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 3

Putting treatment planning M.A.T.R.S. into practice
Training objectives

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

► Understand the treatment planning process
► Tailor treatment interventions to match the patient’s stage of change
► Use the M.A.T.R.S. method to create a treatment plan
► Apply different methods of documentation for treatment
Pre-contemplation

Person is not considering or does not want to change a particular behaviour.
Person is thinking about changing a behaviour.
Person is seriously considering and planning to change a behaviour and has taken steps towards change.
Person is actively doing things to change or modify behaviour.
Person continues to maintain behavioural change until it becomes permanent.
Person returns to pattern of behaviour that he or she had begun to change.
Treatment planning process review

1. Collect client data and information
2. Conduct assessment
3. Identify problems
4. Prioritise problems
5. Develop goals to address problems
6. Write M.A.T.R.S.
M.A.T.R.S. objectives / interventions test

**Measurable/Attainable:**
- Can the change be documented? Is it achievable within active treatment phase?
- Is it reasonable to expect the patient/client will be able to take steps on his or her behalf?

**Time-related / Realistic:**
- Is time frame specified? Will staff be able to review within a specific period of time?
- Is it agreeable to client and staff?

**Specific:**
- Will client understand what is expected and how programme/staff will assist in reaching goals?
Let’s practice!

ASI domains and treatment planning

► For each of the 3 following ASI domains, write 2 Objective and 2 Intervention statements:

– Alcohol / Drug Domain
– Medical Domain
– Family / Social Domain
Documentation: Basic guidelines

- Dated, signed, legible
- Referral information documented
- Patient’s strengths/limitations in achieving goals
- Source of information clearly documented

Patient’s name on each page!
<table>
<thead>
<tr>
<th>S.O.A.P. Notes</th>
<th>C.H.A.R.T.</th>
</tr>
</thead>
<tbody>
<tr>
<td>• <strong>Subjective</strong> (patient’s statement)</td>
<td>• <strong>Client condition</strong></td>
</tr>
<tr>
<td>• <strong>Objective</strong> (health worker’s observations)</td>
<td>• <strong>Historical significance of client’s condition</strong></td>
</tr>
<tr>
<td>• <strong>Assessment</strong> (test results)</td>
<td>• <strong>Action</strong></td>
</tr>
<tr>
<td>• <strong>Plan</strong> (goals)</td>
<td>• <strong>Response</strong></td>
</tr>
<tr>
<td></td>
<td>• <strong>Treatment plan</strong></td>
</tr>
</tbody>
</table>
Let’s practice!

Writing documentation

You are a case manager in an adult outpatient drug and alcohol treatment programme. Jennifer M. is your patient. She is 21 y.o., and is involved with the adult criminal justice system.

► Observe the counselling session with Jennifer

► Write a documentation page for her, using S.O.A.P. or/and C.H.A.R.T. notes
Treatment Plan

- Screening and assessment
- Initial service authorization
- Ongoing documentation
- Treatment plan reviews/continued stay reviews
- Referrals
Other organisational considerations

- Is there duplication of information collected?
- Is technology used effectively?
- Is paperwork useful in treatment planning process?
- Information requirements of funding entities / managed care?
Questions
Wrap-up

► Which steps does treatment planning include?
► How can the M.A.T.R.S. method be used in treatment planning?
► What documentation methods do you know are useful in treatment planning?
Post-Assessment
What is your “take-away”?

► What was the most meaningful to you in this training?
► What will you take away with you?
► What did you enjoy the most?
► How will you use this information?
► What skill(s) do you think you will begin to practice in your work?
► What would you like to share in closing?
Thank you for your time!
End of workshop 3