VOLUME A
Basics of Addiction, Screening, Assessment, Treatment Planning and Care Coordination
Module 3

Treatment planning M.A.T.R.S. using assessment tools

1. Assessment tools in treatment planning
2. Prioritising problems
3. Putting treatment planning M.A.T.R.S. into practice
Workshop 2

Prioritising problems

FAMILY
HONESTY/INTEGRITY
SIMPLICITY
HUMOR
PROSPERITY/WEALTH
Training objectives

At the end of this workshop, you will be able to:

► Identify problems using assessment tools
► Understand how to prioritise problems
► Identify objectives of treatment and appropriate interventions, using M.A.T.R.S. approach
Treatment M.A.T.R.S.

- Measurable
- Attainable
- Realistic
- Specific

Time-limited
M.A.T.R.S. objectives & interventions

► Measurable
  – Achievement is observable

► Attainable
  – Focus on improved functioning rather than cure

► Time-limited
  – Focus on short-term goals and objectives

► Realistic
  – Patient can realistically complete objectives

► Specific
  – Goal-focused in specific behavioural terms
Maslow’s hierarchy of needs

1. Biological/physiological
2. Safety & security
3. Love & belonging
4. Self-esteem
5. Self-actualisation
1. Physical needs

- Substance use
- Physical health management
- Medication adherence issues
2. Safety & Security

► Mental health management
► Functional impairments
► Legal issues
3. Love & Belonging

► Need for affiliation
► Family relationships
► Social & interpersonal skills
4. Self-esteem

- Achievement and mastery
- Independence/status
- Prestige
5. Self-actualisation

► Seeking personal potential
► Self-fulfilment
► Personal growth
ASI domains vs. Maslow’s hierarchy of needs

1. Biological / Physiological
2. Safety & Security
3. Love & Belonging
4. Self-esteem
5. Self-actualisation

ASI Domain 1: Medical
ASI Domain 3: Drug / Alcohol Use
ASI Domain 6: Psychiatric Status

ASI Domain 2: Employment / Support Status
ASI Domain 4: Legal Status

ASI Domain 5: Family / Social Relationships
How do we prioritise problems?

M.  A.

T.

R.  S.
Let’s practice!

Case study

► Develop a goal statement, 2 M.A.T.R.S. objectives and 2 or more interventions for the following Problem Statement:

Patient reports regular alcohol use for a period of 15 years. For the past 7 years, he drank regularly and heavily (5 or more drinks in one day). He reports drinking heavily 20 of the past 30 days.
Examples

► Example Goal: Client will safely reduce or discontinue alcohol consumption

► Example Objective: Client will continue to take medication for alcohol withdrawal while reporting any physical symptoms (discomfort) to medical staff for evaluation

► Example Intervention: Counselor/medical staff will meet with client daily to discuss medication management and presence of withdrawal symptoms
Wrap-up

► How do you identify problems within treatment?

► How do you prioritise problems within treatment?

► What are the characteristics of well-defined goals, objectives and interventions?
Thank you for your time!
End of workshop 2