

Sample Mental Health Care Plan

GP MENTAL HEALTH CARE PLAN (MBS ITEM NUMBER 2700,2701, 2715, 2717)			
PATIENT ASSESSMENT			
Patient's Name	<i>Eg. Tom Stevens</i>	Date of Birth	<i>02/11/1965</i>
Address	<i>77 Brown Street, Geelong</i>	Phone	<i>9933 1166</i>
Carer details and/or emergency contact(s)	<i>Wife (Jane) as above</i>	Other care plan Eg GPMP / TCA.	YES <input type="checkbox"/> NO <input type="checkbox"/>
GP Name/ Practice	<i>Dr M Forman</i>		
AHP or nurse currently involved in patient care	<i>None</i>	Medical Records No.	<i>10945678</i>
PRESENTING ISSUE(S) What are the patient's current mental health issues?	<i>Can't sleep Tired all the time Teary Easily "flies off the handle" Wife made him attend the surgery today</i>		
PATIENT HISTORY Record relevant biological psychological and social history including any family history of mental disorders and any relevant substance abuse or physical health problems	<i>Usually well, infrequent presentation at surgery over the last 12 months Mild asthmatic Not sleeping well Doesn't go out much – often feels lonely Has a few extra drinks to get to sleep Married for 20 years, 3 teenage children at home 12 months ago retrenched from a supervisory position at steel works, has been unable to find work since Mother and father both well. Mother unwell after birth of her last child (Tom's younger brother)</i>		
MEDICATIONS (attach information if required)	<i>Ventolin – for asthma</i>		
ALLERGIES	<i>Nil</i>		
ANY OTHER RELEVANT INFORMATION	<i>Struggling financially</i>		
RESULTS OF MENTAL STATE EXAMINATION Record after patient has been examined	<i>Presents with moderate depression over the past 6 months due to retrenchment. At risk of continued alcohol abuse. Difficulty concentrating. Motivation low. Cognition normal. Insight good.</i>		
RISKS AND CO-MORBIDITIES Note any associated risks and co-morbidities including suicidal tendencies and risks to others	<i>Low suicide risk Increased reliance on alcohol – complication presentation</i>		
OUTCOME TOOL USED	RESULTS <i>38</i>		
DIAGNOSIS	<i>Moderate Depression (reactive)</i>		

Mental Health Treatment Plan Template

Albert R. Roberts



Mental Health Treatment Plan Template:

Applications of Good Psychiatric Management for Borderline Personality Disorder Lois W. Choi-Kain, M.D., M.Ed., John G. Gunderson, M.D., 2019-04-19 This guide distills the latest scientific research on borderline personality disorder BPD into a useful guide for any generalist practitioner who wants a basic skill set to effectively manage patients with BPD This book serves as a practical road map for clinicians from all corners of the clinical universe the primary care provider the emergency room doctor the social worker the psychopharmacologist the psychotherapy supervisor the dialectical behavior therapy specialist and the generalist in an outpatient clinic as well as other practitioners Emphasizing GPM's efficacy and arguing for its relevance and utility across diverse patient populations clinical settings and practitioner roles this volume provides helpful how to advice and wisdom for managing patient care The book is not about lengthy intensive interventions it is about management strategies i.e. calming encouraging advising to enable patients with BPD to pursue productive lives **Social Workers' Desk Reference** Albert R. Roberts, 2009 This is a new edition of the wildly successful everyday reference for social workers Like the first edition it has been crafted with the help of an extensive needs assessment survey of educators and front line practitioners ensuring that it speaks directly to the daily realities of the profession It features 40% new material and a more explicit focus on evidence based practice Mindfulness and Acceptance in Couple and Family Therapy Diane R. Gehart, 2012-03-30 This book reviews the research and philosophical foundations for using mindfulness acceptance and Buddhist psychology in couple and family therapy It also provides a detailed and practical approach for putting these ideas into action in the therapy room including a mindful approach to therapeutic relationships case conceptualization treatment planning teaching meditation and intervention **Varcarolis' Foundations of Psychiatric-Mental Health Nursing - E-Book** Margaret Jordan Halter, 2021-07-08 Selected for Doody's Core Titles 2024 with Essential Purchase designation in Psychiatric Prepare for psychiatric nursing care with this comprehensive evidence based text Varcarolis Foundations of Psychiatric Mental Health Nursing A Clinical Approach 9th Edition makes it easy to understand the complexities of psychiatric disorders and how to provide quality mental and behavioral health care Clinical chapters follow the nursing process framework and progress from theory to application preparing you for practice with real world examples Other notable features include illustrated explanations of the neurobiology of disorders DSM 5 criteria for major disorders and nursing care plans From clinical nurse specialist and lead author Dr Margaret Jordan Halter this bestselling text includes new Next Generation NCLEX content to prepare you for success on your PMHN certification exam Case Study and Nursing Care Plan boxes include real life vignettes of patients with specific psychiatric disorders Evidence Based Practice boxes describe recent research studies and how their findings affect nursing practice Six step nursing process is followed in clinical chapters providing consistent guidelines for comprehensive assessment and intervention Learning features include key terms and concepts key points to remember critical thinking and chapter reviews Conversational mentor like writing style

reinforces important information and helps in applying textbook content to the clinical setting Coverage of therapeutic communication techniques and nontherapeutic communication provides tips to help you build patient interaction skills Assessment Guidelines summarize the steps of patient assessment for various disorders Considering Culture boxes discuss the importance of person centered care in providing competent care to diverse populations in various clinical situations Patient and Family Teaching boxes focus on the nurse's role in helping patients and families understand psychiatric disorders treatments complications and medication side effects

The Severe and Persistent Mental Illness Treatment Planner David J. Berghuis, Arthur E. Jongsma, Jr., Timothy J. Bruce, 2014-12-22 This timesaving resource features Treatment plan components for 31 behaviorally based presenting problems Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options A step by step guide to writing treatment plans that meet the requirements of most accrediting bodies insurance companies and third party payors Includes new Evidence Based Practice Interventions as required by many public funding sources and private insurers PracticePlanners THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The Severe and Persistent Mental Illness Treatment Planner Second Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions Organized around 31 main presenting problems including employment problems family conflicts financial needs homelessness intimate relationship conflicts and social anxiety Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Designed to correspond with The Severe and Persistent Mental Illness Progress Notes Planner Second Edition Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission COA and NCQA Additional resources in the PracticePlanners series Progress Notes Planners contain complete prewritten progress notes for each presenting problem in the companion Treatment Planners Documentation Sourcebooks provide the forms and records that mental health professionals need to efficiently run their practice For more information on our PracticePlanners including our full line of Treatment Planners visit us on the Web at www.wiley.com/practiceplanners

Psychiatric-Mental Health Guidelines for Advanced Practice Nurses Brenda Marshall, Julie Bliss, Suzanne Drake, 2024-11-20 Delivers a breadth of content encompassing all aspects of psych mental health care along the provider continuum This unique clinical reference supports APRNs and PMH NPs as they strive to provide high quality evidence based care to patients with mental health issues and conditions Designed to support the ongoing needs and changing practice requirements of these nursing professionals this new text provides a comprehensive examination of best practice psychiatric methods ethical concerns patient assessment and management strategies These accessible guidelines for clinicians in a variety of settings bring

together scientific skills backed by theory and professional knowledge along with helpful recommendations to bolster the clinician's psychiatric skills. With an easy-to-navigate format, the book encompasses five distinct sections covering general psychiatric nursing guidelines, diagnostic specific procedures and patient treatment planning, cultural and other considerations for special populations, the administrative basics for establishing an APRN practice, and additional topics related to mental health. Reflecting expertise from authors versed in varied practice fields and numerous subspecialties, the resource combines evidence-based practice, advanced research, and practical humanistic approaches.

Key Features: Provides comprehensive psychiatric mental health guidelines to advanced practice nurses in easy-to-access format. Delivers step-by-step coverage of conducting psychiatric assessments and making referrals. Covers polypharmacy, differential diagnosis, and patient education. Includes coverage of special populations including LGBTQ, homeless, and indigent veterans and survivors of war, and many others.

The Elements of Managed Care Susan R. Davis, Scott T. Meier, 2001. This concise, user-friendly book offers straightforward information describing exactly what managed care is, how it affects counseling professionals, and the best practices for working within its structure. Essential reading for anyone beginning a career in the helping professions. **THE ELEMENTS OF MANAGED CARE** explores the historical development of managed care, the parameters it imposes on counselors, changes in client/therapist interactions, ways to improve managed care, and other key topics.

Clinical Guidelines for Withdrawal Management and Treatment of Drug Dependence in Closed Settings, 2009. These WHO guidelines are designed to assist staff of closed settings to provide safe and effective withdrawal management and treatment services for people who use drugs in the Western Pacific Region. It provides information about drugs and drug dependence, the management of drug withdrawal, and approaches to treatment for drug dependence. For the purposes of this document, closed settings refers to prisons, work camps, compulsory drug treatment centers, and any other institution in which people are detained. The Guidelines take a public health approach to drug use and dependence. This approach recognizes that the health of one individual affects the health of the community.

The Complete Women's Psychotherapy Treatment Planner Julie R. Ancis, David J. Berghuis, 2007-02-02. PracticePlanners® The Bestselling treatment planning system for mental health professionals. Incorporating the new American Psychological Association Guidelines for Psychological Practice with Girls and Women, **The Complete Women's Psychotherapy Treatment Planner** provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal agencies. Critical tool for treating the most commonly encountered disorders in therapy with girls and women. Organized around 19 main presenting problems including balancing work and family, body image, single parenting, care giving of aging parents, divorce, domestic violence, infertility, sexual abuse, and postpartum mood disorders. Over 1,000 prewritten treatment goals, objectives, and interventions, plus space to record your own treatment plan options. Easy-to-use reference format helps locate treatment plan components by behavioral problem. Includes a sample treatment plan that conforms to the

requirements of most third party payors and accrediting agencies including CARF JCAHO and NCQA Additional resources in the PracticePlanners r series Homework Planners feature behaviorally based ready to use assignments to speed treatment and keep clients engaged between sessions Documentation Sourcebooks provide the forms and records that mental health professionals need to efficiently run their practice For more information on our PracticePlanners r products including our full line of Treatment Planners visit us on the Web at www.wiley.com/practiceplanners **New Jersey Register** ,2016 Final Report, Adopted September 5, 1996 Oregon. Governor's Juvenile Crime Prevention Task Force,1996 **Effective Documentation for Occupational Therapy** Jane D. Acquaviva,1998 Essentials of Treatment Planning Mark E. Maruish,2002-11-08 A practical guide to effective treatment planning Expert advice includes case examples callout boxes and TestYourself questions Conveniently formatted for rapid reference Improve patient care through better treatment planning andmonitoring Essentials of Treatment Planning presents a clear andconcise approach to the development and use of treatment plans inbehavioral health care settings This nuts and bolts guide covers such essential material as the role and benefits of treatmentplanning in a clinical setting methods for conductingcomprehensive patient assessments the use of assessmentinformation to develop the basis of individual treatment plans andstrategies for ongoing evaluations and revisions of treatmentplans Essentials of Treatment Planning guides you in how todevelop and use treatment plans to strengthen the entire treatmentprocess An important component in documentation accuratetreatment plans provide such benefits as meeting theaccountability requirements of managed behavioral health careorganizations allowing for more efficient coordination of carewith other health care professionals and facilitating bettercommunication with outside reviewers Mental health professionalsmay gain the additional security of protection from certain typesof litigation As part of the Essentials of Mental Health Practiceseries this book provides the information mental healthprofessionals need to practice knowledgeably efficiently andethically in today s behavioral health care environment Eachconcise chapter features numerous callout boxes highlighting keyconcepts bulleted points and extensive illustrative material as well as Test Yourself questions that help you gauge and reinforceyour grasp of the information covered *Continuing Medical Education Syllabus and Scientific Proceedings in Summary Form* ,1998 **Preventing and Reducing Juvenile Delinquency** James C. Howell,2003-02-26 This book aims to inform students about the latest research and the most promising and effective programs and for understanding preventing and controlling juvenile delinquency The book is geared to preparing students for a career in juvenile justice or related social service systems and becoming research or program development specialists The history of current juvenile justice system policies and practices are examined including the juvenile violence epidemic Key myths about juvenile violence and the ability of the juvenile justice system to handle modern day juvenile delinquents are critically examined Developmental theories of juvenile delinquency are applied to understanding how juvenile offender careers evolve Effective prevention and rehabilitation programs and what does not work are reviewed A comprehensive framework for

building a continuum of effective programs is presented in Part III *Health and Safety Code Annotated of the State of California, Adopted April 7, 1939* California, 2010 **Research Report** Kentucky. General Assembly. Legislative Research Commission, 2006 **Kentucky's Community Mental Health System is Expanding and Would Benefit from Better Planning and Reporting**, 2007 The Program Review and Investigations Committee report Kentucky's Community Mental Health System is Expanding and Would Benefit From Better Planning and Reporting That report adopted in June 2007 covered fiscal years 2001 to 2005 This update covers FY2006 to FY 2010 and provides data for the full 10 years **The American Psychologist**, 2006 Includes proceedings of the 54th 55th annual meetings of the association 1946 47 and proceedings of meetings of various regional psychological associations **Information Technology Plan** Colorado. Department of Corrections, 2000

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