

## Clinical Record

Name: **Client Name**

Provider:

Date:

### Presenting Problems

- 1) Substance Abuse
- 2) Conduct Disorder/Delinquency
- 3) Sexual Promiscuity
- 4) Runaway

### Treatment Plan

**Primary Problem:** Substance Abuse

#### Behavioral Definition

- Caught or observed intoxicated and/or high on two or more occasions.
- Self-report of using alcohol or illicit drugs almost daily or using them until intoxicated on a regular basis.
- Continuing substance use despite the knowledge of negative physical, legal, social, and/or psychological consequences that have resulted from drug use.

#### Long-term Goals

- Eliminate the use and/or abuse of mood-altering substances.
- Discontinue all delinquent acts, especially those associated with substance abuse.
- Improve coping skills to deal effectively with problems.
- Increase participation in structured activities that will increase healthy functioning in the community.

#### Short-Term Objectives/Therapeutic Interventions

- List the benefits of participating in substance abuse treatment and consequences for not complying with treatment.  
Entry Date:                      Date Met:
- Disclose the connection between substance abuse and participation in illegal activities.  
Entry Date:                      Date Met:
- Challenge faulty thinking by identifying and implementing adaptive thoughts that support sobriety and a crime-free lifestyle.  
Entry Date:                      Date Met:
- List a minimum of three stressors or triggers that may lead to relapse.  
Entry Date:                      Date Met:
- Verbalize a greater understanding of personal relapse process.  
Entry Date:                      Date Met:

**Secondary Problem:** Conduct Disorder/Delinquency

#### Behavioral Definition

- Persistent refusal to comply with rules or expectations in the home, school, or community.
- School adjustment characterized by repeated truancy, disrespectful attitude, and suspensions for misbehavior.
- Lack of sensitivity to the thoughts, feelings, and needs of other people.

#### Long-term Goals

- Demonstrate increased honesty, compliance with rules, sensitivity to the feelings and rights of others, control over impulses, and acceptance of responsibility for her behavior.
- Express anger in a controlled, respectful manner on a consistent basis.
- Eliminate all promiscuous and unsafe sexual behaviors.

### Short-Term Objectives/Therapeutic Interventions

- Recognize and verbalize how feelings are connected to misbehavior.  
Entry Date:                      Date Met:
- Decrease frequency of lying, conning, and manipulating others.  
Entry Date:                      Date Met:
- Increase compliance with rules at home and school.  
Entry Date:                      Date Met:
- Increase verbalizations of empathy and concern for other people.  
Entry Date:                      Date Met:

### Secondary Problem: Sexual Promiscuity

#### Behavioral Definition

- Engagement in sexual intercourse without taking precautions against unplanned pregnancy or being in position to assume responsibility for a baby.
- Failure to use safe-sex practices.
- Lack of empathy or sensitivity to how sexually promiscuous behavior negatively affects the partner's emotional, physical, sexual, or social well-being.

#### Long-term Goals

- Eliminate all sexual promiscuity and other inappropriate sexual behavior.
- Terminate sexual behavior that does not reflect commitment, emotional intimacy, or a caring, mature relationship.
- Resolve underlying emotional conflicts that contribute to the emergence of sexually promiscuous or inappropriate behavior.

### Short-Term Objectives/Therapeutic Interventions

- Identify the factors contributing to the emergence of sexually promiscuous behavior.  
Entry Date:                      Date Met:
- Recognize and verbalize the connection between sexually promiscuous behavior and underlying feelings of low self-esteem or painful emotions.  
Entry Date:                      Date Met:
- Identify constructive steps to take to build healthy self-image and reduce feelings of depression or anxiety.  
Entry Date:                      Date Met:
- Verbalize a value for sexual activity beyond physical pleasure and/or trying to get someone to like you.  
Entry Date:                      Date Met:

### Secondary Problem: Runaway

#### Behavioral Definition

- Running away from home for a day or more without parental permission.
- Running away from home overnight at least twice.

#### Long-term Goals

- Attain the necessary skills to cope with family stress without resorting to the flight response.
- Eliminate the runaway behavior.

### Short-Term Objectives/Therapeutic Interventions

- Identify and implement alternative reactions to conflictual situations.  
Entry Date:                      Date Met:
- Increase communication with and the expressed level of understanding of the parents.  
Entry Date:                      Date Met:
- Identify own needs in the family that are unsatisfied.

Name:

ID:

SSN:

Date:

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Entry Date:

Date Met:

## **Response to Plan**

Response to treatment plan presentation:

Significant Other response to treatment plan presentation:

I, Client Name, have reviewed this treatment plan.

x. \_\_\_\_\_

Date: \_\_\_\_\_

x. \_\_\_\_\_

Date: \_\_\_\_\_

Residential Therapist