

MHT 124: Psychosocial Rehabilitation

Lesson 6: Principles of PSR

CASE STUDY

Treatment Planning

Treatment planning is a challenging task, but it can be broken down into fairly straight forward steps.

Step 1: Assessment

This process involves the gathering of information related to the identified problem(s) (You will need to describe HOW you go about assessing these areas in your paper)

- Housing
- Social
- Safety
- Career
- Financial
- Relational
- Health
- Educational
- Spiritual

Step 2: Goal Setting

This involves the establishment of workable goals that identify where the person "wants to be" in relation to this area of their life. Keep in mind that the goals need to be measurable so we can know when they are achieved

Step 3: Treatment

This process involves delineating a "to do list" as to activities that the client and case manager are going to engage in to bring about resolution of the goal.

- Timeline and lists of what the Client is going to do
- Timeline and lists of what the Case Manager is going to do
- Referrals to other services and descriptions of the expectations that are to come about from these referrals

Step 4: Assessment

This process involves the manner in which the achievement of the goals will be assessed. How are you going to KNOW that the goal was achieved...? This should be intimately tied to the identified Goals in Step Two.