

**Contents**

SUD SERVICE PLAN - DIMENSION 1..... 2

SUD SERVICE PLAN - DIMENSION 2..... 4

SUD SERVICE PLAN - DIMENSION 3..... 9

SUD SERVICE PLAN - DIMENSION 4..... 21

SUD SERVICE PLAN - DIMENSION 5..... 24

SUD SERVICE PLAN - DIMENSION 6..... 29

## SUD SERVICE PLAN - DIMENSION 1

<b>DIMENSION 1 - Acute Intoxication and/or Withdrawal Potential</b>		
<b>Problem</b>	<b>#1</b>	<b>No problems in this dimension at this time</b>
<b>Goal</b>	<b>#1</b>	<b>Monitor for signs and/or symptoms of acute intoxication or withdrawal</b>
		No objectives or interventions needed at this time.
<b>Problem</b>	<b>#2</b>	<b>Withdrawal symptoms</b>
<b>Goal</b>	<b>#1</b>	<b>Engage in and complete detoxification services</b>
<b>Objective</b>	<b>#1</b>	<b>Participate in all services as required by this agency</b>
<b>Intervention</b>	<b>#1</b>	<b>Detox</b>
<b>Objective</b>	<b>#2</b>	<b>Comply with all recommended treatments in order to manage symptoms</b>
<b>Intervention</b>	<b>#1</b>	<b>Detox</b>
<b>Objective</b>	<b>#3</b>	<b>Consult with client regarding symptoms and available support system</b>
<b>Intervention</b>	<b>#1</b>	<b>Refer client for detoxification services</b>
<b>Problem</b>	<b>#3</b>	<b>Intoxication symptoms</b>
<b>Goal</b>	<b>#1</b>	<b>Engage in and complete detoxification services</b>
<b>Objective</b>	<b>#1</b>	<b>Participate in all services as required by this agency</b>
<b>Intervention</b>	<b>#1</b>	<b>Detox</b>
<b>Objective</b>	<b>#2</b>	<b>Comply with all recommended treatments in order manage symptoms</b>
<b>Intervention</b>	<b>#1</b>	<b>Detox</b>
<b>Objective</b>	<b>#3</b>	<b>Explain agency policy regarding intoxication on premises</b>
<b>Intervention</b>	<b>#1</b>	<b>Refer client for detoxification services</b>
<b>Problem</b>	<b>#4</b>	<b>Acute potential for DT's</b>
<b>Goal</b>	<b>#1</b>	<b>Engage in and complete detoxification services</b>
<b>Objective</b>	<b>#1</b>	<b>Participate in all services as required by this agency</b>
<b>Intervention</b>	<b>#1</b>	<b>Detox</b>
<b>Objective</b>	<b>#2</b>	<b>Comply with all recommended treatments in order to manage symptoms</b>
<b>Intervention</b>	<b>#1</b>	<b>Detox</b>
<b>Objective</b>	<b>#3</b>	<b>Consult with client regarding symptoms and available support system</b>
<b>Intervention</b>	<b>#1</b>	<b>Refer client for detoxification services</b>
<b>Problem</b>	<b>#5</b>	<b>Opioid Abuse and Dependence</b>

Goal	#1	Client will abstain from using substances and will manage withdrawal symptoms without relapsing
Objective	#1	Methadone outpatient treatment services will be obtained
Intervention	#1	Refer client to appropriate service provider
Objective	#2	Physician appointment will be made to discuss methadone stability
Intervention	#1	Refer client to qualified physician
Objective	#3	Consult with client regarding symptoms and available support system
Intervention	#1	Detox services if needed
Problem	#6	Other
Goal	#2	Other
Objective	#1	Other
Interventions		Other

## SUD SERVICE PLAN - DIMENSION 2

<b>DIMENSION 2 - Biomedical Condition and Complications</b>		
<b>Problem</b>	<b>#1</b>	<b>No problems in this dimension at this time</b>
<b>Goal</b>	<b>#1</b>	<b>Monitor for signs and/or symptoms of medical problems</b>
		No objectives or interventions needed at this time.
<b>Problem</b>	<b>#2</b>	<b>Allergies</b>
<b>Goal</b>	<b>#1</b>	<b>Symptom management</b>
<b>Objective</b>	<b>#1</b>	<b>Medical care as needed</b>
<b>Intervention</b>	<b>#1</b>	<b>Refer to physician</b>
<b>Objective</b>	<b>#2</b>	<b>Medication compliance</b>
<b>Interventions</b>	<b>#1</b>	<b>Take all medications only as prescribed</b>
<b>Problem</b>	<b>#2</b>	<b>Anemia</b>
<b>Goal</b>	<b>#1</b>	<b>Symptom management</b>
<b>Objective</b>	<b>#1</b>	<b>Medical care as needed</b>
<b>Intervention</b>	<b>#1</b>	<b>Refer to physician</b>
<b>Objective</b>	<b>#2</b>	<b>Medication compliance</b>
<b>Interventions</b>	<b>#1</b>	<b>Take all medications only as prescribed</b>
<b>Problem</b>	<b>#3</b>	<b>Arthritis</b>
<b>Goal</b>	<b>#1</b>	<b>Symptom management</b>
<b>Objective</b>	<b>#1</b>	<b>Medical care as needed</b>
<b>Intervention</b>	<b>#1</b>	<b>Refer to physician</b>
<b>Objective</b>	<b>#2</b>	<b>Medication compliance</b>
<b>Interventions</b>	<b>#1</b>	<b>Take all medications only as prescribed</b>
<b>Problem</b>	<b>#4</b>	<b>Asthma</b>
<b>Goal</b>	<b>#1</b>	<b>Symptom management</b>
<b>Objective</b>	<b>#1</b>	<b>Medical care as needed</b>
<b>Intervention</b>	<b>#1</b>	<b>Refer to physician</b>
<b>Objective</b>	<b>#2</b>	<b>Medication compliance</b>
<b>Interventions</b>	<b>#1</b>	<b>Take all medications only as prescribed</b>
<b>Problem</b>	<b>#5</b>	<b>Bursitis and Tendonitis</b>

Goal	#1	Symptom management
Objective	#1	Medical care as needed
Intervention	#1	Refer to physician
Objective	#2	Medication compliance
Interventions	#1	Take all medications only as prescribed
Problem	#6	Cancer
Goal	#1	Symptom management
Objective	#1	Medical care as needed
Intervention	#1	Refer to physician—should be no
Objective	#2	Medication compliance
Interventions	#1	Take all medications only as prescribed
Problem	#7	Cholesterol
Goal	#1	Symptom management
Objective	#1	Medical care as needed
Intervention	#1	Refer to physician
Objective	#2	Medication compliance
Interventions	#1	Take all medications only as prescribed
Problem	#8	Diabetes
Goal	#1	Symptom management
Objective	#1	Medical care as needed
Intervention	#1	Refer to physician
Objective	#2	Medication compliance
Interventions	#1	Take all medications only as prescribed
Problem	#9	Digestive Disorders
Goal	#1	Symptom management
Objective	#1	Medical care as needed
Intervention	#1	Refer to physician

Objective	#2	Medication compliance
Interventions	#1	Take all medications only as prescribed
<b>Problem #10 Headache</b>		
Goal	#1	Symptom management
Objective	#1	Medical care as needed
Intervention	#1	Refer to physician
Objective	#2	Medication compliance
Interventions	#1	Take all medications only as prescribed
<b>Problem #11 Kidney Disease</b>		
Goal	#1	Symptom management
Objective	#1	Medical care as needed
Intervention	#1	Refer to physician
Objective	#2	Medication compliance
Interventions	#1	Take all medications only as prescribed
<b>Problem #12 Lung Disease</b>		
Goal	#1	Symptom management
Objective	#1	Medical care as needed
Intervention	#1	Refer to physician
Objective	#2	Medication compliance
Interventions	#1	Take all medications only as prescribed
<b>Problem #13 Medication side effects</b>		
Goal	#1	Other
Objective	#1	Other
Intervention	#1	Other
<b>Problem #14 Other</b>		
Goal	#1	Symptom management
Objective	#1	Medical care as needed
Intervention	#1	Refer to physician
Objective	#2	Medication compliance
Interventions	#1	Take all medications only as prescribed

Goal	#2	Other
Objective	#1	Other
Interventions	#1	Other
Problem	#15	Pain
Goal	#1	Symptom management
Objective	#1	Medical care as needed
Intervention	#1	Refer to physician
Objective	#2	Medication compliance
Interventions	#1	Take all medications only as prescribed
Problem	#16	Pregnancy
Goal	#1	Symptom management
Objective	#1	Medical care as needed
Intervention	#1	Refer to physician
Objective	#2	Medication compliance
Interventions	#1	Take all medications only as prescribed
Problem	#17	Prostate Disease
Goal	#1	Symptom management
Objective	#1	Medical care as needed
Intervention	#1	Refer to physician other intervention attached
Objective	#2	Medication compliance
Interventions	#1	Take all medications only as prescribed
Problem	#18	Self-Medication
Goal	#1	Other
Objective	#1	Other
Intervention	#1	Other
Problem	#19	Skin conditions
Goal	#1	Symptom management
Objective	#1	Medical care as needed
Intervention	#1	Refer to physician
Objective	#2	Medication compliance
Interventions	#1	Take all medications only as prescribed

Problem	#20	Sleep Disorders
Goal	#1	Symptom management
Objective	#1	Medical care as needed
Intervention	#1	Refer to physician
Objective	#2	Medication compliance
Interventions	#1	Take all medications only as prescribed
Problem	#21	Stroke
Goal	#1	Symptom management
Objective	#1	Medical care as needed
Intervention	#1	Refer to physician
Objective	#2	Medication compliance
Interventions	#1	Take all medications only as prescribed
Problem	#22	Thyroid Disorders
Goal	#1	Symptom management
Objective	#1	Medical care as needed
Intervention	#1	Refer to physician
Objective	#2	Medication compliance
Interventions	#1	Take all medications only as prescribed
Problem	#23	Urine and Bladder Problems
Goal	#1	Symptom management
Objective	#1	Medical care as needed
Intervention	#1	Refer to physician
Objective	#2	Medication compliance
Interventions	#1	Take all medications only as prescribed

## SUD SERVICE PLAN - DIMENSION 3

<b>DIMENSION 3 - Emotional, Behavioral, or Cognitive Conditions and Complications</b>		
<b>Problem</b>	<b>#1</b>	<b>Adjustment disorder symptoms</b>
Goal	#1	Other
Objective	#1	Other
Intervention	#1	Other
Goal	#2	Community Resources: Client will make use of available community services to help with readjustment
Objective	#1	Case management: Counselor will refer client for case management services
Intervention	#1	Case management
	<b>#2</b>	<b>Antisocial behavior</b>
Goal	#1	Other
Objective	#1	Other
Intervention	#1	Other
Intervention		Other
<b>Problem</b>	<b>#3</b>	<b>Anxiety symptoms</b>
Goal	#1	Symptom Management: Client will manage symptoms in ways that support long-term sobriety
Objective	#1	Mental Health Evaluation: Client will obtain a mental health evaluation and follow all recommendations
Intervention	#1	Client will schedule and participate in a mental health evaluation
Intervention	#2	Other
Objective	#2	Treatment Compliance: Client will follow all recommendations of mental health care provider
Intervention	#1	Medications: Client will take medications as prescribed
Intervention	#2	Appointments: Client will keep all appointments for medication management
Intervention	#3	Personal Counseling: Client will keep all appointments with personal counselor
Intervention	#4	Disclosure: Client will inform mental health care provider of Substance Use Disorder

Objective	#3	Other
Intervention	#1	Other
Goal	#2	Community Resources: Client will make use of available community services to help provide support
Objective	#1	Case management: Counselor will refer client for case management services
Intervention	#1	Case management
Goal	#3	Cognitive Restructuring: Client will gain skills in Cognitive Restructuring in order to manage symptoms
Objective	#1	CBT: Counselor will provide client with education about Cognitive Behavioral Therapy
Intervention	#1	Breathing Retraining: Counselor will teach client how to use breathing retraining
Intervention	#2	Cognitive Restructuring: Counselor will teach client the 5 steps of cognitive restructuring
Intervention	#3	Cognitive Restructuring: Client will regularly practice the 5 steps of cognitive restructuring.
Objective	#2	Other
Intervention	#1	Other
Goal	#4	Other
Objective	#1	Other
Intervention	#1	Other
Problem	#4	Autism symptoms
Goal	#1	Other
Objective	#1	Other
Intervention	#1	Other
Problem	#5	Bipolar symptoms
Goal	#1	Symptom Management: Client will manage symptoms in ways that support long-term sobriety
Objective	#1	Mental Health Evaluation: Client will obtain a mental health evaluation and follow all recommendations
Intervention	#1	Client will schedule and participate in a mental health evaluation
Intervention	#2	Other
Objective	#2	Treatment Compliance: Client will follow all recommendations of mental health care provider

Intervention	#1	Medications: Client will take medications as prescribed
Intervention	#2	Appointments: Client will keep all appointments for medication management
Intervention	#3	Personal Counseling: Client will keep all appointments with personal counselor
Intervention	#4	Disclosure: Client will inform mental health care provider of Substance Use Disorder
Objective	#3	Other
Intervention	#1	Other
Goal	#2	Community Resources: Client will make use of available community services to help provide support
Objective	#1	Case management: Counselor will refer client for case management services
Intervention	#1	Case management
Goal	#3	Cognitive Restructuring: Client will gain skills in Cognitive Restructuring in order to manage symptoms
Objective	#1	CBT: Counselor will provide client with education about Cognitive Behavioral Therapy
Intervention	#1	Breathing Retraining: Counselor will teach client how to use breathing retraining
Intervention	#2	Cognitive Restructuring: Counselor will teach client the 5 steps of cognitive restructuring
Intervention	#3	Cognitive Restructuring: Client will regularly practice the 5 steps of cognitive restructuring.
Objective	#2	Other
Intervention	#1	Other
Goal	#4	Other
Objective	#1	Other
Intervention	#1	Other
Problem	#6	Borderline Personality symptoms
Goal	#1	Symptom Management: Client will manage symptoms in ways that support long-term sobriety
Objective	#1	Mental Health Evaluation: Client will obtain a mental health evaluation and follow all recommendations
Intervention	#1	Client will schedule and participate in a mental health evaluation
Intervention	#2	Other

Objective	#2	Treatment Compliance: Client will follow all recommendations of mental health care provider
Intervention	#1	Medications: Client will take medications as prescribed
Intervention	#2	Appointments: Client will keep all appointments for medication management
Intervention	#3	Personal Counseling: Client will keep all appointments with personal counselor
Intervention	#4	Disclosure: Client will inform mental health care provider of Substance Use Disorder
Objective	#3	Other
Intervention	#1	Other
Goal	#2	Community Resources: Client will make use of available community services to help provide support
Objective	#1	Case management: Counselor will refer client for case management services
Intervention	#1	Case management
Goal	#3	Cognitive Restructuring: Client will gain skills in Cognitive Restructuring in order to manage symptoms
Objective	#1	CBT: Counselor will provide client with education about Cognitive Behavioral Therapy
Intervention	#1	Breathing Retraining: Counselor will teach client how to use breathing retraining
Intervention	#2	Cognitive Restructuring: Counselor will teach client the 5 steps of cognitive restructuring
Intervention	#3	Cognitive Restructuring: Client will regularly practice the 5 steps of cognitive restructuring.
Objective	#2	Other
Intervention	#1	Other
Goal	#4	Other
Objective	#1	Other
Intervention	#1	Other
Problem	#7	Co-dependency
Goals	#1	Other
Objectives	#1	Other
Interventions	#1	Other

Problem	#8	Depression symptoms
Goal	#1	Symptom Management: Client will manage symptoms in ways that support long-term sobriety
Objective	#1	Mental Health Evaluation: Client will obtain a mental health evaluation and follow all recommendations
Intervention	#1	Client will schedule and participate in a mental health evaluation
Intervention	#2	Other
Objective	#2	Treatment Compliance: Client will follow all recommendations of mental health care provider
Intervention	#1	Medications: Client will take medications as prescribed
Intervention	#2	Appointments: Client will keep all appointments for medication management
Intervention	#3	Personal Counseling: Client will keep all appointments with personal counselor
Intervention	#4	Disclosure: Client will inform mental health care provider of Substance Use Disorder
Objective	#3	Other
Intervention	#1	Other
Goal	#2	Community Resources: Client will make use of available community services to help provide support
Objective	#1	Case management: Counselor will refer client for case management services
Intervention	#1	Case management
Goal	#3	Cognitive Restructuring: Client will gain skills in Cognitive Restructuring in order to manage symptoms
Objective	#1	CBT: Counselor will provide client with education about Cognitive Behavioral Therapy
Intervention	#1	Breathing Retraining: Counselor will teach client how to use breathing retraining
Intervention	#2	Cognitive Restructuring: Counselor will teach client the 5 steps of cognitive restructuring
Intervention	#3	Cognitive Restructuring: Client will regularly practice the 5 steps of cognitive restructuring.
Objective	#2	Other
Intervention	#1	Other
Goal	#4	Other
Objective	#1	Other
Intervention	#1	Other

Problem	#9	Eating Disorder symptoms
Goal	#1	Symptom Management: Client will manage symptoms in ways that support long-term sobriety
Objective	#1	Mental Health Evaluation: Client will obtain a mental health evaluation and follow all recommendations
Intervention	#1	Client will schedule and participate in a mental health evaluation
Intervention	#2	Other
Objective	#2	Treatment Compliance: Client will follow all recommendations of mental health care provider
Intervention	#1	Medications: Client will take medications as prescribed
Intervention	#2	Appointments: Client will keep all appointments for medication management
Intervention	#3	Personal Counseling: Client will keep all appointments with personal counselor
Intervention	#4	Disclosure: Client will inform mental health care provider of Substance Use Disorder
Objective	#3	Other
Intervention	#1	Other
Goal	#2	Community Resources: Client will make use of available community services to help provide support
Objective	#1	Case management: Counselor will refer client for case management services
Intervention	#1	Case management
Goal	#3	Cognitive Restructuring: Client will gain skills in Cognitive Restructuring in order to manage symptoms
Objective	#1	CBT: Counselor will provide client with education about Cognitive Behavioral Therapy
Intervention	#1	Breathing Retraining: Counselor will teach client how to use breathing retraining
Intervention	#2	Cognitive Restructuring: Counselor will teach client the 5 steps of cognitive restructuring
Intervention	#3	Cognitive Restructuring: Client will regularly practice the 5 steps of cognitive restructuring.
Objective	#2	Other
Intervention	#1	Other
Goal	#4	Other
Objective	#1	Other

Intervention	#1	Other
Problem	#10	Grief symptoms
Goal	#1	Community Resources: Client will make use of available community services to help with readjustment
Objective	#1	Case management: Counselor will refer client for case management services
Intervention	#1	Case management
Goals	#2	Other
Objectives	#1	Other
Interventions	#1	Other
Problem	#11	Other
Goals	#1	Other
Objectives	#1	Other
Interventions	#1	Other
Problem	#12	Panic Disorder symptoms
Goal	#1	Symptom Management: Client will manage symptoms in ways that support long-term sobriety
Objective	#1	Mental Health Evaluation: Client will obtain a mental health evaluation and follow all recommendations
Intervention	#1	Client will schedule and participate in a mental health evaluation
Intervention	#2	Other
Objective	#2	Treatment Compliance: Client will follow all recommendations of mental health care provider
Intervention	#1	Medications: Client will take medications as prescribed
Intervention	#2	Appointments: Client will keep all appointments for medication management
Intervention	#3	Personal Counseling: Client will keep all appointments with personal counselor
Intervention	#4	Disclosure: Client will inform mental health care provider of Substance Use Disorder
Objective	#3	Other
Intervention	#1	Other
Goal	#2	Community Resources: Client will make use of available community services to help provide support

Objective	#1	Case management: Counselor will refer client for case management services
Intervention	#1	Case management
Goal	#3	Cognitive Restructuring: Client will gain skills in Cognitive Restructuring in order to manage symptoms
Objective	#1	CBT: Counselor will provide client with education about Cognitive Behavioral Therapy
Intervention	#1	Breathing Retraining: Counselor will teach client how to use breathing retraining
Intervention	#2	Cognitive Restructuring: Counselor will teach client the 5 steps of cognitive restructuring
Intervention	#3	Cognitive Restructuring: Client will regularly practice the 5 steps of cognitive restructuring.
Objective	#2	Other
Intervention	#1	Other
Goal	#4	Other
Objective	#1	Other
Intervention	#1	Other
Problem	#13	Post Traumatic Stress Disorder (PTSD) symptoms
Goal	#1	Symptom Management: Client will manage symptoms in ways that support long-term sobriety
Objective	#1	Mental Health Evaluation: Client will obtain a mental health evaluation and follow all recommendations
Intervention	#1	Client will schedule and participate in a mental health evaluation
Intervention	#2	Other
Objective	#2	Treatment Compliance: Client will follow all recommendations of mental health care provider
Intervention	#1	Medications: Client will take medications as prescribed
Intervention	#2	Appointments: Client will keep all appointments for medication management
Intervention	#3	Personal Counseling: Client will keep all appointments with personal counselor
Intervention	#4	Disclosure: Client will inform mental health care provider of Substance Use Disorder
Objective	#3	Other
Intervention	#1	Other

Goal	#2	Community Resources: Client will make use of available community services to help provide support
Objective	#1	Case management: Counselor will refer client for case management services
Intervention	#1	Case management
Goal	#3	Cognitive Restructuring: Client will gain skills in Cognitive Restructuring in order to manage symptoms
Objective	#1	CBT: Counselor will provide client with education about Cognitive Behavioral Therapy
Intervention	#1	Breathing Retraining: Counselor will teach client how to use breathing retraining
Intervention	#2	Cognitive Restructuring: Counselor will teach client the 5 steps of cognitive restructuring
Intervention	#3	Cognitive Restructuring: Client will regularly practice the 5 steps of cognitive restructuring.
Objective	#2	Other
Intervention	#1	Other
Goal	#4	Other
Objective	#1	Other
Intervention	#1	Other
Problem	#14	Schizophrenia symptoms
Goal	#1	Symptom Management: Client will manage symptoms in ways that support long-term sobriety
Objective	#1	Mental Health Evaluation: Client will obtain a mental health evaluation and follow all recommendations
Intervention	#1	Client will schedule and participate in a mental health evaluation
Intervention	#2	Other
Objective	#2	Treatment Compliance: Client will follow all recommendations of mental health care provider
Intervention	#1	Medications: Client will take medications as prescribed
Intervention	#2	Appointments: Client will keep all appointments for medication management
Intervention	#3	Personal Counseling: Client will keep all appointments with personal counselor
Intervention	#4	Disclosure: Client will inform mental health care provider of Substance Use Disorder
Objective	#3	Other

Intervention	#1	Other
Goal	#2	Community Resources: Client will make use of available community services to help provide support
Objective	#1	Case management: Counselor will refer client for case management services
Intervention	#1	Case management
Goal	#3	Cognitive Restructuring: Client will gain skills in Cognitive Restructuring in order to manage symptoms
Objective	#1	CBT: Counselor will provide client with education about Cognitive Behavioral Therapy
Intervention	#1	Breathing Retraining: Counselor will teach client how to use breathing retraining
Intervention	#2	Cognitive Restructuring: Counselor will teach client the 5 steps of cognitive restructuring
Intervention	#3	Cognitive Restructuring: Client will regularly practice the 5 steps of cognitive restructuring.
Objective	#2	Other
Intervention	#1	Other
Goal	#4	Other
Objective	#1	Other
Intervention	#1	Other
Problem	#15	Anger symptoms
Goal	#1	Symptom Management: Client will manage symptoms in ways that support long-term sobriety
Objective	#1	Mental Health Evaluation: Client will obtain a mental health evaluation and follow all recommendations
Intervention	#1	Client will schedule and participate in a mental health evaluation
Intervention	#2	Other
Objective	#2	Treatment Compliance: Client will follow all recommendations of mental health care provider
Intervention	#1	Medications: Client will take medications as prescribed
Intervention	#2	Appointments: Client will keep all appointments for medication management
Intervention	#3	Personal Counseling: Client will keep all appointments with personal counselor
Intervention	#4	Disclosure: Client will inform mental health care provider of Substance Use Disorder

Objective	#3	Other
Intervention	#1	Other
Goal	#2	Community Resources: Client will make use of available community services to help provide support
Objective	#1	Case management: Counselor will refer client for case management services
Intervention	#1	Case management
Goal	#3	Cognitive Restructuring: Client will gain skills in Cognitive Restructuring in order to manage symptoms
Objective	#1	CBT: Counselor will provide client with education about Cognitive Behavioral Therapy
Intervention	#1	Breathing Retraining: Counselor will teach client how to use breathing retraining
Intervention	#2	Cognitive Restructuring: Counselor will teach client the 5 steps of cognitive restructuring
Intervention	#3	Cognitive Restructuring: Client will regularly practice the 5 steps of cognitive restructuring.
Objective	#2	Other
Intervention	#1	Other
Goal	#4	Other
Objective	#1	Other
Intervention	#1	Other
Problem	#16	Criminal Behaviors/Criminal Thinking
Goal	#1	Symptom Management: Client will manage symptoms in ways that support long-term sobriety
Objective	#1	Mental Health Evaluation: Client will obtain a mental health evaluation and follow all recommendations
Intervention	#1	Client will schedule and participate in a mental health evaluation
Intervention	#2	Other
Objective	#2	Treatment Compliance: Client will follow all recommendations of mental health care provider
Intervention	#1	Medications: Client will take medications as prescribed
Intervention	#2	Appointments: Client will keep all appointments for medication management
Intervention	#3	Personal Counseling: Client will keep all appointments with personal counselor

Intervention	#4	Disclosure: Client will inform mental health care provider of Substance Use Disorder
Objective	#3	Other
Intervention	#1	Other
Goal	#2	Community Resources: Client will make use of available community services to help provide support
Objective	#1	Case management: Counselor will refer client for case management services
Intervention	#1	Case management
Goal	#3	Cognitive Restructuring: Client will gain skills in Cognitive Restructuring in order to manage symptoms
Objective	#1	CBT: Counselor will provide client with education about Cognitive Behavioral Therapy
Intervention	#1	Breathing Retraining: Counselor will teach client how to use breathing retraining
Intervention	#2	Cognitive Restructuring: Counselor will teach client the 5 steps of cognitive restructuring
Intervention	#3	Cognitive Restructuring: Client will regularly practice the 5 steps of cognitive restructuring.
Objective	#2	Other
Intervention	#1	Other
Goal	#4	Other
Objective	#1	Other
Intervention	#1	Other

## SUD SERVICE PLAN - DIMENSION 4

<b>DIMENSION 4 - Readiness to Change</b>		
<b>Problem</b>	<b>#1</b>	<b>Pre-contemplation Stage of Change</b>
Goal	#1	Client will move to the Contemplation Stage of Change
Objective	#1	Identify current problems that may be related to substance use
Objective	#2	Other
Intervention	#1	List at least three current problems that may be related to substance use
Intervention	#2	Other
Goal	#2	Other
Objective	#1	Other
Intervention	#1	Other
<b>Problem</b>	<b>#2</b>	<b>Contemplation Stage of Change</b>
Goal	#1	Client will move to the Planning Stage of Change
Objective	#1	Client will reflect on past and current problems related to substance use
Intervention	#1	Client will list as many problems as he or she can identify that are or have been related to substance use.
Objective	#2	Identify ways in which current substance use problems may be solved
Intervention	#1	Complete a plan that includes at least three courses of action that are likely to decrease problems related to substance use
Objective	#3	Other
Intervention	#1	Other
Goal	#2	Other
Objective	#1	Other
Intervention	#1	Other
<b>Problem</b>	<b>#3</b>	<b>Planning Stage of Change</b>
Goal	#1	Client will move to the Action Stage of Change
Objective	#1	Client will assess plan of action for changing substance use habits
Intervention	#1	Client will review action plan with counselor and/or peers
Objective	#2	Client will initiate action plan
Intervention	#1	Client will create a schedule to complete activities included in action plan
Intervention	#2	Client will follow the schedule that he or she created

Objective	#2	Client will evaluate successfulness of any part of plan that has been initiated
Intervention	#1	Client will discuss results of actions with counselor and/or peers
Objective	#3	Other
Intervention	#1	Other
Goal	#2	Other
Objective	#1	Other
Intervention	#1	Other
<b>Problem</b>	<b>#4</b>	<b>Action Stage of Change</b>
Goal	#1	Client will stabilize in the Action Stage of Change
Objective	#1	Client will evaluate successfulness of any part of plan that has been initiated
Intervention	#1	Client will discuss the results of initiating the plan with counselor and/or peers
Objective	#2	Client will implement a new plan that includes aspects that have been determined as useful
Intervention	#1	Client will create a weekly schedule that includes the useful aspects of the plan
Intervention	#2	Client will initiate new schedule
Goal	#2	Client will move to the Maintenance Stage of Change
Objective	#1	Client will identify the most useful new habits he or she has developed to maintain sobriety
Intervention	#1	Client will compare current habits and lifestyle with habits and lifestyle during active use
Intervention	#2	Client will discuss risks related to not maintaining the new habits with counselor and/or peers
Objective	#2	Client will maintain current habits that support sobriety
Intervention	#1	Client will keep a schedule that regularly includes activities that support long term recovery
Goal	#3	Other
Objective	#1	Other
Intervention	#1	Other
<b>Problem</b>	<b>#5</b>	<b>Maintenance Stage of Change</b>
Goal	#1	Client will stabilize in the Maintenance Stage of Change
Objective	#1	Client will evaluate ways in which his or her current lifestyle supports long term recovery
Intervention	#1	Client will list current activities that best support long term recovery

Intervention	#2	Client will list the risks of discontinuing any of those activities
Objective	#2	Other
Intervention	#1	Other
Goal	#2	Other
Objective	#1	Other
Intervention	#1	Other
Problem	#6	Other
Goal	#1	Other
Objective	#1	Other
Intervention	#1	Other

## SUD SERVICE PLAN - DIMENSION 5

<b>DIMENSION 5 - Relapse, Continued Use or Continued Problem Potential</b>		
<b>Problem</b>	<b>#1</b>	<b>Denial and minimization of the problems that substance use has caused</b>
<b>Goal</b>	<b>#1</b>	<b>Cognitive behavioral changes</b>
<b>Objective</b>	<b>#1</b>	<b>Education</b>
Intervention	#1	Anti-social and substance-related behaviors identification
Intervention	#2	Cognitive Self-Change
Intervention	#3	Family Group
Intervention	#4	Consequences to self
Intervention	#5	Consequences to others
Intervention	#6	Lies and deception
Intervention	#7	MRT
Intervention	#8	Other
Intervention	#9	Thinking Errors
<b>Objective</b>	<b>#2</b>	<b>Other</b>
Intervention	#1	Other
<b>Problem</b>	<b>#2</b>	<b>Inability to stop or cut down substance use in spite of negative consequences</b>
<b>Goals</b>	<b>#1</b>	<b>Cognitive behavioral changes</b>
<b>Objective</b>	<b>#1</b>	<b>Education</b>
Intervention	#1	Anti-social and substance-related behaviors identification
Intervention	#2	Cognitive Self-Change
Intervention	#3	Family Group
Intervention	#4	Consequences to self
Intervention	#5	Consequences to others
Intervention	#6	Lies and deception
Intervention	#7	MRT
Intervention	#8	Other
Intervention	#9	Thinking Errors
<b>Objective</b>	<b>#2</b>	<b>Other</b>
Intervention	#1	Other
<b>Problem</b>	<b>#3</b>	<b>Other</b>
<b>Goal</b>	<b>#1</b>	<b>Other</b>

Objective	#1	Other
Intervention	#1	Other
Problem	#4	Skills development needs
Goal	#1	Discharge Plan
Objective	#1	Counselor will work with client to create a discharge plan
Intervention	#1	Feedback from peers and counselor re: plan
Intervention	#2	Group Counseling
Intervention	#3	Individual Counseling
Intervention	#4	Other
Objective	#2	Resource identification and utilization
Intervention	#1	Case management
Intervention	#2	Other
Goal	#2	Relapse Prevention Plan
Objective	#1	Counselor will work with client to create a relapse prevention plan
Intervention	#1	Feedback from peers and counselor re: plan
Intervention	#2	Group Counseling
Intervention	#3	Individual Counseling
Intervention	#4	Other
Objective	#3	Resource identification and utilization
Intervention	#1	Case management
Intervention	#2	Other
Goal	#3	Skill development that supports long term recovery
Objective	#1	Anger management
Intervention	#1	Anger management group
Intervention	#2	Angry thoughts, feelings and behaviors that increase the risk of relapse
Intervention	#3	Other
Objective	#2	Communication skills
Intervention	#1	Active listening skills
Intervention	#2	'I' statements
Intervention	#3	Other
Objective	#3	Conflict resolution skills
Intervention	#1	Other
Objective	#4	Exercise/health/well-being program
Intervention	#1	Exercise type(s)
Intervention	#2	Dietary Changes
Intervention	#3	Duration of session
Intervention	#4	Frequency of session

Intervention	#5	Other
Intervention	#6	Smoking cessation plan
Intervention	#7	Spiritual practice type(s)
Intervention	#8	Stress reduction technique(s)
Objective	#5	Recreation skills
Intervention	#1	Other
Objective	#6	Refusal skills
Intervention	#1	Other
Intervention	#2	Role plays
Objective	#7	Relaxation skills
Intervention	#1	Breathing techniques
Intervention	#2	Guided imagery
Intervention	#3	Meditation
Intervention	#4	Muscle relaxation techniques
Intervention	#5	Other
Objective	#8	Self esteem
Intervention	#1	Other
Problem	#5	Noncompliance with program
Goal	#1	Program compliance
Objective	#1	Behavior contract
Intervention	#1	Individual counseling
Intervention	#2	Other
Objective	#2	Other
Intervention	#1	Other
Problem	#6	Tolerance and symptoms of withdrawal
Goal	#1	Abstain from all substance use
Objective	#1	Coping skills to manage triggers and cravings
Intervention	#1	Drug Testing
Intervention	#2	Group counseling
Intervention	#3	Individual counseling
Intervention	#4	Other
Intervention	#5	Substance use patterns identification
Intervention	#6	Support system to enhance recovery
Objective	#2	High risk situation identification
Intervention	#1	Other
Intervention	#2	Peer Influence (people)

Intervention	#3	Places
Intervention	#4	Things
Objective	#3	Triggers and cravings identification
Intervention	#1	Cognitive distortion identification
Intervention	#2	External triggers and stressors identification
Intervention	#3	Internal triggers and stressors identification
Intervention	#4	Other
Intervention	#5	Thought Stopping techniques
Objective	#4	Scheduling and time management
Intervention	#1	Create a daily schedule
Intervention	#2	Other
Objective	#5	Skills and strengths identification
Intervention	#1	List qualities that have helped them cope
Intervention	#2	Other
Intervention	#3	Past periods of abstinence identification
Objective	#6	Other
Intervention	#1	Other
Goal	#2	Other
Objective	#1	Other
Intervention	#1	Other
Goal	#3	Recovery plan –counselor will work with client to develop a personal plan for recovery
Objective	#1	Coping skills to manage triggers and cravings
Intervention	#1	Drug Testing
Intervention	#2	Group counseling
Intervention	#3	Individual counseling
Intervention	#4	Neurobiology of addiction education
Intervention	#5	Other
Intervention	#6	Stages of Addiction - learn about stages of addiction and identify current stage
Intervention	#7	Stages of Recovery - learn about stages of recovery and identify current stage
Intervention	#8	Substance use patterns identification
Objective	#2	Develop knowledge of addiction and process of recovery
Intervention	#1	Drug Testing
Intervention	#2	Group Counseling
Intervention	#3	Individual counseling
Intervention	#4	Other

Intervention	#5	Substance use patterns identification
Intervention	#6	Support system to enhance recovery
Objective	#3	Other
Intervention	#1	Other
Objective	#4	Self-help recovery groups
Intervention	#1	12 steps
Intervention	#2	AA, NA, and other recovery group education and information
Intervention	#3	Other
Intervention	#4	Sponsorship

## SUD SERVICE PLAN - DIMENSION 6

<b>DIMENSION 6 - Recovery / Living Environment</b>		
<b>Problem</b>	<b>#1</b>	<b>Educational needs</b>
Goal	#1	GED completion
Objective	#1	Other
Intervention	#1	Other
Objective	#2	Test preparation
Intervention	#1	Case management
Intervention	#2	Other
Objective	#3	Test completion
Intervention	#1	Case management
Intervention	#2	Other
Goal	#2	Other
Objective	#1	Other
Intervention	#1	Other
Goal	#3	Vocational training
Objective	#1	Vocational certificate completion
Intervention	#1	Case management
Intervention	#2	Other
Intervention	#3	Vocational rehabilitation services
Objective	#2	Other
Intervention	#1	Other
<b>Problem</b>	<b>#2</b>	<b>Employment needs</b>
Goal	#1	Full time employment
Objective	#1	Job hunting resource identification
Intervention	#1	Case management
Intervention	#2	Idaho Department of Labor services
Intervention	#3	Other
Intervention	#4	Vocational rehabilitation services
Objective	#2	Other
Intervention	#1	Other
Goal	#2	Other

Objective	#1	Other
Intervention	#1	Other
Goal	#3	Part time employment
Objective	#1	Job hunting resource identification
Intervention	#1	Case management
Intervention	#2	Idaho Department of Labor services
Intervention	#3	Other
Intervention	#4	Vocational rehabilitation services
Objective	#2	Other
Intervention	#1	Other
Goal	#4	Self employment needs addressed
Objective	#1	Small business resource identification
Intervention	#1	Case management
Intervention	#2	Other
Objective	#2	Other
Intervention	#1	Other
Problem	#3	Food and nutrition needs
Goal	#1	Public assistance / food stamps
Objective	#1	Public assistance application
Intervention	#1	Case management
Intervention	#2	Other
Goal	#2	Other
Objective	#1	Other
Intervention	#1	Other
Problem	#4	Housing needs
Goal	#1	Housing that supports stability and recovery
Objective	#1	Housing resource identification
Intervention	#1	Case management
Intervention	#2	Housing subsidy
Intervention	#3	Other
Intervention	#4	Sober housing
Objective	#2	Other
Intervention	#1	Other
Goal	#2	Other
Objective	#1	Other
Intervention	#1	Other

<b>Problem</b>	<b>#5</b>	<b>Isolation</b>
Goal	#1	Other
Objective	#1	Other
Intervention	#1	Other
Goal	#2	Social network that supports recovery
Objective	#1	Other
Intervention	#1	Other
Objective	#2	Social support resource identification
Intervention	#1	Case management
<b>Problem</b>	<b>#6</b>	<b>Legal problems</b>
Goal	#1	Other
Objective	#1	Other
Intervention	#1	Case management
Intervention	#2	Other
<b>Problem</b>	<b>#7</b>	<b>Other</b>
Goal	#1	Other
Objective	#1	Other
Intervention	#1	Other
<b>Problem</b>	<b>#8</b>	<b>Peer group problems</b>
Goal	#1	Other
Objective	#1	Other
Intervention	#1	Other
Goal	#2	Peer group association that is supportive of recovery
Objective	#1	Minimize peer associated relapse risks
Intervention	#1	Other
Intervention	#2	Negative influence identification
Intervention	#3	Positive peer support identification
Intervention	#2	Other
Intervention	#1	Other
<b>Problem</b>	<b>#9</b>	<b>Relationship and/or family difficulties</b>
Goal	#1	Living environment that supports recovery
Objective	#1	Relationship stressors reduction
Intervention	#1	Support system development

Intervention	#2	Identify impact of substance use on family members
Intervention	#3	Case Management
Intervention	#4	Couples counseling
Intervention	#5	Group counseling
Intervention	#6	Family counseling
Intervention	#7	Individual counseling
Objective	#2	Family addiction coping strategies
Intervention	#1	Case management
Intervention	#2	Group counseling
Intervention	#3	Individual counseling
Intervention	#4	Other
Objective	#3	Living environment problem identification
Intervention	#1	Case management
Intervention	#2	Group counseling
Intervention	#3	Individual counseling
Intervention	#4	Other
Objectives	#4	Other
Interventions	#1	Other
Goal	#2	Other
Objective	#1	Other
Intervention	#1	Other
Problem	#10	Transportation needs
Goal	#1	Other
Objective	#1	Other
Intervention	#1	Other
Goals	#2	Reliable and affordable transportation
Objectives	#1	Identify transportation options
Intervention	#1	Case management
Intervention	#2	Other