

Now that you have completed your intake and identified the problem(s), the next step will be to create a treatment plan intended to be a roadmap for you and your assigned clinician to address the problem to your satisfaction. Treatment plans are most successful when they are created with your language and structured to fit your unique situation. Please take some time to answer the following questions in preparation for your next appointment with your clinician.

1. **Since your intake, have there been any changes or improvements that you have noticed? If so, what are they?** (*You may have recognized some changes or improvements after having your first appointment with your clinician. Factors to these potential changes or improvements could provide helpful information as to what influences change for you)*

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1. **If I were to identify one or two goals for therapy, what would it/they be?** (*One tip for coming up with goals is to imagine what life would look like if the problems you identified were resolved. The goal is the overall outcome you would like to achieve by the end of the therapeutic process).*

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1. **In order to reach my goal, what are some steps that could help get me there?** (*Think about the supports you may have, or actions you have taken in the past to address other problems you have faced. Also consider steps you may already been taking to address the identified problem).*

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1. **What interventions do you believe would be helpful in your journey towards your goals?** (*Consider individual therapy, group therapy, medication management, case management [designed to help clients with a variety of struggles], support from family or friends, self help reading, education surrounding your diagnosis and how it impacts you, etc).*

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1. **How will you know your goals have been reached?** *(what will be different about your interactions with others, how you think, feel, act, etc. that tells you the goal(s) has/have been reached)*

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Thank you for taking the time to fill this out, as it will help you and your therapist create a plan that is best suited for you. For over 30 years, Centennial Mental Health Center has provided compassionate and comprehensive mental health and substance use disorder services to the resilient, hard-working members of the communities we serve. We believe that seeking help is a sign of great courage. We look forward to working with you in your journey towards improvement!