

Social Skills Training Treatment Planning using the Mental Health Suite

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Today's Webinar

- Rationale for Developing the SST Treatment Plan
- Overview of Problem Areas Covered by the Treatment Planner
- Discussion of Each Specific Problem Area
- Questions

Rationale for Developing the SST Treatment Plan

- To assist in the requirement that every Veteran receiving mental health services has a treatment plan documented using MH Suite
- To decrease the local burden of content development and avoid “reinventing the wheel”
- To ensure that the content developed nationally meets accrediting standards (TJC and CARF), when used correctly
- Process of development
 - worked with subject matter experts in SST to develop treatment plan content that is consistent with the language, clinical theory and methods of this national EBP rollout

General Guidelines and Hints

- If you can't find the "EBP Social Skills Training" category in your local system, contact your facility's MH Suite Clinical Champion
- Use the Veteran's own words and/or ideas when completing the Treatment Plan (e.g., description of problem areas)
- Specify the *type of mental health care provider* (social worker, psychologist, etc.) who will be providing the intervention and the *duration of intervention* when adding the intervention for each objective
 - You do not have to enter the name of the specific provider (but may if you wish to)
- You can create a treatment plan composed of SST and non-SST problems and goals using MH Suite

Overview of Four Problem Areas

- Deficits in communication/ social skills are negatively impacting *interpersonal relationships*
- Deficits in communication/ social skills are negatively impacting *community participation*
- Deficits in communication/ social skills are negatively impacting *engagement in treatment services*
- Deficits in communication/ social skills are negatively impacting *physical and emotional well-being*

New Treatment Plan

Created - ZDBBDYF,ILYDHA C5969

Coversheet Profile Summary Participation Problems GAF/Meds **Plan** Priority Measures

Available Items

Treatment Plan Categories

EBP Social Skills Training

Problems/Goals/Objectives/Interventions

- Problem: Deficits in communication/social skills at
- Problem: Deficits in communication/social skills at
- Problem: Deficits in communication/social skills at
- Problem: Deficits in communication/social skills at

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Treatment Plan for - ZDBBDYF,ILYDHA C5969

Press F2 to edit caption, F3 to edit Time Frames and Provider

Add Other +

- Delete From Treatment Plan

Preview

Sign/Accept Plan

Cancel

Suspend Plan

New Treatment Plan

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Coversheet Profile Summary Participation Problems GAF/Meds Plan Priority Measures

Available Items

Treatment Plan Categories

EBP Social Skills Training

Problems/Goals/Objectives/Interventions

- Problem: Deficits in communication/social skills are negatively impacting in...
 - Goal: Veteran stated, "~~!State Veteran's goal in their own words||F~
 - Goal: Improve interpersonal relationships, including: ~!Specify Vetera
 - Objective: Veteran will report improved satisfaction with quality of int
 - Intervention: Veteran will engage in social skills training group the
 - Intervention: Veteran will engage in individual sessions to help mo
 - Objective: Veteran will add ~!Specify Veteran's desired number of ne
 - Intervention: Veteran will engage in social skills training group the
 - Intervention: Veteran will engage in individual sessions to help mo
 - Objective: Veteran will seek out a relationship with a potential signific
 - Intervention: Veteran will engage in social skills training group the
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Add Other + - Delete From Treatment Plan

Preview Sign/Accept Plan Cancel Suspend Plan

Problem Area 1:

Interpersonal Relationships

- Problem: Deficits in communication/social skills are negatively impacting interpersonal relationships, including:
 - Negative effects on number and quality of relationships
- Goals:
 - Veteran-stated goal: In his/her own words
 - Improve interpersonal relationships, including _____
 - Examples: increased number and improved quality of relationships with friends, significant others, and family

Problem Area 1: Interpersonal Relationships

- Objectives
 - Veteran will report improved satisfaction with quality of interpersonal relationships with (friends, significant other, those in the Veteran's living space) as evidenced by _____
 - Can enter a separate Objective for each relationship he/she wishes to improve
 - Veteran will add _____ number of new friends to Veteran's social network
 - Veteran will seek out a relationship with a potential significant other by engaging in the following behaviors _____
 - Join a singles group, join an online dating service
 - Veteran will _____ (state Veteran's desired objective)

Problem Area 2:

Community Participation

- Problem: Deficits in communication/social skills are negatively impacting community participation, including
 - Limited involvement in work experiences
 - Limited involvement in school
 - Limited involvement in community groups
- Goals:
 - Veteran-stated goal: in his/her own words
 - Improve meaningful community participation, including
 - Examples: obtainment of paid or voluntary work, joining a club or enrolling in school or training program

Problem Area 2:

Community Participation

- Objectives
 - Veteran will report efforts to actively pursue (paid or volunteer) work experience
 - Veteran will report obtainment of (paid or volunteer) work experience
 - Veteran will report successful maintenance of existing (paid or volunteer) work experience
 - Veteran will report efforts to actively pursue additional _____ (specify education or training experience)
 - Veteran will report enrollment in _____ (specify class or training program)
 - Veteran will report successful maintenance of existing _____ (specify class or training program)
 - Veteran will report active engagement in _____ (specify community club or organization)

Problem Area 3:

Engagement in Treatment Services

- Problem: Deficits in communication/social skills are negatively impacting engagement in treatment services, including:
 - Poor attendance
 - Limited engagement in treatment services and recommendations
- Goals
 - Veteran-stated goal: in his/her own words
 - Improve engagement in treatment services, including
 - Example: increased treatment attendance

Problem Area 3:

Engagement in Treatment Services

- Objectives
 - Veteran will demonstrate improved adherence to their mental health recovery plan
 - Veteran will demonstrate an increase in activities aimed at meeting goals of their mental health recovery plan, including _____ (example: attending appointments)
 - Veteran will report taking psychiatric medications as prescribed
 - Veteran will demonstrate active participation in their mental health recovery through shared decision-making with providers
 - Veteran will report pursuit and/or use of peer support services, as evidenced by Veteran's report of _____
 - Attend weekly peer support group
 - Attend AA meetings
 - Veteran will _____ (state Veteran's desired objective)

Problem Area 4:

Physical and Emotional Well-Being

- Problem: Deficits in communication/social skills are negatively impacting physical and emotional well-being, including
 - Problems with substance use
 - Lifestyle behaviors such as diet and exercise
- Goals
 - Veteran-stated goal: in his/her own words
 - Improved experience of physical and emotional well-being, including _____
 - Examples: reduce/discontinue use of substances, better attention to lifestyle issues including diet and exercise

Problem Area 4:

Physical and Emotional Well-Being

- Objectives
 - Veteran will report _____ (specify reduced or discontinued use of target substance)
 - Veteran will report continued abstinence from _____ (specify target substance)
 - Veteran will report improvement in diet, as evidenced by _____
 - Veteran will report increased amount of time being engaged in the following physical activities: _____
 - Veteran will report improved chronic medical illness self-management, as evidenced by _____
 - Veteran will _____ (state Veteran's desired objective)

Interventions

- For all objectives, regardless of problem area, the two interventions provided by the template are:
 - Veteran will engage in social skills training group that will include any/all of the standard skill domains
 - Veteran will engage in individual sessions to help monitor goals and support ongoing engagement in group social skills training

Questions?

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