**Treatment Plan**

**Client Name: Ms. Fish**

**Sex: Male / Female**

**Age: 42 DOB: 4/26/1977**

**Intake Date: 6/17/2019**

**Treatment Plan Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(circle one)** *Initial Plan 90-day review*

**Staff Member completing treatment plan: Clint A. Wilson**

**Identifying Information and Current Summary (client information, history of the problem, current presenting problems, reason for services):**

**Ms. Fish is a 42-Year-old white female who arrived at Safety Inn for shelter on the 17th of June. Ms. Fish has no support system in place and has no family that can be contacted. Ms. Fish presents with a slight drinking problem, smokes, has depression, heart disease, and is not taking her prescribed medications.**

**Identified Strengths and Barriers:**

**Strengths:**

1. Ms. Fish is Patient
2. Ms. Fish is Strong Willed
3. Ms. Fish is a People Person

**Barriers:**

1. Ms. Fish is unable to stand for periods of time.
2. Ms. Fish has depression and when not treated leads to spells of deep depression that affects her day to day life.

**Describe Support System:**

Ms. Fish states she has no friends and no family with the exception of her adult son Jason. Jason and Ms. Fish have been out of contact for an undetermined amount of time. It would appear based on the information provided that Ms. Fish does not have a support system in place. Our organization will need to help serve as her support system.

**Diagnostic impression:**

**Goals and Objectives**

**Problem:** Not taking prescribed medication to treat her heart problem and her depression.

**Goal:** Return to taking prescribed medication per doctor’s instructions.

**Objectives:**

1. Get enrolled in government health benefits (Medicaid)
2. See a physician for a checkup.
3. Obtain prescribed medicines.
4. Begin retaking prescribed medicines as directed.

**Problem:** Unemployed

**Goal:** Find gainful employment

**Objectives:**

1. Work with Ms. Fish on interview skills
2. Help Ms. Fish to applying for positions.
3. Obtain an interview from a potential employer.
4. Accept position,

**Problem:** Ms. Fish is homeless

**Goal:** Obtain a place to live.

**Objectives:**

1. Complete previous goals of getting medication and gaining employment.
2. Apply for government help with housing.
3. Find local places that accept section 8 candidates.
4. Talk to apartment managers to obtain pricing.
5. Tour apartment to ensure it is a good fit.

**Problem:** Is a smoker

**Goal:** Stop smoking

Objectives:

1. Discuss pros/cons with weaning off cigarette or stopping cold turkey.
2. Pick a quit date about two-three weeks’ out
3. Identify triggers that lead to cigarette cravings.
4. Find a support group to offer support.

**Problem: Ms. Fish drinks alcohol in moderate excess.**

**Goal: To stop drinking altogether**

**Objectives:**

1. **Ms. Fish will begin attending AA groups.**
2. **Ms. Fish will speak with a therapist in regards to learning how to cope with out turning to alcohol.**
3. **Ms. Fish will work the twelve steps of AA or another like organization such as Celebrate Recovery.**

**Signatures:**

*Client name and date*

*Staff member name and date*

**TREATMENT PLAN REVIEW \*(90 days)**

**Next Review Due: 9/18/19**