

This is a graded discussion: 25 points possible

due Jul 12 at 10:59pm

14 32

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<https://waldenu.instructure.com/courses/67060/modules/items/1946548>

ANALYZING ADDICTION TREATMENT PLANS

<https://cdn-media.waldenu.edu/2dett4d/Walden/Canvas/Classroom/graphics/Discussion.png>



An addiction treatment plan is a plan of action. It provides a map for clients receiving treatment services so they will know where they are going, how they will get there, and how they will know when they have arrived at their final destination. The addiction treatment plan is a formal written document developed collaboratively between the client and his or her counselor with input from all members of the case management team, including medical personnel, social services, community agencies, and counseling support staff.

There are numerous addiction treatment plan formats, but they all should contain at a minimum these five elements: (a) long-term goals related to each problem or need, (b) short-term goals for each long-term goal, (c) objectives of how short-term goals will be achieved, (d) strategies or therapeutic interventions for meeting each objective, and (e) expected outcomes. The specific objectives should be conveyed in measurable, behavioral terms that state what the client will do to meet each short-term goal. Objectives should be broken down into a series of small, achievable steps that move incrementally toward a larger end goal.

In this Discussion, you begin to develop a 12-month addiction treatment plan for Marge.

RESOURCES









Be sure to review the Learning Resources before completing this activity.

Click the weekly resources link to access the resources.

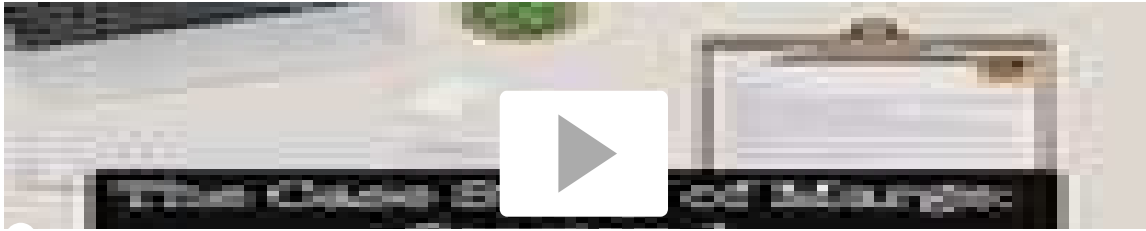
Resources


- Capuzzi, D. T., & Stauffer, M. D. (2020). *Foundations of addictions counseling* (4th ed). Pearson.
 - Chapter 13, “Maintenance and Relapse Prevention” (pp. 274–295)
 - Chapter 9, “Treatment of Comorbid Disorders” (pp. 196–204)
Review the sections “Other Treatment Options” through “Treatment Techniques.”
 - Review: Chapter 7, “Motivational Interviewing” (pp. 137–157)
 - Review: Chapter 8, “Psychotherapeutic Approaches” (pp. 158–184)
- The Minnesota Department of Human Services. (2017). ***Individual treatment plans.*** [↗\(https://mn.gov/dhs/partners-and-providers/training-conferences/childrens-mental-health/individual-treatment-plans.jsp\)](https://mn.gov/dhs/partners-and-providers/training-conferences/childrens-mental-health/individual-treatment-plans.jsp)
<https://mn.gov/dhs/partners-and-providers/training-conferences/childrens-mental-health/individual-treatment-plans.jsp>
- Guyer, J., Traube, A., & Deshchenko, O. (2021, November 9). ***Speaking the same language: A toolkit for strengthening patient-centered addiction care in the United States.*** [↗\(https://www.asam.org/docs/default-source/quality-science/final---asam-toolkit-speaking-same-language.pdf?sfvrsn=728c5fc2_2\)](https://www.asam.org/docs/default-source/quality-science/final---asam-toolkit-speaking-same-language.pdf?sfvrsn=728c5fc2_2) *American Society of Addiction Medicine.*
https://www.asam.org/docs/default-source/quality-science/final---asam-toolkit-speaking-same-language.pdf?sfvrsn=728c5fc2_2
- Substance Abuse and Mental Health Services Administration. (2022). ***Getting ahead of a problem.*** [↗\(https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/pep22-03-10-003.pdf\)](https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/pep22-03-10-003.pdf)
https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/pep22-03-10-003.pdf

- Substance Abuse and Mental Health Services Administration. (2019, July 19). **[Finding evidence-based programs and practices.](https://www.samhsa.gov/sites/default/files/20190719-samhsa-finding_evidence-based-programs-practices.pdf)** 
(https://www.samhsa.gov/sites/default/files/20190719-samhsa-finding_evidence-based-programs-practices.pdf)
- Substance Abuse and Mental Health Services Administration. (2021). **[Prescription stimulant misuse and prevention among youth and young adults.](https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP21-06-01-003.pdf)** 
(https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP21-06-01-003.pdf) SAMHSA Publication No. PEP21-06-01-003.
https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP21-06-01-003.pdf
- County of Los Angeles Public Health. (2017). **[Specialty substance use disorder \(SUD\) system documentation examples.](http://publichealth.lacounty.gov/sapc/NetworkProviders/ClinicalForms/TS/DocumentationExamplesSUD.pdf)** 
(<http://publichealth.lacounty.gov/sapc/NetworkProviders/ClinicalForms/TS/DocumentationExamplesSUD.pdf>)
- Lickerman, A. (2010, February 10). **[How to give and receive feedback.](https://www.psychologytoday.com/us/blog/happiness-in-world/201002/how-give-and-receive-feedback)** 
(<https://www.psychologytoday.com/us/blog/happiness-in-world/201002/how-give-and-receive-feedback>) *Psychology Today*.
<https://www.psychologytoday.com/us/blog/happiness-in-world/201002/how-give-and-receive-feedback> 
(<https://www.psychologytoday.com/us/blog/happiness-in-world/201002/how-give-and-receive-feedback>)
- Document: **[Case Study: Marge Treatment Plan Template \(MS Word document\)](https://waldenu.instructure.com/courses/67060/files/4115377?wrap=1)** (<https://waldenu.instructure.com/courses/67060/files/4115377?wrap=1>) 
(https://waldenu.instructure.com/courses/67060/files/4115377/download?download_frd=1)

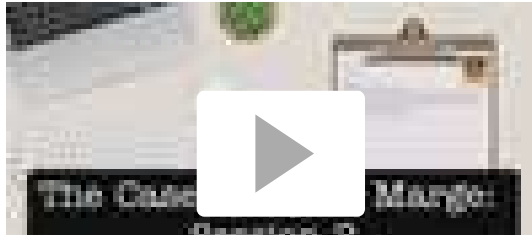
Media

Walden University, LLC. (2012–2023). *The case study of Marge: Session 1* [Interactive media]. Walden University Canvas. <https://waldenu.instructure.com>




- **[The Case Study of Marge: Session 1 Transcript](https://waldenu.instructure.com/courses/67060/files/4115395?wrap=1)**
(<https://waldenu.instructure.com/courses/67060/files/4115395?wrap=1>) 
(https://waldenu.instructure.com/courses/67060/files/4115395/download?download_frd=1) (PDF)

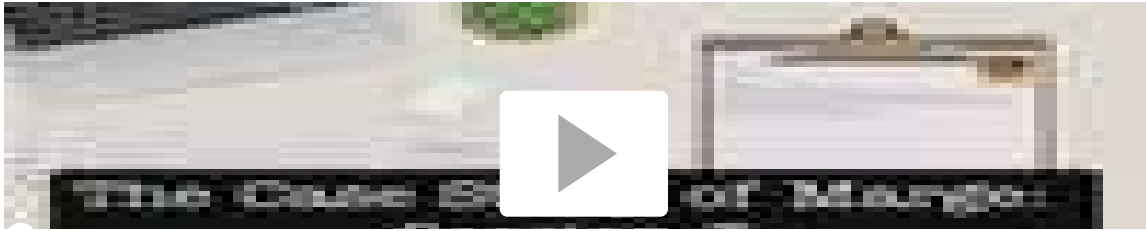
Walden University, LLC. (2012–2023). *The case study of Marge: Session 2* [Interactive media]. Walden University Canvas. <https://waldenu.instructure.com>




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- **[The Case Study of Marge: Session 2 Transcript](https://waldenu.instructure.com/courses/67060/files/4115386?wrap=1)**
(<https://waldenu.instructure.com/courses/67060/files/4115386?wrap=1>) 
(https://waldenu.instructure.com/courses/67060/files/4115386/download?download_frd=1) (PDF)

Walden University, LLC. (2012–2023). *The case study of Marge: Session 3* [Interactive media]. Walden University Canvas. <https://waldenu.instructure.com>



- **[The Case Study of Marge: Session 3 Transcript](https://waldenu.instructure.com/courses/67060/files/4115373?wrap=1)**
(<https://waldenu.instructure.com/courses/67060/files/4115373?wrap=1>) 
(https://waldenu.instructure.com/courses/67060/files/4115373/download?download_frd=1) (PDF)

To prepare:

- Review the Learning Resources.
- Review The Case Study of Marge: Sessions 1–3 interactive media.
- Download and complete the Case Study: Marge Treatment Plan Template based on the case study of Marge.
- Create a video presenting your treatment plan.
- **Note:** You will resubmit a version of this treatment plan that incorporates Instructor feedback with your Final Project in Week 9.

BY DAY 3

Part 1:

Create the treatment plan for Marge using the Case Study: Marge Treatment Plan Template provided. Consult the template for more in-depth instruction on how to address the following information.

- Identify and create goals and action steps for three identified problems.
- Identify which ASAM dimension you are addressing.
- The 12-month treatment plan should address the following:
 - Residential treatment
 - Plans for discharge from residential treatment
 - After care plans for the next 12 months
 - All aspects of the case management of Marge's treatment including:
 - Counseling/treatment
 - Family
 - Social
 - Vocational
 - Legal
 - Mental Health
 - Medical
 - Other areas that might be important to continued recovery
- The overall plan should address problems/goals related to all aspects of Marge's life that are related to her recovery and reflect the case management role of the counselor (e.g., counseling/treatment, family, social, vocational, legal, mental health, medical).
- **Post** the completed treatment plan to the Discussion.

Part 2:

Create a video using Kaltura: Record a 2- to 3-minute Kaltura video in which you explain your treatment plan to Marge's case management team and provide a rationale for your approach and goals.

For guidance on posting a video into the Discussion Forum, please refer to the steps below or to the Kaltura section of the Classroom Support Center, accessed via the **Help** button (the **i** icon) on the left-hand global navigation menu.

- Click **Reply** and then click the **Embed Kaltura Media** button from the text editor menu.
- Record a video or select your recorded video under **My Media**.

BY DAY 6

Respond to at least two colleagues' treatment plans and address the following:

- In writing, provide feedback regarding your colleague's treatment plan. Include one area of strength and one area of growth.



○



[https://](https://waldenu.instructure.com/courses/67060/users/50209)

Payton Nicole Wells (<https://waldenu.instructure.com/courses/67060/users/50209>)



Jul 11, 2023

[Wk#7 DB Posting.docx \(https://waldenu.instructure.com/files/4774884/download?](https://waldenu.instructure.com/files/4774884/download?download_frd=1&verifier=5XyrcUXZTHP77KEaJhv3JH5N4wGWG1XRv5aJXuSI)

[download_frd=1&verifier=5XyrcUXZTHP77KEaJhv3JH5N4wGWG1XRv5aJXuSI\)](https://waldenu.instructure.com/files/4774884/download?download_frd=1&verifier=5XyrcUXZTHP77KEaJhv3JH5N4wGWG1XRv5aJXuSI)

← [Reply](#)



[Rachel Hunter Munroe \(https://waldenu.instructure.com/courses/67060/users/20441\)](https://waldenu.instructure.com/courses/67060/users/20441)

Jul 11, 2023



Hi Payton,

Nicely done on your video! You were very attentive about noting the importance of Marge's relationships with her family, which is so vital (Speicher & Vincenzes, 2020; Walden University, 2012–2023). Your plans for her follow-through after discharge were quite thorough.

I might suggest that her physical health, ASAM dimension 2. Biomedical Conditions and Complications also be included in her 12-month treatment plan (Speicher & Vincenzes, 2020; Walden University, 2012–2023). Marge noted that she has diabetes, which was likely made worse by her alcoholic drinking. In a residential treatment center, she would likely be offered food that may improve her physical health. She may also be encouraged to be mindful of her physical recovery alongside her AUD recovery.

Well Done,

~ Rae

Speicher, K. D. & Vincenzes, K. A. (2020). Substance Addiction and Families. In Capuzzi, D. T., & Stauffer, M. D. *Foundations of addictions counseling* (4th ed). (pp. 296-317). Pearson.

Walden University, LLC. (2012–2023). *The case study of Marge: Session 3* [Interactive media]. Walden University Canvas. <https://waldenu.instructure.com> (<https://waldenu.instructure.com/>)

← [Reply](#)



[Alyssa Plank \(https://waldenu.instructure.com/courses/67060/users/31795\)](https://waldenu.instructure.com/courses/67060/users/31795)

Jul 14, 2023



Hello Payton,

Your treatment plan and video were very well done. I like how you focused so strongly on her family relationships, which it sounded like were important to Marge. You also touched base on other important areas such as employment and how that has affected her. I think the only thing that I would add in is her physical health as she has mentioned that she has let her diabetes go unmanaged for quite some time.

Great work!

Alyssa

← [Reply](#)



Dr. Jim Reynolds (<https://waldenu.instructure.com/courses/67060/users/36369>)

Jul 19, 2023



Hello Payton,

Good job. I enjoyed your video of your treatment plan for "Marge". Your plan was very thorough and covered short and long-term goals very well. Your treatment plan also addressed many of the problems that "Marge" is experiencing, with her sobriety being of paramount importance. Maintaining her sobriety may allow her the opportunity to work on issues of marital and family problems, her legal problem due to a DUI, employment and getting a job, etc. You identified excellent resources and interventions in your treatment plan that "Marge" could utilize to help her recovery process.

Dr. Jim Reynolds

← [Reply](#)



Rachel Hunter Munroe (<https://waldenu.instructure.com/courses/67060/users/20441>)

Jul 11, 2023



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(https://waldenu.instructure.com/users/20441/files/4777192/download?verifier=VvH47y5bBPWlgNNE7jfmoq5qwZZcldZgZlw2o7Vo&download_frd=1)

← [Reply](#).



[Anne V. Sherry \(https://waldenu.instructure.com/courses/67060/users/1135\)](https://waldenu.instructure.com/courses/67060/users/1135)

Jul 16, 2023



Response to Rae

I enjoyed your case presentation and detailed treatment plan. I especially liked the specifics about her diabetes management. I also like that you were proactive in choosing a specific assessment tool and timeframe to look at Marge's depressive symptoms. I am wondering how her diabetes may contribute to reduced energy levels and depressive symptoms. I am glad the medical assessment will come first. I also liked your reliance on peer-support and women's recovery groups so Marge's experiences will be further validated.

Anne

← [Reply](#).



Dr. Jim Reynolds (<https://waldenu.instructure.com/courses/67060/users/36369>)



Jul 19, 2023

Hello Rachel,

I like your treatment plan for “Marge”. Your treatment plan has clinically appropriate short-term and long-term goals to support “Marge’s” recovery. You also identified appropriate action steps in your plan. You supported the treatment goals with appropriate treatment strategies. Your video presentation demonstrates that you have a good understanding of the application of concepts and issues presented in the course material. I liked your comments about “Marge’s” stages of change, i.e., “pre-contemplative” and perhaps later she evidenced “contemplative.” I also like your emphasis upon incorporating family therapy into her treatment plan.

Dr. Jim Reynolds

[Reply](#)



Spencer Oliver Meng (<https://waldenu.instructure.com/courses/67060/users/90013>)



Jul 12, 2023

[Week 7 TP Marge.docx \(https://waldenu.instructure.com/files/4779964/download?download_frd=1&verifier=LdIIYPtsIAu2rIIWVm58ENNwf3DRIJ7SrWbb5Ek2\)](https://waldenu.instructure.com/files/4779964/download?download_frd=1&verifier=LdIIYPtsIAu2rIIWVm58ENNwf3DRIJ7SrWbb5Ek2)

↳ [Reply](#).



[Rachel Hunter Munroe \(https://waldenu.instructure.com/courses/67060/users/20441\)](https://waldenu.instructure.com/courses/67060/users/20441)

Jul 12, 2023



Hi Spencer,

Well done. I appreciate your inclusion of family therapy to begin while Marge is in residential treatment, to continue after discharge (Speicher & Vincenzes, 2020; Walden University, 2012–2023). A suggestion I might offer is to include mention of whether she was evaluated for major depression and address goals around that diagnosis if appropriate.

What do you think?

Warmly,

~ Rae

Speicher, K. D. & Vincenzes, K. A. (2020). Substance Addiction and Families. In Capuzzi, D. T., & Stauffer, M. D. *Foundations of addictions counseling* (4th ed). (pp. 296-317). Pearson.

Walden University, LLC. (2012–2023). *The case study of Marge: Session 3* [Interactive media]. Walden University Canvas. <https://waldenu.instructure.com> (<https://waldenu.instructure.com/>)

← [Reply](#).



[Anne V. Sherry \(https://waldenu.instructure.com/courses/67060/users/1135\)](https://waldenu.instructure.com/courses/67060/users/1135)

Jul 16, 2023



Response to Spencer

I enjoyed listening to your case presentation. I agree that Marge needs support and that she may be receptive to peer-support groups. I appreciated your hesitation about work goals. I work in a treatment center and have seen many clients in early recovery who rush into work - too much too soon - and then feel overwhelmed.

I liked that your case plan dates had contingencies for progress. I also liked the specificity of following medical advice and attending groups.

Anne

← [Reply](#).



[Dr. Jim Reynolds \(https://waldenu.instructure.com/courses/67060/users/36369\)](https://waldenu.instructure.com/courses/67060/users/36369)

Jul 19, 2023



Hello Spencer,

I like your treatment plan for "Marge". I agree with your focus on her involvement in individual, group, and marital/family counseling. I also like that you said "we need to see how it goes" which indicates that her treatment plan should be monitored and possibly modified if deemed necessary in order to maximize her successful recovery.

Dr. Jim Reynolds

← [Reply](#).



[Tara Williams \(https://waldenu.instructure.com/courses/67060/users/7540\)](https://waldenu.instructure.com/courses/67060/users/7540)

[COUN_6202_Wk07_CaseStudyMargeTreatmentPlanTemplate_2.docx](#)

(https://waldenu.instructure.com/files/4782710/download?download_frd=1&verifier=9P16PSz4Yle9xZtU43FYPWWbFPnOsNUS9lbYBiBe)

← [Reply](#)



Tiffany Mckinnon (<https://waldenu.instructure.com/courses/67060/users/12726>)

Jul 15, 2023

Tara,

You did a good job on your treatment plan for Marge. I think included services for the children was a great idea. Often behavioral and emotional problems arise in children who live in homes with addicted parents; this may mean angry outbursts, depression, anxiety or detachment. As we know one of her children began to act out while the other one took on more responsibility.

← [Reply](#)



Spencer Oliver Meng (<https://waldenu.instructure.com/courses/67060/users/90013>)

Jul 15, 2023

Hi Tara,

Thank you for your post! I really enjoyed how you discussed short-term goal 1 of discussing any barriers of having a positive relationship with her husband and children. All too often as treatment professionals we tend to "assume" there are issues, without asking the client directly for their input. Obtaining that information as the goal and then the action step of attending the sessions was perfect!

The only thing I would suggest in the discharge plan would be to have more precise, measurable goals. Do you intend to have follow up check ins with the client? Possible accountability tools such as sign-in sheets for AA meetings or mandatory urinary analysis? Just a couple of ideas.

Great post!

Thanks,

Spencer

 [Reply](#).



Dr. Jim Reynolds (<https://waldenu.instructure.com/courses/67060/users/36369>)

Jul 19, 2023



Hello Tara,

I like your treatment plan for "Marge" starting with her detoxification. I also like that you indicated that "Marge" will begin to have family group sessions while in residential treatment, and continue after discharge from inpatient treatment. It's also good that you addressed her medical issues and medication management. Regarding her aftercare, I like that you indicated "Marge" and her family would receive RSS (Recovery Support Services) after discharge.

Dr. Jim Reynolds

 [Reply](#).



Anne V. Sherry (<https://waldenu.instructure.com/courses/67060/users/1135>)

Jul 12, 2023



[COUN_6202_Wk07_CaseStudy-Sherry_A.docx \(https://waldenu.instructure.com/files/4783041/download?download_frd=1&verifier=rRts31utnBKtrVz9VSEMT5G7DDc8FHhvNs7bECb4\)](https://waldenu.instructure.com/files/4783041/download?download_frd=1&verifier=rRts31utnBKtrVz9VSEMT5G7DDc8FHhvNs7bECb4)

↳ [Reply](#)



[Tara Williams \(https://waldenu.instructure.com/courses/67060/users/7540\)](https://waldenu.instructure.com/courses/67060/users/7540)

Jul 13, 2023



Hi Anne,

I really enjoyed the presentation of your treatment plan! I felt like I was listening to her actual team meeting (smile). I appreciate how you stated the presenting issues and focused immediately on her strengths. Research states that using strengths-based perspective, can help clients, as in the case of Marge, overcome their struggles. Clients sometimes have limited knowledge of what those strengths are and as counselors we play an important part of helping them to identify and connect to these strengths, resources and competencies (Kress & Paylo, 2019). I like the targeted areas of your plan focusing on her individual tx, family and self-care. The only piece that was missing was the discharge portion and you mentioned it was due to not knowing the length of treatment. If she was ready for discharge, what would be the focus from your clinical perspective?

Thanks again and awesome job! :-)

Reference

Kress, V. E., & Paylo, M. J. (2019a). *Treating those with mental disorders: A comprehensive approach to case conceptualization and treatment*. Pearson.

← [Reply](#).



[Anne V. Sherry \(https://waldenu.instructure.com/courses/67060/users/1135\)](https://waldenu.instructure.com/courses/67060/users/1135)

Jul 16, 2023



Hi Tara,

Thanks for viewing and responding to my post. Yes, I tried to present Marge's case as if we were in a team meeting or staffing. I was a little wary about the discharge planning as I thought about the premature focus trap described by Aasheim (2020, p. 152). I didn't want to generate a solution before we knew more about Marge's preferences for out-patient services and peer-support.

Aasheim, L.L. (2020). Motivational interviewing. In D. Capuzzi & M.D. Stauffer (Eds.) *Foundations of addictions counseling* (4th ed.), pp. 137-157. Pearson.

← [Reply](#).



[Alyssa Plank \(https://waldenu.instructure.com/courses/67060/users/31795\)](https://waldenu.instructure.com/courses/67060/users/31795)

Jul 14, 2023



Hello Anne,

I like how you have written your treatment plan. Your short term goals are well outlined but remain short and sweet. You have determined treatments for all aspects, however, I think it is important to take note of what you think she would look like when ready for discharge. What would her behaviors be at this point or what do you think her needs would be? Also making sure to write down what the expected outcome is by the target date, say 30 days.

Nice work!

Alyssa

← [Reply](#).



[Anne V. Sherry \(https://waldenu.instructure.com/courses/67060/users/1135\)](https://waldenu.instructure.com/courses/67060/users/1135)

Jul 16, 2023



Hi Alyssa,

Thank you for taking the time to view and respond to my post. I appreciate your critique and noted the time frame and discharge planning deficiencies. Again, thank you.

Anne

← [Reply](#).



Rhonda Layton-Jones (<https://waldenu.instructure.com/courses/67060/users/3290>)

Jul 15, 2023



Thank you Anne, I was able to follow your treatment plan and was able to obtain a lot of information without seeing the paperwork regarding Marge and her family structure. Very good dialogue with the team.

← [Reply](#).



Anne V. Sherry (<https://waldenu.instructure.com/courses/67060/users/1135>)

Jul 16, 2023



Hi Rhonda,

Thanks for viewing and responding to my post. I appreciated the feedback.

Anne

← [Reply](#).



Rachel Hunter Munroe (<https://waldenu.instructure.com/courses/67060/users/20441>)

Jul 16, 2023



Hi Anne,

Your prioritization of familial connections is remarkable, I love that you included sober fun as part of Marge's treatment plan (Speicher & Vincenzes, 2020; Walden University, 2012–2023). I usually do better with utilizing quotes in case notes and treatment plans, you did so quite well. I agree with Tara, it felt like we were in a case staffing right there with you.

I am curious at which point during her treatment would you introduce family therapy and family social activities (Speicher & Vincenzes, 2020; Walden University, 2012–2023)? Also, if you were in charge of her treatment, noting her rapid movement through the stages of change, how long would you recommend Marge remain in residential treatment? Your insight shows empathy and wisdom.

Thank you for your thought-provoking post,

~ Rae

Speicher, K. D. & Vincenzes, K. A. (2020). Substance Addiction and Families. In Capuzzi, D. T., & Stauffer, M. D. *Foundations of addictions counseling* (4th ed). (pp. 296-317). Pearson.

Walden University, LLC. (2012–2023). *The case study of Marge: Session 3* [Interactive media]. Walden University Canvas. <https://waldenu.instructure.com>
(<https://waldenu.instructure.com/>)

← [Reply](#).



[Anne V. Sherry \(https://waldenu.instructure.com/courses/67060/users/1135\)](https://waldenu.instructure.com/courses/67060/users/1135)

Jul 16, 2023

Hi Rae,

Thank you for taking the time to view and respond to my post. And thank you so much for your kind words. Yes, I really tried to present Marge's case as if we were in a team staffing. I suspect there would be a family session right before discharge. I suspect Ken would have contacted a family counselor by then to set up the sessions. This will likely sound very petty, but I have learned that the residential care side seems to be managed more by insurance than need. So, I suspect that Marge's stay will be at or about 28 days if she is still making progress.

Anne

← [Reply](#).



[Dr. Jim Reynolds \(https://waldenu.instructure.com/courses/67060/users/36369\)](https://waldenu.instructure.com/courses/67060/users/36369)

Jul 19, 2023

Hello Anne,

You did a good job with "Marge's" treatment plan. I like that you indicated that "Ken" would hopefully attend AI-Anon to support his recovery. The goals that you identified in her treatment plan are very appropriate, such as long-term abstinence from alcohol, family treatment, and medical assessment and treatment of her medical issues.

Dr. Jim Reynolds

[← Reply](#)



Alyssa Plank (<https://waldenu.instructure.com/courses/67060/users/31795>)



Jul 12, 2023

[Week7AssignPlankA.docx \(https://waldenu.instructure.com/files/4783104/download?download_frd=1&verifier=mmHrDTIrDLFbhzX2z3svsjNDi0SrzYb3GxKsVA8X\)](https://waldenu.instructure.com/files/4783104/download?download_frd=1&verifier=mmHrDTIrDLFbhzX2z3svsjNDi0SrzYb3GxKsVA8X)

[← Reply](#)



Tiffany Mckinnon (<https://waldenu.instructure.com/courses/67060/users/12726>)



Jul 15, 2023

Alyssa,

I enjoyed your presentation. Your treatment plan included all major components: goals, objectives, and interventions. Goals are big, overarching objects of your effort in a treatment plan. They're usually simple and easy to define, but they may be difficult to grasp and vague as to how you will achieve them. You broke down each goal and how it would be reached. An objective is more specific, and there are usually multiple objectives that help you work toward a single goal. Your objection was clear, specific, so it's easy to follow what it will take to complete it. An intervention is something that a therapist, counselor, or medical professional does to help a client process or work through their objectives. Interventions may be a key component in helping a client advance in their treatment plan.

Recovery can be overwhelming and is common to many people in all aspects of their life, but feeling overwhelmed while implementing major life changes and embarking on a journey of recovery is almost unavoidable. Though these are all important goals, objectives, and interventions you have shared we must remember that everything cannot be completed in short times because one goal may take longer to accomplish. Putting too much on a client can hurt the recovery instead of helping.

← [Reply](#)



Dr. Jim Reynolds (<https://waldenu.instructure.com/courses/67060/users/36369>)

Jul 19, 2023



Hello Alyssa,

Good job, your treatment plan for "Marge" was thorough and clinically appropriate. I like your short-term and long-term goals and your action steps. I also like that you included an emphasis on Marge exploring her feelings regarding several issues, e.g. her loss of job, etc.

Dr. Jim Reynolds

← [Reply](#)



Tiffany Mckinnon (<https://waldenu.instructure.com/courses/67060/users/12726>)

Jul 15, 2023



[Week7](#)

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[Spencer Oliver Meng \(https://waldenu.instructure.com/courses/67060/users/90013\)](https://waldenu.instructure.com/courses/67060/users/90013)

Jul 15, 2023



Hi Tiffany,

Thank you for your treatment plan! I really liked how you discussed client's diabetes, as this can certainly have an effect on her long-term care. I also liked how you touched on her family enabling her addiction. Would love to hear more about that!

The only suggestion I would make is being careful to not make goals that are possibly unattainable. For example, short term goal 1 for being unemployed is Marge getting a

promotion at her workplace in the next 2 years. It is a great motivator, but could also create anxiety that Marge would need to 1) get a job and 2) be promoted. Again, it's great to shoot for big goals but we also want to make sure they are obtainable.

Great post, thanks again!

Spencer

← [Reply](#).



[Rhonda Layton-Jones \(https://waldenu.instructure.com/courses/67060/users/3290\)](https://waldenu.instructure.com/courses/67060/users/3290)

Jul 15, 2023



Good evening Ms. Tiffany,

Thank you for your post. As I look over mine, it is very long. However, your was short and to the point. I always overthink the process/assignments. I also appreciated the information you provided in the target date slots; it was immensely clarifying.

← [Reply](#).



[Rhonda Layton-Jones \(https://waldenu.instructure.com/courses/67060/users/3290\)](https://waldenu.instructure.com/courses/67060/users/3290)

Jul 15, 2023



Good evening class and Dr. Reynolds. I could not submit a video, and my discussion post was late. Most have replied and moved on to the next assignment due today. But here it is.

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← [Reply](#).