

**MENTAL HEALTH TREATMENT PLAN – GOVT. CODE 26.5 (AB2726)**

**CONFIDENTIAL**

CHILD'S NAME: Rashid  
 SCHOOL DISTRICT:  
 DATE: 7/29/99

TYPE(S) OF TREATMENT: Day Treatment  
 AND FREQUENCY: Daily  
 ANTICIPATED START OF SERVICE: ASAP  
 EXPECTED DURATION OF SERVICE: 9 months or as clinically indicated

PROBLEM	Rashid's anxiety is expressed through self-defeating behaviors, e.g., risky behaviors, lack of consideration of consequences, alienation from peers.
TREATMENT GOALS	Rashid will be able to employ consequence-oriented strategies, reducing seemingly impulsive and/or risky behaviors by 75%.
TREATMENT OBJECTIVES	<ol style="list-style-type: none"> <li>1. By 1 month, Rashid will identify 3 triggers that elicit anxiety and lead to poor decisions.</li> <li>2. By 1 month, Rashid will identify negative consequences to poor decisions.</li> <li>3. By 2 months, Rashid will develop at least 2 strategies to reduce anxiety and make better decisions.</li> <li>4. By 3 months, Rashid will be able to implement one strategy per day, as evidenced by teacher or therapist report.</li> <li>5. By 6 months, Rashid will utilize strategies to reduce self-defeating behaviors by 50%, with a baseline established by treatment and school staff.</li> </ol>
CRITERIA FOR ACHIEVEMENT	By 8 months, Rashid will utilize strategies to reduce self-defeating behaviors by 75% as reported by teacher, thereby preparing him for a transition to a less restrictive school setting.

PROBLEM	Rashid's unresolved emotional/physical history along with his lack of skills in self-managing mood fluctuations produces varying degrees of anger outbursts.
TREATMENT GOALS	Rashid will improve his ability to identify, process, and express feelings in a treatment setting.
TREATMENT OBJECTIVES	<ol style="list-style-type: none"> <li>1. By 4 months, Rashid will identify a wider range of feeling the therapist.</li> <li>2. By 5 months, Rashid will identify with the therapist and parent historical events that may be impacting current relationships.</li> <li>3. By 6 months, Rashid will be able to verbalize and use three healthy options for self-soothing anxiety around these issues.</li> <li>4. By 8 months, Rashid will verbalize a clinically substantial degree of emotional closure with two of the above major historical issues.</li> </ol>
CRITERIA FOR ACHIEVEMENT	Rashid's therapist, and parent will report willingness and improvement of emotional processing in the treatment setting.

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 Signature of Mental Health Services Representative

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Signature of Parent

\_\_\_\_\_  
 Date

Health and Human Services Agency  
 Mental Health Services