessment guide Treatment plan development?

- The assessment provides initial information to begin the process of treatment.
- It should be comprehensive and indicate multiple areas of concern from the client's perspective.





1. ASAM Dimensions & Problem Statements



2. Goal Statements



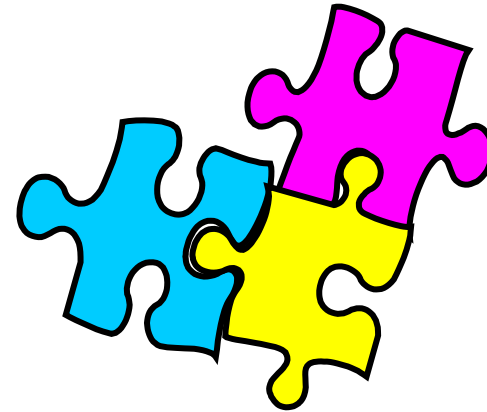
3. Objectives



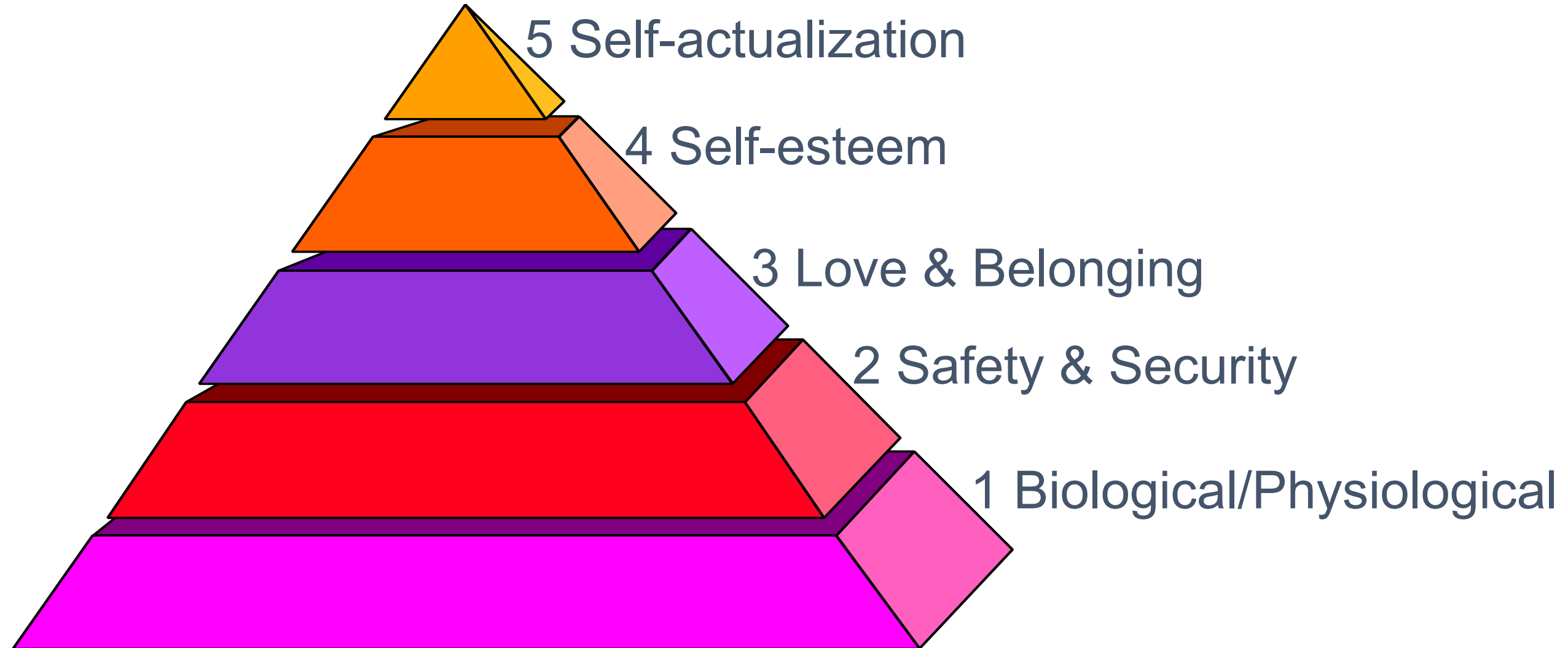
4. Interventions



5. Completion Dates



Remember Maslow's Hierarchy of Needs?



Thanks!