



THE CENTENNIAL BRIEFING



CHEYENNE · ELBERT · KIT CARSON · LINCOLN · LOGAN · MORGAN · PHILLIPS · SEDGWICK · WASHINGTON · YUMA

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being

DOCUMENTATION TIPS TREATMENT PLANNING

Tip #5:

Objectives: Objectives need to reference the symptom which will be impacted once the client completes the objective. Example (Depression): "Client will be able to identify 2 or 3 negative self-statements they currently use which reduce motivation, and will replace these with positive and encouraging self-statements which will be motivating and will encourage activities like exercise."

Tip #6:

Objectives should be listed individually rather than in paragraph form. By listing individual objectives you can quickly mark objectives as "resolved", "discontinued", or "deferred" to show client's progress in treatment.

Tip #7:

Interventions: Interventions must include specific therapeutic interventions which will be utilized in treatment. Examples: "Grief & Loss Group therapy weekly for 12 weeks"; "Individual therapy at least 2x per month utilizing DBT Skills training, Cognitive Behavioral interventions including thought-stopping and symptoms tracking, and Mindfulness training."

*Keep watching each week for
more TIPS!*

TAKE CARE OF YOUR MENTAL HEALTH DURING COVID-19



Take a break from COVID-19

The pandemic has taken over news stations and social media platforms, and it can feel like it's the only thing we see. Repeatedly hearing about coronavirus can be stressful, so give yourself a break from news stories. (Outbreaks can be stressful)



Let yourself be upset

Although it may seem silly to be upset over losing graduation milestones, birthday parties, or concerts, it is critical that we allow ourselves to grieve these losses. Psychotherapists urge people to acknowledge their grief and find a way to honor it (It's ok to grieve).



Look for silver linings

It can feel impossible to remain positive during a stressful, confusing time; however, trying to find things we're grateful for can help us cope with the pandemic and ultimately manage our mental health.



Find ways to share your grief

Be honest about how you feel and let it out. Whether it's at the kitchen table with your family, on the phone with your best friend, or in a journal, it's important to acknowledge and share your losses.



Talk to your family & friends

Physically distancing does not mean we have to socially disconnect from our loved ones. Find creative ways to stay in touch with your family and friends through virtual game nights, social media challenges, or writing letters.