

Policies & Procedures

**ASSESSMENT, RECOVERY PLANNING
AND TREATMENT**

Section: Clinical

Pages: 2

Subject: Assessment, Recovery Planning and Treatment

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PURPOSE

DBH supports individualized recovery change processes as people improve their health, wellness and strive to reach their full potential. This includes shared decision making, accessing stronger client engagement, improved person-centered assessment, planning and treatment and establishing a recovery-oriented system of supports for continuous recovery management.

POLICY

Clinical treatment will be provided in a way that ensures the clinical needs of the client are primary. Treatment will be based on a) an on-going assessment that substantiates medically necessary treatment and b) a written Recovery plan that is negotiated with client and that guides treatment. When appropriate, the client's family and/or other natural supports will be involved in the assessment, treatment and recovery planning process.

PROCEDURES

1. Engagement
 - a. The focus of engagement is on the immediate/pertinent needs of the client
 - b. Clinicians establish rapport with clients
 - c. Clients can expect to gain something (relief, clarity, answers, hope) from the initial (engagement) session
 - d. Clinicians check that client's needs are being met
 - e. Clinicians gather and document relevant information in an organized way
 - f. Clinicians make recommendations and negotiate with the client and respect their choices
2. Ongoing Assessment
 - a. Assessment information is kept current

- b. Clinicians gather relevant assessment information based on the client's concerns, in an ongoing manner as part of the treatment process
 - c. Assessment includes an ongoing focus on strengths and supports that aid recovery
 - d. Assessment includes identifying those things that motivate the client (Life Goals) and how those motivations have been impeded (Barriers) by mental illness and/or substance use
 - e. Assessment information is organized coherently and available in a readable, printable format
 - f. Initial assessments will be initiated within five working days of first client contact
3. Ongoing Treatment/Recovery Planning
- a. The client is involved in ongoing and responsive recovery planning
 - b. Where possible, the plan represents a negotiated agreement
 - c. The plan supports medical necessity and is kept current and up to date
 - d. Short term goals/objectives are measurable, achievable and within a timeframe
 - e. Planning anticipates developing and maintaining independence as part of recovery and discharge from the acute episode of treatment
4. Treatment
- a. Treatment is individualized, dynamic and adjusts according to feedback and concerns of the client
 - b. Treatment is recovery focused and based on outcome, sound practice and evidence
 - c. Family and other informal and natural supports are involved as appropriate and as approved by the client
 - d. Treatment documentation should be done collaboratively when possible and within 24 hours in other circumstances