

# OVERVIEW OF THE BTA TREATMENT PLAN LIBRARY

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## EXECUTIVE SUMMARY

The BTA Treatment Plan Library is designed for use in electronic health records within the major facets of a comprehensive, recovery oriented behavioral health care service system. It provides a diverse array of over 5,500 items covering services to children and youth, adults, older adults.

The Library addresses issues arising in both mental health and substance abuse specialty service programs. Items are included for use by staff of the full spectrum of educational backgrounds. This document describes the content and structure of the BTA Treatment Plan Library.

The BTA Treatment Plan Library is organized into 8 Volumes. Each Volume contains several Chapters, and some Volumes also have Appendices. Some Chapters are divided into Parts.

### VOLUME 1: GOALS

Chapter 1: Life Goals (Hopes and Dreams)

Chapter 2: Treatment Goals

Appendix to Volume 1: List of Self-Harm Behaviors

## **VOLUME 2: STRENGTHS**

- Chapter 1: General Statements of Strengths
- Chapter 2: Physical Health
- Chapter 3: Use of Community Resources
- Chapter 4: Social Relationships
- Chapter 5: Acculturation
- Chapter 6: Caregiver Strengths
- Chapter 7: Child and Youth Developmental Strengths
  - Part A: External Assets
  - Part B: Internal Assets
- Chapter 8: Psychological Strengths
- Chapter 9: Skills
- Chapter 10: Clinical Risk Management
- Chapter 11: Substance Use

## **VOLUME 3: BARRIERS (CHALLENGES)**

- Chapter 1: General Statements of Barriers (Challenges)
- Chapter 2: Physical Health
- Chapter 3: Use of Community Resources
- Chapter 4: Social Relationships
- Chapter 5: Acculturation
- Chapter 6: Caregiver Strengths
- Chapter 7: Child and Youth Developmental Issues
  - Part A: Issues Related to External Assets
  - Part B: Issues Related to Internal Assets
- Chapter 8: Psychological Challenges
- Chapter 9: Skills
- Chapter 10: Clinical Risk
- Chapter 11: Substance Use

## **VOLUME 4: OBJECTIVES**

- Chapter 1: General Goals
- Chapter 2: Access to /Involvement with Resources
- Chapter 3: Activities of Daily Living
- Chapter 4: Addictions
- Chapter 5: Aggressiveness
- Chapter 6: Anger Management
- Chapter 7: Being Involved with Other People (Social Participation)
- Chapter 8: Communication
- Chapter 9: Concentration
- Chapter 10: Cultural Identity
- Chapter 11: Death and Dying
- Chapter 12: Delusions, Hallucinations and Other Related Problems (Psychosis)
- Chapter 13: Depression
- Chapter 14: Eating
- Chapter 15: Education Related Goals
- Chapter 16: Family Related Goals
- Chapter 17: Family/Caregiver Involvement with Care
- Chapter 18: Feeling Afraid of Something (Cued Anxiety)

- Chapter 19: Feeling Very “Speeded Up” (Mania)
- Chapter 20: Feeling Troubled due to a Very Painful Event (Posttraumatic Stress)
- Chapter 21: General Symptom Management
- Chapter 22: Harm to Others, Verbal and/or Physical
- Chapter 23: Health
- Chapter 24: Housing
- Chapter 25: Job Related Goals
- Chapter 26: Legal
- Chapter 27: Panic Attacks
- Chapter 28: Parenting/Caregiver Goals
- Chapter 29: Problems Getting Along with People in Authority (Oppositional Behavior)
- Chapter 30: Relapse Prevention
- Chapter 31: Self-Control (Impulse Control)
- Chapter 32: Self-Esteem
- Chapter 33: Self-Harm Risk
- Chapter 34: Sleep
- Chapter 35: Spirituality
- Chapter 36: Substance Use
- Chapter 37: Suicide
- Chapter 38: Wellness Recovery Action Planning
- Chapter 39: What Children and Youth Accomplish as they Grow (Developmental Progress)
- Chapter 40: Working on My Own Chosen Goals and Objectives (Treatment Plan Participation)
- Chapter 41: Worrying (Generalized Anxiety)

#### **VOLUME 5: INTERVENTIONS FOR PROVIDERS**

- Chapter 1: Intervention Modalities
- Chapter 2: Intervention Procedures (List)
- Chapter 3: Intervention Techniques
- Chapter 4: Other Action Words
- Chapter 5: Medication Support
- Appendix 1: Intervention Procedures Elaborated
- Appendix 2: Interventions by Important Areas of Life Functioning

#### **VOLUME 6: INTERVENTIONS FOR CONSUMERS**

This Volume contains the same 41 Chapters used to organize Volume 4, Objectives.

#### **VOLUME 7: INTERVENTIONS FOR SIGNIFICANT OTHERS**

- Chapter 1: Parenting/Caregiving Skills
- Chapter 2: Fostering Child/Youth Developmental Progress
- Chapter 3: Family/Caregiver Involvement in Care
- Chapter 4: Significant Others of Adult Consumers/Clients

#### **VOLUME 8: EVIDENCE BASED PRACTICES**

This volume is a resource for writing progress notes that demonstrate the use of five widely recognized evidence based practices (EBPs).

- Motivational Interviewing
- Cognitive Behavioral Therapy
- Relapse Prevention Therapy
- Trauma Informed Treatment
- Psychoeducation

# FULL OVERVIEW

**The Berkeley Training Associates Treatment Plan Library is organized into 7 Volumes. Each Volume contains several Chapters, and some Chapters are divided into Parts.**

**Volume 1: Goals**

**Volume 2: Strengths**

**Volume 3: Barriers (Challenges)**

**Volume 4: Objectives**

**Volume 5: Interventions: What the Provider Will Do**

**Volume 6: Interventions: What the Consumer/Client Will Do**

**Volume 7: Interventions: What Significant Others Will Do**

## VOLUME 1: GOALS

Volume 1, Goals, includes both “Life Goals” and “Treatment Goals.” “Life Goals” are a client’s “hopes and dreams” which clients, like all people, come to develop through life experience. Life Goals are not necessarily expressed in an obviously direct relation to what a particular service system has to offer. “Treatment Goals,” on the other hand, are the kinds of outcomes that established treatment methods and service programs are designed to accomplish.

Life Goals are emphasized in a recovery oriented service system. Consumers/Clients more fully engage in available services, and more actively pursue Treatment Plan Objectives, to the extent that he/she sees how accomplishing Objectives with the support of these services can contribute to the potential achievement of Life Goals.

The following issues are addressed in Volume 1, Goals.

### **Chapter 1: LIFE GOALS (Hopes and Dreams)**

- **How I Want to Live My Life (The Kind of Life I Want to Live)**
- **What I Want to Have (Materially)**
- **What I Want to Have (Relationships)**
- **What I Want to Be**
- **What I Want to Do**
- **What I Want to Learn**

### **Chapter 2: TREATMENT GOALS**

This Chapter contains Treatment Goals relevant to 41 kinds of issues that are commonly addressed in behavioral health treatment programs. These issues include both important areas of life functioning (such as Housing or Education) and symptoms of behavioral health conditions which often impair an individual’s important areas of life functioning (such as Addictions or Delusions, Hallucinations and other Related Symptoms, or Psychosis). The 41 types of Treatment Goals are as follows.

## Chapter 2, Treatment Goals

1. General Goals
2. Access to / Involvement with Resources
3. Activities of Daily Living
4. Addictions
5. Aggressiveness
6. Anger Management
7. Being Involved with Other People (Social Participation)
8. Communication
9. Concentration
10. Cultural Identity
11. Death and Dying
12. Delusions, Hallucinations and Other Related Problems (Psychosis)
13. Depression
14. Eating
15. Education Related Goals
16. Family Related Goals
17. Family/Caregiver Involvement with Care
18. Feeling Afraid of Something (Cued Anxiety)
19. Feeling Very “Speeded Up” (Mania)
20. Feeling Troubled due to a Very Painful Event (Posttraumatic Stress)
21. General Symptom Management
22. Harm to Others, Verbal and/or Physical
23. Health
24. Housing
25. Job Related Goals
26. Legal
27. Panic Attacks
28. Parenting/Caregiver Goals
29. Problems Getting Along with People in Authority (Oppositional Behavior)
30. Relapse Prevention
31. Self-Control (Impulse Control)
32. Self-Esteem
33. Self-Harm Risk
34. Sleep
35. Spirituality
36. Substance Use
37. Suicide
38. Wellness Recovery Action Planning
39. What Children and Youth Accomplish as they Grow (Developmental Progress)
40. Working on my Own Chosen Goals and Objectives (Treatment Plan Participation)
41. Worrying (Generalized Anxiety)

## VOLUMES 2 AND 3: STRENGTHS and BARRIERS

Volume 2, Strengths, and Volume 3, Barriers, each contains 11 Chapters. These Chapters are organized according to 11 categories of major issues commonly addressed in the comprehensive biopsychosocial assessments conducted at public behavioral health services. Relating Strengths and Barriers to assessment findings is one of the many ways that a staff member will be able to show that the Treatment Plan is an integral part of a whole clinical record...based in the preceding assessment and pursued in the subsequent interventions.

The following issues are addressed in Volume 2, Strengths, and Volume 3, Barriers.

### General

**Chapter 1: General Statements of Strengths/Barriers (Challenges)**

### Biological

**Chapter 2: Physical Health**

## **Social**

**Chapter 3: Use of Community Services**

**Chapter 4: Social Relationships**

**Chapter 5: Acculturation**

**Chapter 6: Caregiver Strengths**

## **Individual/Psychological**

**Chapter 7: Child and Youth Developmental Strengths**

**Chapter 8: Psychological Strengths/Challenges**

**Chapter 9: Skills**

## **Other Important Issues**

**Chapter 10: Clinical Risk Management/Clinical Risk**

**Chapter 11: Substance Use**

## **VOLUME 4: OBJECTIVES**

Volume 4, Objectives, contains 41 Chapters which are organized according to the same 41 psychosocial issues found in Volume 1, Chapter 2, Treatment Goals. When presented as Goals these issues are stated in general terms, reflecting the consumer's/client's ultimate purpose in seeking behavioral health care services. When presented as Objectives these same kinds of issues are stated in the many specific, observable and measurable terms which, when accomplished, lead to achievement of the Treatment Goal and, hopefully, contributes to the consumer's/client's achievement of his/her Life Goals. This is the single most extensive Volume within the BTA Treatment Plan Library.

Each Chapter of Volume 4: Objectives includes four types of achievements that consumers/clients usually need to accomplish in a developmental sequence for effective and stable change and growth.

- **Defining the Obstacle**

The consumer/client will be much better able to identify relevant strengths, resources and methods for achieving Objectives if he/she first has a clear understanding of the nature of the obstacle to goal attainment. Usually this would not be as a Treatment Plan Objective for a client who can easily understand the nature of the obstacle or problem. However, this would be an important and appropriate Treatment Plan Objective for a consumer/client whose cognitive functioning, agitation, distractibility, or suspiciousness of service providers, for example, requires substantial time and effort to accomplish Defining the Obstacle.

- **Identifying Strengths, Resources and Methods**

The consumer/client will be much better able to act on relevant strengths, resources, and methods for achieving Objectives if he/she first has a clear understanding of what those strengths, resources, and methods are. Again, these Objectives would usually be appropriate to list in a Treatment Plan only for those clients who require substantial time and effort to accomplish Identifying Strengths, Resources and Methods.

- **Acting on Strengths, Resources and Methods**

The consumer/client will be much better able to achieve ultimate outcomes if he/she first invests substantial time and effort to accomplish these outcomes. Usually such efforts can be facilitated with the support of staff, family members, and/or peer supporters.

- **Achieving Ultimate Outcomes**

The consumer/client will be able to achieve these ultimate objectives (such as stable housing, attainment of skills, active participation in a social support network) as a result of having achieved the three types of Objectives listed above.

## **VOLUME 5**

### **INTERVENTIONS: WHAT THE PROVIDER WILL DO**

Volume 5, “Interventions: What the Provider Will Do,” lists actions commonly taken by service providers to facilitate a consumer’s/client’s achievement of Goals and Objectives. Volume 5 contains 5 Chapters.

#### **Chapter 1. INTERVENTION MODALITIES**

These are words or phrases, stated in very general terms, similar to Procedure Codes used for billing purposes.

#### **Chapter 2. INTERVENTION PROCEDURES: List**

Intervention Procedures are more specific than Intervention Modalities. They refer to sets and sequences of techniques, such as Cognitive Restructuring, Systematic Desensitization, or Skill Training. Like Intervention Modalities they are listed as words or phrases without elaboration.

#### **Chapter 3. INTERVENTION TECHNIQUES**

These are very specific actions by staff from moment to moment during a session with a consumer/client. They include counseling and psychotherapy techniques such as reassurance, encouragement, explaining, demonstrating, or modeling, as well as the “action words” of everyday language, which are not necessarily associated with any particular form of counseling or psychotherapy. In some service programs Intervention Techniques are so specific that they would usually be found only in a Progress Note, but in other programs staff are asked to list intended Intervention Techniques in the Treatment Plan as well.

#### **Chapter 4. OTHER ACTION WORDS**

These are specific actions taken by staff at all levels of previous training. These “action words” generally are not based on technical terminology.

#### **Chapter 5. MEDICATION SUPPORT**

These are specific actions taken by physicians and nurses in relation to a consumer’s/client’s use of medication.

### **APPENDICES TO VOLUME 5**

#### **Appendix 1. INTERVENTION PROCEDURES ELABORATED**

At this level the specific sequence of specific steps for each Intervention Procedure is articulated.

#### **Appendix 2. INTERVENTIONS BY IMPORTANT AREAS OF LIFE FUNCTIONING:**

This Chapter of Volume 5 presents lists of Intervention Procedures and Intervention Techniques that are associated with each of the 41 types of Goals and Objectives. Relating sets of Intervention Procedures and Intervention Techniques to each of the 41 types of Goals and Objectives is one of the many ways that a staff member will be able to show that the Treatment Plan is an integral part of a whole clinical record....a basis for the Interventions which follow, as described in Progress Notes.

## VOLUME 6

### INTERVENTIONS: WHAT THE CONSUMER/CLIENT WILL DO

Volume 6, “Interventions: What the Consumer/Client Will Do,” lists the things that a consumer/client can accomplish primarily by choosing to do so, sometimes with the support and encouragement of others.

These Interventions for Consumers restate the Volume 4, Objectives sections entitled “Acting on Strengths, Resources and Methods.”

When a consumer is likely to need a substantial variety of interventions by staff, family, and peer supporters then “Acting on Strengths, Resources and Methods” is best listed as a treatment plan Objective. But when a consumer/client simply needs to make a decision and commitment to act on strengths, resources and methods, then this may be listed as an “Intervention for Consumers.”

Volume 6 is organized according to the 41 Important Areas of Life Functioning that are used to organize Goals and Objectives in order to enhance the documented relationship between Goals/Objectives and Interventions.

## VOLUME 7

### INTERVENTIONS: WHAT SIGNIFICANT OTHERS WILL DO

**Volume 7, “Interventions: What Significant Others Will Do,”** addresses four very general Important Areas of Life Functioning. Some are relevant to the caregivers of children and youth, some are relevant to the caregivers of adults, and some relate to both.

- Chapter 1: Parenting/Caregiving Skills**
- Chapter 2: Fostering Child/Youth Developmental Progress**
- Chapter 3: Family/Caregiver Involvement in Care**
- Chapter 4: Significant Others of Adult Consumers/Clients**

## VOLUME 8

### EVIDENCE BASED PRACTICES

The text of Volume 8 supports assists staff in articulating their use of principles and concepts drawn from each of five widely recognized evidence based practices (EBPs).

- Motivational Interviewing
- Cognitive Behavioral Therapy
- Relapse Prevention Therapy
- Trauma Informed Treatment
- Psychoeducation



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