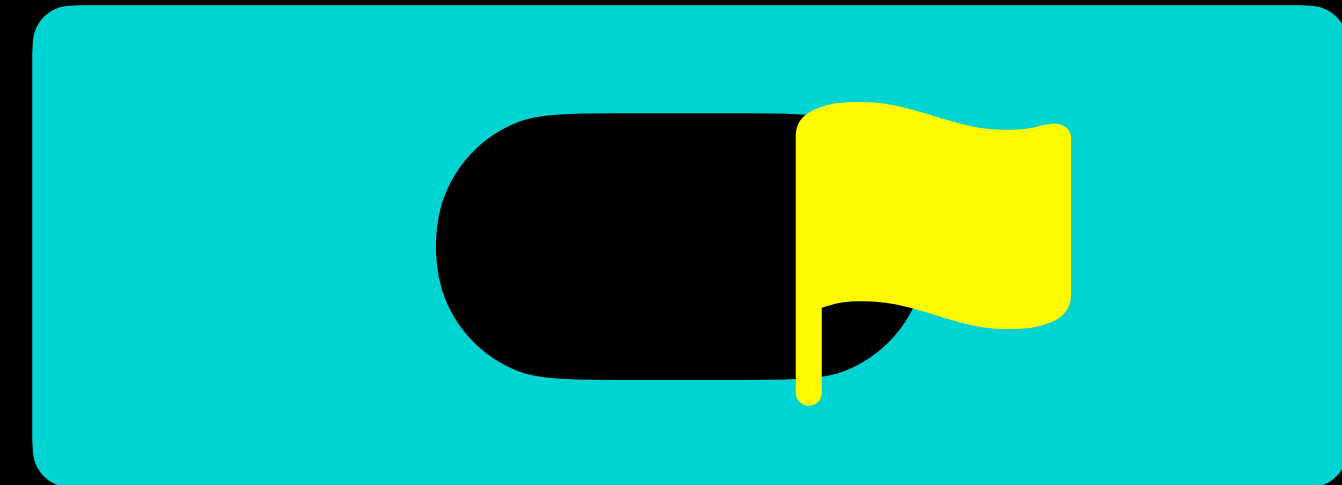


LAB DAY

PLANNING AND IMPLEMENTING CHANGE-ORIENTED STRATEGIES

FALL 2023 SOWK 486W WEEK 11

JACOB CAMPBELL, PH.D. LICSW AT HERITAGE UNIVERSITY



AGENDA

PLAN FOR WEEK 11

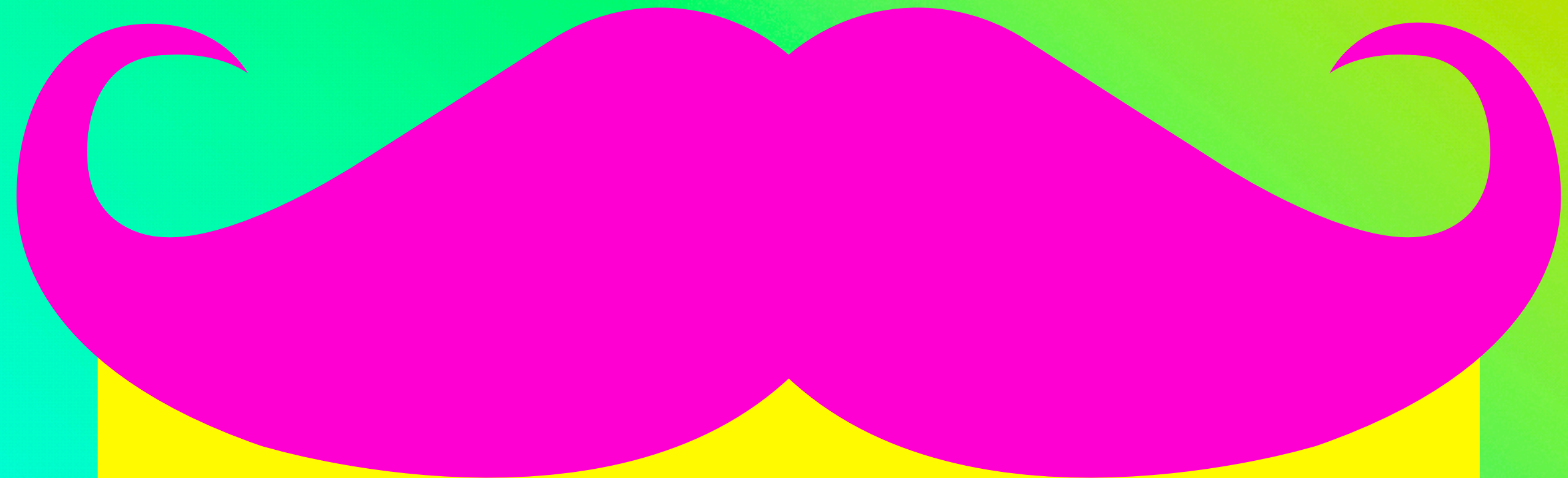
Talk about cognitive distortions and cognitive restructuring

The planning process in crisis

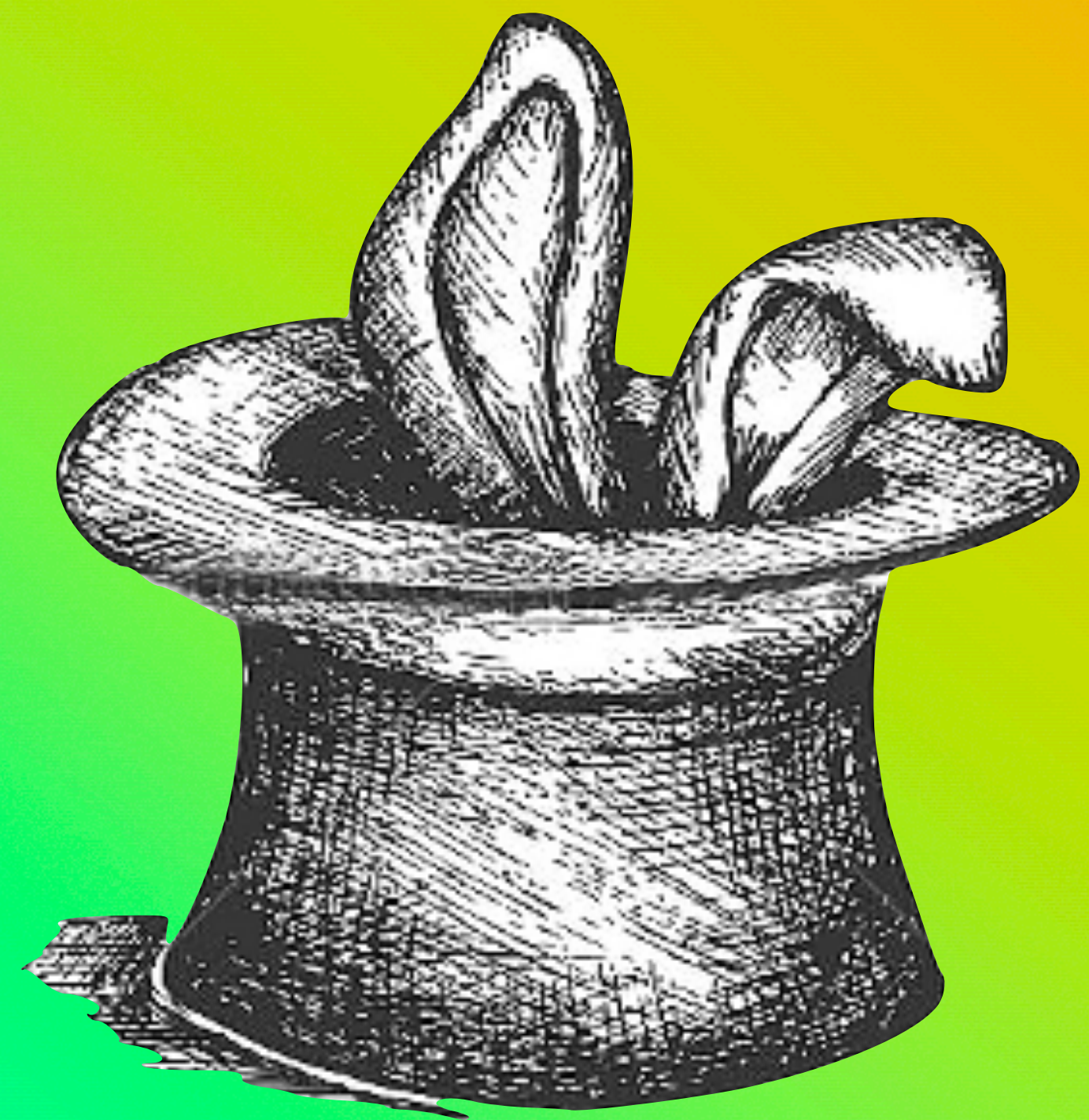
Documenting our plans

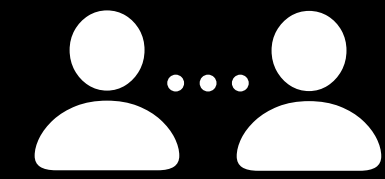
Task Management





**THINK OF A
NUMBER,
ANY NUMBER**





Small Group Discussion

EXAMPLES IN THE MEDIA
PERSONAL EXAMPLES

THINKING DISTORTIONS

AKA... COGNITIVE DISTORTION, THINKING ERRORS

All or nothing thinking

Blaming

Catastrophizing

Discounting positives

Emotional reasoning

Inability to disconfirm

Judgment focus

Jumping to conclusions

Mind reading

Negative mental filtering

**Overgeneralization or
globalization**

Personalizing

Regret orientation

“Should” statements

Unfair comparisons

What ifs



COGNITIVE RESTRUCTURING

WHAT YOU DO

Intervention techniques in CBT are designed to help clients modify their beliefs, faulty thought patterns or perceptions, and destructive verbalizations, thereby leading to changes in behavior.

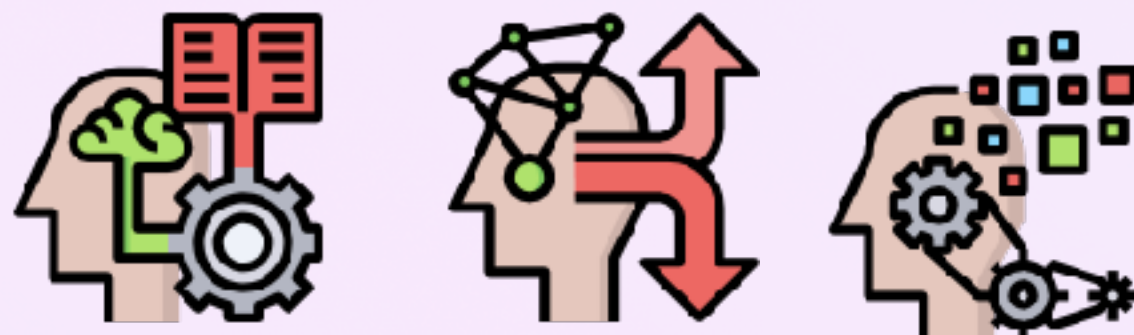
Assist client in accepting that their self-statements, assumptions, and beliefs determine emotional reactions to events

Assist clients in identifying dysfunctional self-statements, beliefs, and thought patterns that underlie their problem.

Assist clients in identifying situations that engender dysfunctional cognitions

Assist clients in replacing dysfunctional cognitions with functional self-statements

Assist clients in identifying rewards and incentives for successful coping efforts



SUPERFLEX

AND THE UNTHINABLES



Defense Mechanisms

1 What is a defense mechanism?

2 Situation How do you respond (act) when:

- | | | | |
|----------------|-----------------|------------------|--------------|
| • Disrespected | • Mad At Parent | • You're Hit | • Blamed |
| • Yelled At | • Embarrassed | • Make A Mistake | • Get Caught |
| • Put Down | • You Lose | • Confronted | • Hurt |
| • Laughed At | • Feel Pressure | • Frustrated | • Angry |

4 Choice

Who chooses the defense?

How do you protect your feelings?

6 Four Steps to Control Your D.M.

1. Recognize the situation.

When you are in a pressure situation, these are the signs:
You feel angry, frustrated, nervous.

What outward behaviors can you use to help control the pressure?

2. Identify the situations where you can practice step 1.

What are the situations you need to practice this?

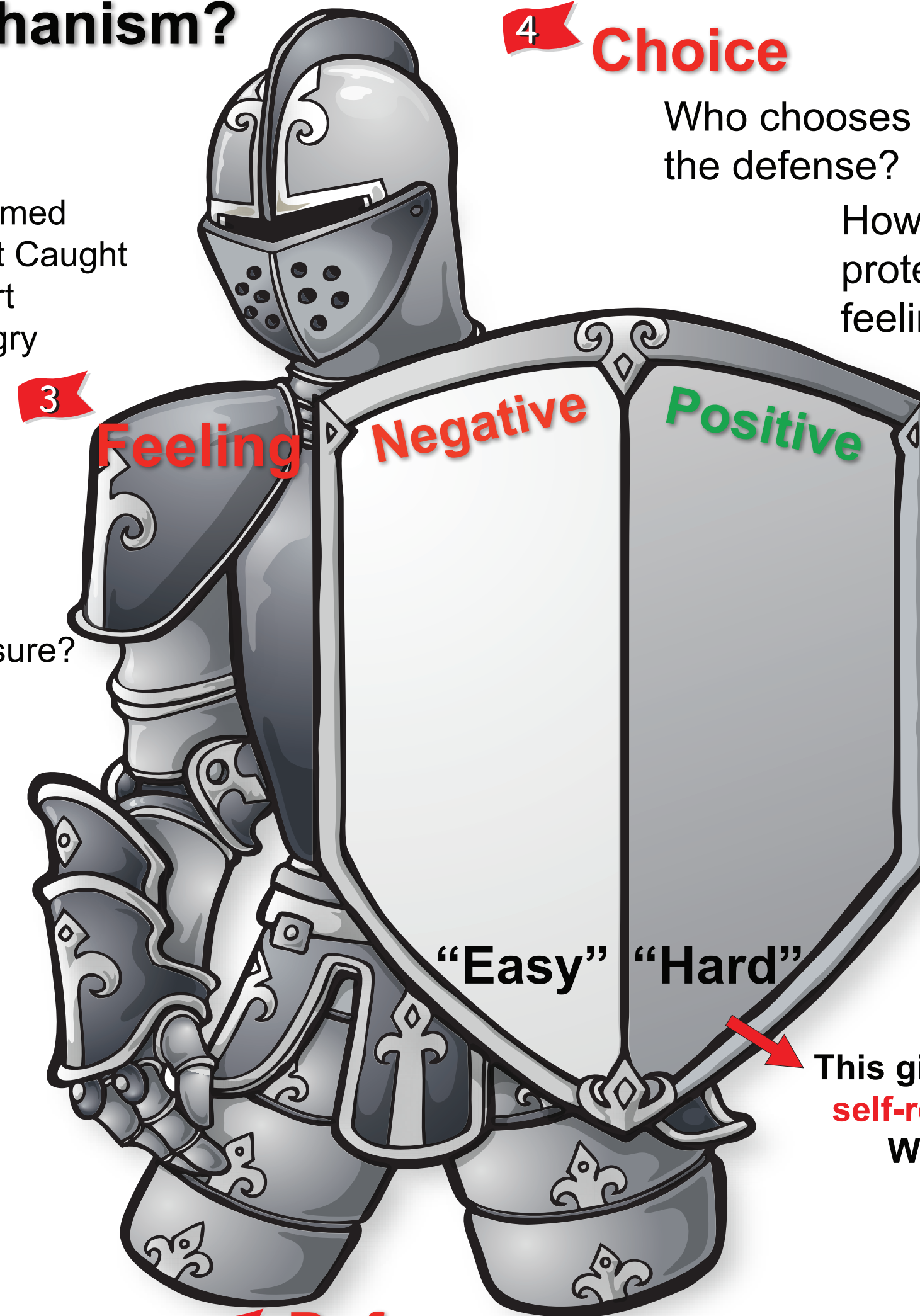
3. Don't let other people control how you will respond.

You know that someone is trying to control you if they are yelling at you, physically attacking you, or putting you down.

4. Select a positive solution.

What would motivate you to do the tougher (harder) thing?

What might happen if you stay in control?

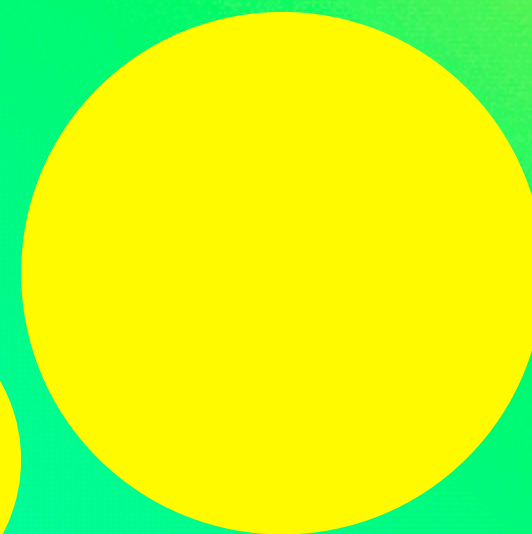
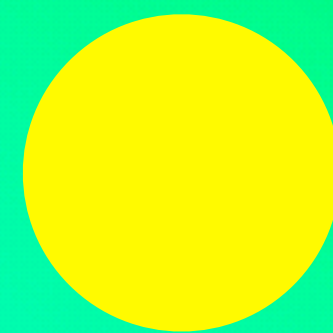
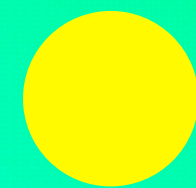


5 Defense

How do you know when you've selected a positive defense mechanism?

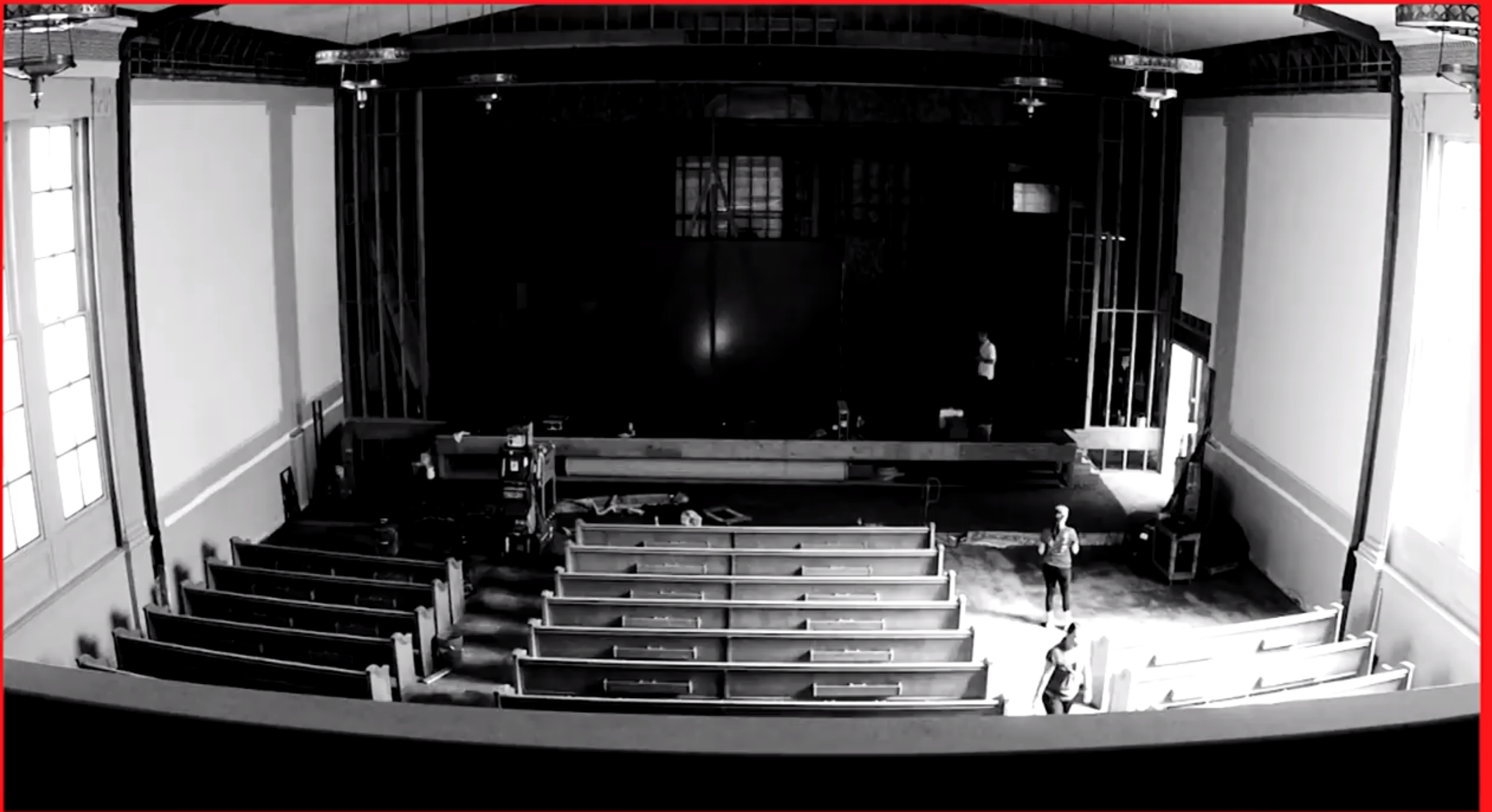
"When you are helping, not hurting, yourself and others."

PUTTING YOUR THOUGHTS ON TRIAL



(Grohol, 2018)





WHAT WOULD YOU DO?

P. 285

THE CRISIS INTERVENTION MODEL: PROCEDURES OF CRISIS INTERVENTION

Review the 8-step
procedures of crisis
intervention

A 34-year-old mother of three, aged, 5, 9, and 11 has been hospitalized following a violent confrontation with her boyfriend. In addition to her physical condition, she is depressed and concerned about her children. During the period of her hospitalization, the children lived with an aunt. As the hospital social worker, you meet with her to complete a psychosocial assessment. During the brief session, she stated, “I never want to see him again (the boyfriend). If it weren’t for my children, I would hang it all up. I seem to always end up choosing the wrong men in my life. I don’t want my kids to see me as a loser but it is true, I am. I just want to get out of here and live my life with my children in peace.”



THE CRISIS INTERVENTION MODEL:

PROCEDURES OF CRISIS INTERVENTION

Step 1: Assessment of the Crisis

Step 2: Make Contact, Establish Rapport, and Provide Support

Step 3: Elicit the Client's Definition of the Problem, Narrow Down, and Triage the Identified Problems

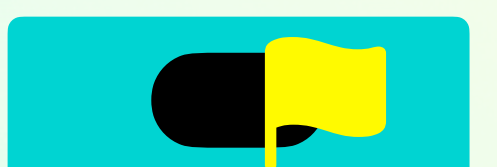
Step 4: Ensure Client Safety

Step 5: Examine Alternatives

Step 6: Make Plans

Step 7: Obtain Commitment

Step 8: Referral and Follow-up




CRISIS STABILIZATION SUPPORT PLAN

FROM TCCH BHS

Page 1:

- General Information



Tri-Cities Community Health
Behavioral Health Services

Crisis Stabilization Support Plan (CSSP)

Initial Date:

To Be Reviewed:

A. ASSESSMENT

I. Client Personal Information

Client Name:		Date of Birth:		Age:
Gender:	Client Ethnicity:			
Client Place of Birth:		Primary Language:		Secondary:
Height:	Weight:	Hair:	Eye:	Other Identifier:

II. Referral & Admitting Problem

Referral Source:

Client Presenting Problem (symptoms/length):

III: Recent Psychiatric Services

Name of Provider/Date(s)	Reason for Treatment (E.g. Substance Abuse, Psych. hospital, residential, OP/ and diagnosis)	Medication(s) Prescribed?	Outcome: Successful/Unsuccessful/AMA

Client Current Substance Use: (Include result of GAINS assessment)

V: Crisis/Risk Assessment

Client History of Suicide/Homicide: (Ideation, plan, means, attempt(s) when/age?)

Current Crisis/Risk Assessment: (Must include current risk of suicide/homicide/risk of self-harm.)

Current Medications:

IX: Environmental Need/Barriers to Treatment

Does the client need any of the following: (Please check all that apply)

☐ housing

☐ food

☐ clothing

☐ ADL's

☐ primary support network/death or loss

☐ social/recreational

☐ employment

☐ education

☐ Economic

☐ legal

☐ chronic medical condition(s)/access to healthcare

☐ Transportation

☐ Other

psychosocial/environmental problems

Admitting Diagnosis

Axis I:

Axis II:

Axis III:

Axis IV:

Axis V: Current GAF:

*Have all releases of information been obtained for all formal/informal supports?: (E.g. medical providers, legal providers, DSHS etc.) ☐ Yes ☐ No


Page 1 of 2

CRISIS STABILIZATION SUPPORT PLAN

FROM TCCH BHS

Page 2:

- Crisis and Planning Information

		Tri-Cities Community Health Behavioral Health Services
		Crisis Stabilization Support Plan (CSSP)
B. MY PLAN		
Crisis Definition: (What Does it Look Like?)		
What Works:	<input type="checkbox"/>	
What Doesn't Work:	<input type="checkbox"/>	
Road blocks:	<input type="checkbox"/>	
Functional Strengths and Tools for Planning:	<input type="checkbox"/>	
Plan of Action:	<input type="checkbox"/>	
<div>Who to Call for Help:</div> <div>Police/Ambulance: 911</div> <div>NECCS: (509) 545-6506</div> <div>Crisis Response Unit: (509) 783-0500 available 24/7</div> <div>Others (Family, Friends & Helpers):</div>		
<div>_____</div> <div>Client Signature</div>		<div>Date: ____/____/____</div>
<div>_____</div> <div>Case Manager Signature</div>		<div>Date: ____/____/____</div>
<div>_____</div> <div>Clinical Supervisor Signature</div>		<div>Date: ____/____/____</div>

DEVELOPING RESPONSES

I am here because God told me to come. How is a goal going to help me? I trust God to guide me in what to do. Do you believe in God?

What do you know about my situation? You are so young and it's hard for me to see how you can help me.

The court will take my children no matter what I do, so how is having a goal going to help?

You need to be clear; I don't want to be here. I'm only doing this stuff with you because the judge said that I had to come.

My family didn't want me to come see you again. They worry that you will put too many American ideas in my head.

Don't waste our time. She got herself pregnant. You want her father and me to be involved because you must think that it is okay to be unmarried and pregnant. Well, you're wrong!

How will having a goal help me? I've never been able to accomplish anything before.



PROCESS OF GOAL FORMULATION

SIX STAGES

Determine clients' readiness

Explain the purpose and function of goals

Formulate client-driven goals

Increase goal specificity

Determine barriers and benefits

Rank goals according to priorities

(Hepworth et al., 2022)



TREATMENT PLAN

FROM TCCH BHS

Page 1:

- Plan info and general
- Collateral Contact INfo
- First Goal

TREATMENT PLAN

Client Name:		DOB:		CID:		Assigned Clinician:	
Funding Source:	Choose an item.	Provider One #:		DSHS CLID:		Type of Plan:	Choose an item.
Date of Plan:		Click here to enter a date.		Review Due:		Click here to enter a date.	
LOC	LRA	Admitting DX Date	Change in DX Date	Change in DX Date	Change in DX Date	Change in DX Date	
??	Y/N?	Click here to enter a date.	Click here to enter a date.	Click here to enter a date.	Click here to enter a date.	Click here to enter a date.	
Axis I:							
Axis II:							
Axis III:							
Axis IV:							
Axis V:							
CURRENT SUPPORTS							
Name			Relationship		Role in Treatment		ROI
							Click here to enter a date.
							Click here to enter a date.
							Click here to enter a date.
							Click here to enter a date.
GOAL							
Goal: (Client Voice)							
Problem Need/ Barriers: (Client Voice)							
Strengths: (Client Voice)							
Treatment Modalities/Interventions/Supports utilized in treatment (Plan to be reflected in notes)							
<input type="checkbox"/> Individual Therapy <input type="checkbox"/> Therapeutic Psychoeducation <input type="checkbox"/> Brief Intervention <input type="checkbox"/> Crisis Services <input type="checkbox"/> Family Treatment <input type="checkbox"/> Group Treatment <input type="checkbox"/> Medication Management/Monitoring <input type="checkbox"/> Special Population Evaluation <input type="checkbox"/> Stabilization Services <input type="checkbox"/> Case Management <input type="checkbox"/> Medical Coordination <input type="checkbox"/> Other.							
Client Measurable Goal		Client will identify, learn and practice 2-3 coping skills for management with BLANK symptoms related to STATED GOAL in the next 6 months.					
Client will be utilizing the use of informal and formal supports listed above in their recovery plan. Client and provider will work together to tie strengths and the use of supports to assist in working towards the client stated goal and coordinating their care with the listed supports.							

TREATMENT PLAN

FROM TCCH BHS

Page 2:

- Goals 2-4

TREATMENT PLAN

Client Name:		DOB:		CID:		Assigned Clinician:	
Funding Source:	Choose an item.	Provider One #:		DSHS CLID:		Type of Plan:	Choose an item.

GOAL

Goal: <i>(Client Voice)</i>	
Problem Need/ Barriers: <i>(Client Voice)</i>	
Strengths: <i>(Client Voice)</i>	

Treatment Modalities/Interventions/Supports utilized in treatment (Plan to be reflected in notes)

☐ Individual Therapy ☐ Therapeutic Psychoeducation ☐ Brief Intervention ☐ Crisis Services ☐ Family Treatment ☐ Group Treatment ☐ Medication Management/Monitoring ☐ Special Population Evaluation ☐ Stabilization Services ☐ Case Management ☐ Medical Coordination ☐ Other.

Client Measurable Goal	Client will identify, learn and practice 2-3 coping skills for management with BLANK symptoms related to STATED GOAL in the next 6 months.
------------------------	--

Client will be utilizing the use of informal and formal supports listed above in their recovery plan. Client and provider will work together to tie strengths and the use of supports to assist in working towards the client stated goal and coordinating their care with the listed supports.

GOAL

Goal: <i>(Client Voice)</i>	
Problem Need/ Barriers: <i>(Client Voice)</i>	
Strengths: <i>(Client Voice)</i>	

Treatment Modalities/Interventions/Supports utilized in treatment (Plan to be reflected in notes)

☐ Individual Therapy ☐ Therapeutic Psychoeducation ☐ Brief Intervention ☐ Crisis Services ☐ Family Treatment ☐ Group Treatment ☐ Medication Management/Monitoring ☐ Special Population Evaluation ☐ Stabilization Services ☐ Case Management ☐ Medical Coordination ☐ Other.

Client Measurable Goal	Client will identify, learn and practice 2-3 coping skills for management with BLANK symptoms related to STATED GOAL in the next 6 months.
------------------------	--

Client will be utilizing the use of informal and formal supports listed above in their recovery plan. Client and provider will work together to tie strengths and the use of supports to assist in working towards the client stated goal and coordinating their care with the listed supports.

GOAL

Goal: <i>(Client Voice)</i>	
Problem Need/ Barriers: <i>(Client Voice)</i>	
Strengths: <i>(Client Voice)</i>	

Treatment Modalities/Interventions/Supports utilized in treatment (Plan to be reflected in notes)

☐ Individual Therapy ☐ Therapeutic Psychoeducation ☐ Brief Intervention ☐ Crisis Services ☐ Family Treatment ☐ Group Treatment ☐ Medication Management/Monitoring ☐ Special Population Evaluation ☐ Stabilization Services ☐ Case Management ☐ Medical Coordination ☐ Other.

Client Measurable Goal	Client will identify, learn and practice 2-3 coping skills for management with BLANK symptoms related to STATED GOAL in the next 6 months.
------------------------	--

Client will be utilizing the use of informal and formal supports listed above in their recovery plan. Client and provider will work together to tie strengths and the use of supports to assist in working towards the client stated goal and coordinating their care with the listed supports.

TREATMENT PLAN

FROM TCCH BHS

Page 3:

- LRA specific information

TREATMENT PLAN

Client Name:		DOB:		CID:		Assigned Clinician:	
Funding Source:	Choose an item.	Provider One #:		DSHS CLID:		Type of Plan:	Choose an item.

LRA Start Date:Click here to enter a date.	LRA CLIENTS	Length of LRA:Choose an item.
LRA clients receive services at least weekly for the first 14 days, monthly for the next 90-180 days unless otherwise specified by physician Reviews occur monthly for first 90 days and 180 days to determine release from continuation of the involuntary treatment order Service provider is to maintain contact with CRU when client misses appointments or if there are other concerns	Identify Condition of LRA:	
	Plan for Transition to Voluntary Treatment:	

TREATMENT PLAN

FROM TCCH BHS

Page 4:

- Signature Page

TREATMENT PLAN

Client Name:		DOB:		CID:		Assigned Clinician:	
Funding Source:	Choose an item.	Provider One #:		DSHS CLID:		Type of Plan:	Choose an item.

Date of Plan:	Click here to enter a date.	Review Due:	Click here to enter a date.
<p>By signing this document, I acknowledge and agree that I have actively participated in and contributed to the planning of my treatment as stated in this document as described above. I understand that by not signing this agreement to treatment that this is a refusal of the plan that was co-created and I may contact Omsbud at 1-800-795-9269 to file a grievance.</p>			
<i>Client Signature</i>	<i>Date</i>	<i>Guardian/Responsible Party Signature</i>	<i>Date</i>
<i>Clinician Signature</i>	<i>Date</i>	<i>Clinical Supervisor Signature</i>	<i>Date</i>
<i>Signature/Relationship to Client</i>	<i>Date</i>	<i>Signature/Relationship to Client</i>	<i>Date</i>

[illegible]

TREATMENT PLAN

FROM TCCH BHS

Page 5:

- Goal review page

TREATMENT PLAN

Client Name:		DOB:		CID:		Assigned Clinician:	
Funding Source:	Choose an item.	Provider One #:		DSHS CLID:		Type of Plan:	Choose an item.

GOAL REVIEW			
Date of Plan:	Click here to enter a date.	Review Due:	Click here to enter a date.
Goal: (Client Voice)			
Treatment Modalities/Interventions/Supports utilized in treatment (Plan to be reflected in notes)			
<input type="checkbox"/> Individual Therapy <input type="checkbox"/> Therapeutic Psychoeducation <input type="checkbox"/> Brief Intervention <input type="checkbox"/> Crisis Services <input type="checkbox"/> Family Treatment <input type="checkbox"/> Group Treatment <input type="checkbox"/> Medication Management/Monitoring <input type="checkbox"/> Special Population Evaluation <input type="checkbox"/> Stabilization Services <input type="checkbox"/> Case Management <input type="checkbox"/> Medical Coordination <input type="checkbox"/> Other.			
Client Measurable Goal	Client will identify, learn and practice 2-3 coping skills for management with BLANK symptoms related to STATED GOAL in the next 6 months.		
Client will be utilizing the use of informal and formal supports listed above in their recovery plan. Client and provider will work together to tie strengths and the use of supports to assist in working towards the client stated goal and coordinating their care with the listed supports.			
DISCUSSION WITH CLIENT:			
REVIEW OF EFFECTIVENESS OF PLAN:			
ASSESSMENT OF LEVEL OF CARE:			
GOAL REVIEW			
Date of Plan:	Click here to enter a date.	Review Due:	Click here to enter a date.
Goal: (Client Voice)			
Treatment Modalities/Interventions/Supports utilized in treatment (Plan to be reflected in notes)			
<input type="checkbox"/> Individual Therapy <input type="checkbox"/> Therapeutic Psychoeducation <input type="checkbox"/> Brief Intervention <input type="checkbox"/> Crisis Services <input type="checkbox"/> Family Treatment <input type="checkbox"/> Group Treatment <input type="checkbox"/> Medication Management/Monitoring <input type="checkbox"/> Special Population Evaluation <input type="checkbox"/> Stabilization Services <input type="checkbox"/> Case Management <input type="checkbox"/> Medical Coordination <input type="checkbox"/> Other.			
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Client will be utilizing the use of informal and formal supports listed above in their recovery plan. Client and provider will work together to tie strengths and the use of supports to assist in working towards the client stated goal and coordinating their care with the listed supports.			
DISCUSSION WITH CLIENT:			
REVIEW OF EFFECTIVENESS OF PLAN:			
ASSESSMENT OF LEVEL OF CARE:			

Care Plan

(Student)

Complete the following tasks EVERY week

Student Contact

☐

☐ Completed

Student Phone Call

☐

☐ Completed

File Infractions

☐

☐ Completed

Letter to Home

☐

☐ Completed

(Date)

Complete EVERY OTHER week

Room Search

☐

Completed

Parent Contact

☐

Completed

Complete as Required

School Update

☐

Completed

SPIRITUAL Goal

Student

1)

Counselor

1)

Counselor

2)

EDUCATIONAL Goal

Student

1)

Counselor

1)

Counselor

2)

PERSONAL Goal

Student

1)

Counselor

1)

Counselor

2)

Counselor Comments/Evaluation

Counselor Signature

Student Signature

CARE PLAN

JUBILEE YOUTH RANCH

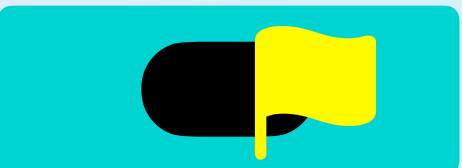
Basic Set of Goals

- Individual goals set by students and staff

UNIVERSITY

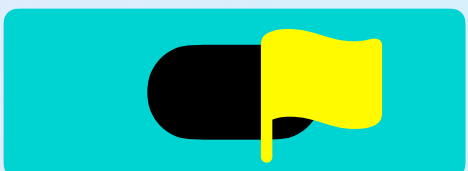
CREATE A GOAL PLAN

Client/Family:	Staff:		
Statement of Concern:			
Goal Statement:			Goal #__
General Tasks:			
Identify Strengths/Resources:		Identify Potential Barriers/Obstacles:	
Tasks/Steps–Participant:		Tasks/Steps–Staff:	



EXAMPLE DOCUMENTATION

Date	Progress Note
11/02/22	(P) This writer met with Johnny and discussed his goal progress. Johnny
	reported that he has been attempting to use deep breathing when
	frustrated. He described a situation last week with client 13452, and
	the incident where he was getting into other students belongings and
	handling them without permission. Johnny reported taking deep breaths
	instead of punching 13452. This writer encouraged this positive behavior
	and reflected experience back to concept of "If Then Thinking." (I) Johnny
	appeared cooperative. He appeared to be encouraged by the positive
	feedback from staff. (P) Follow up with Johnny about progress next week
	regarding using deep breathing. _____ <i>Jacob Campbell, LICSW</i>

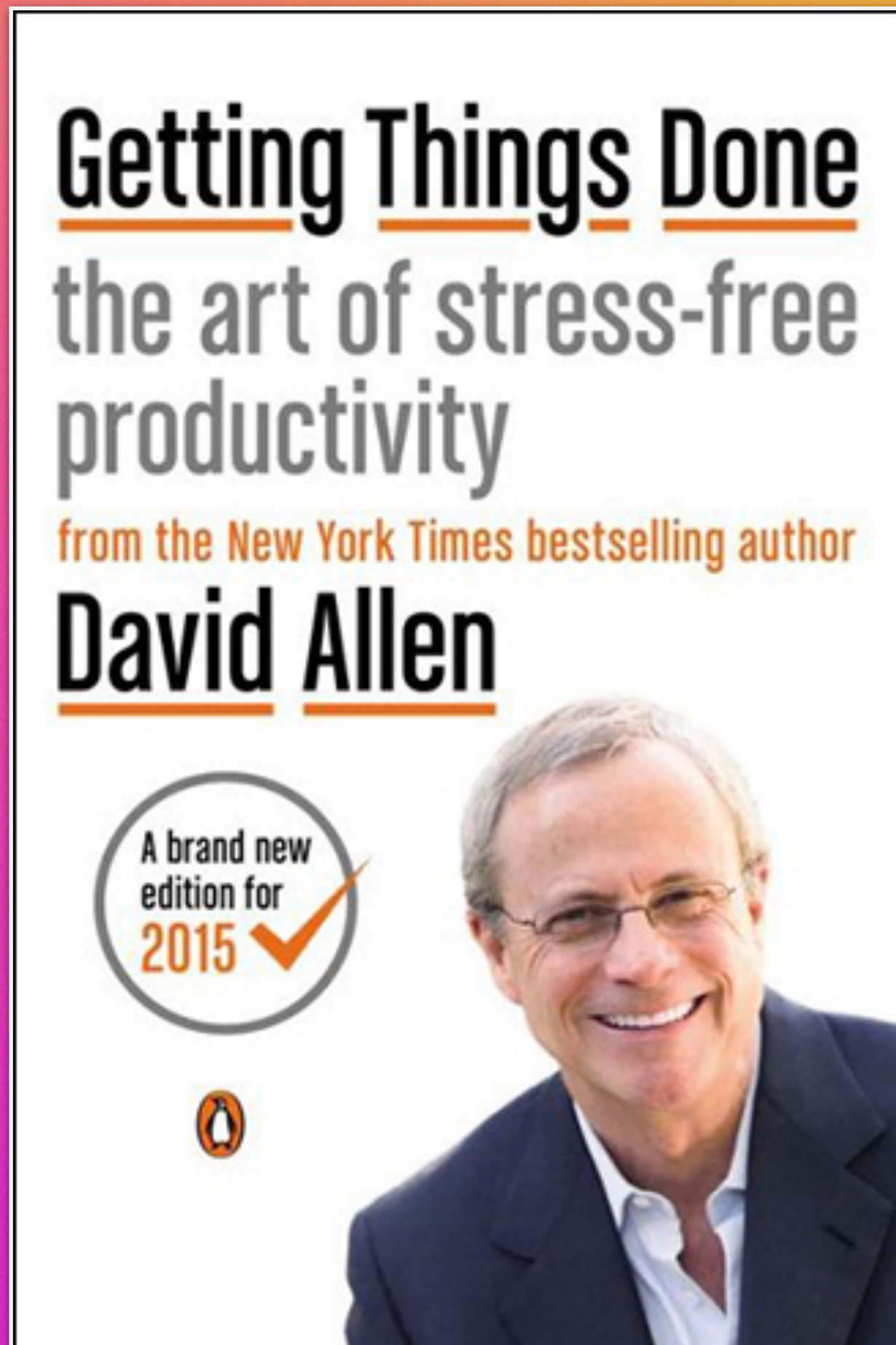


How I Write My Notes

A Look Into the Madness







***“OUR PRODUCTIVITY IS
DIRECTLY PROPORTIONAL TO
OUR ABILITY TO RELAX; ONLY
WHEN OUR MINDS ARE CLEAR
AND OUR THOUGHTS ARE
ORGANIZED CAN WE ACHIEVE
RESULTS AND UNLEASH OUR
CREATIVE POTENTIAL.”***

DAVID ALLEN





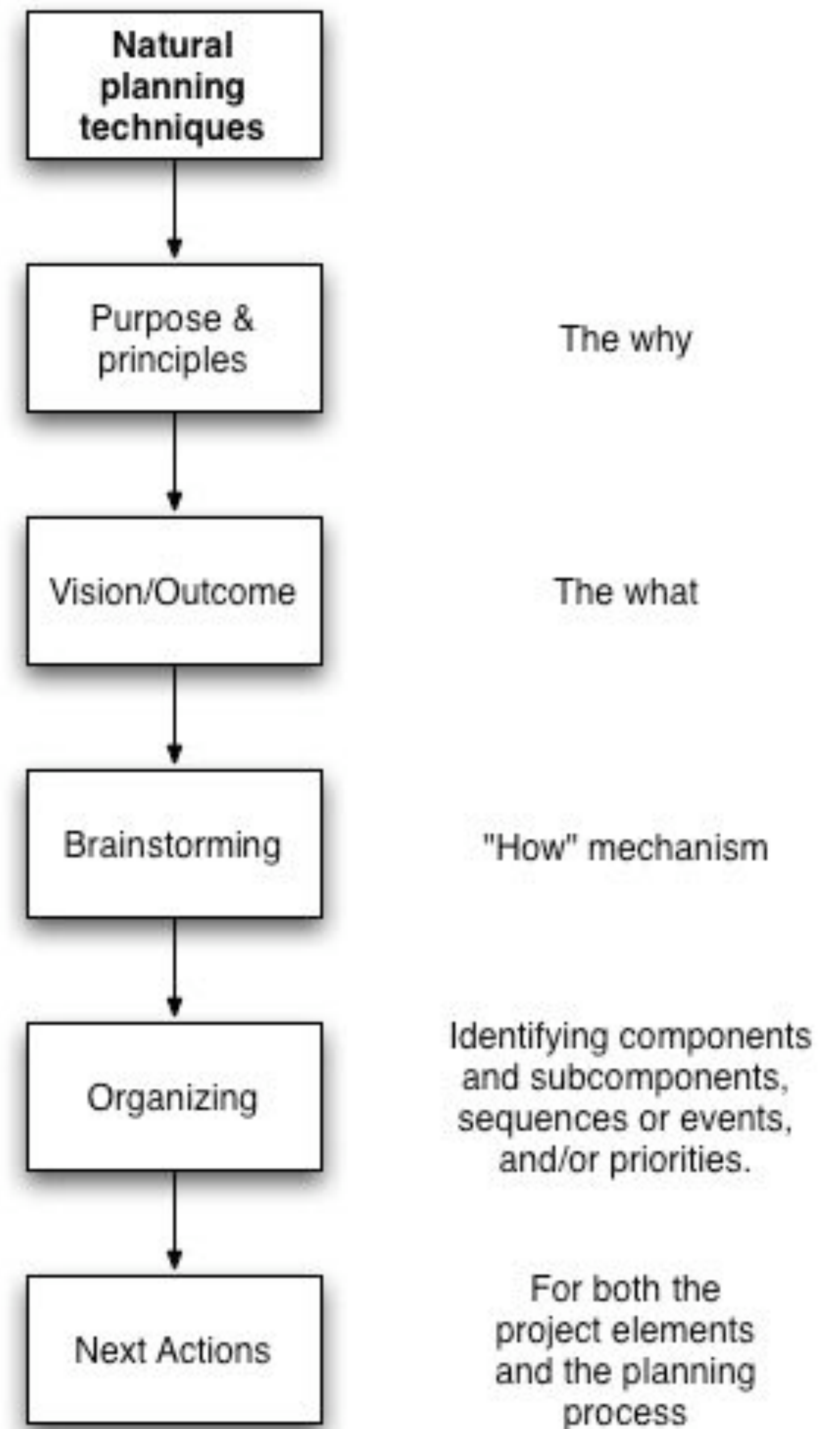
DEVELOPING EFFICIENCY

OUTLOOK, LISTS, AND ULTRA ORGANIZED

PROJECT PLANNING

FIVE PHASES

1. Defining purpose and principles
2. Outcome visioning
3. Brainstorming
4. Organizing
5. Identifying next actions



SIX HORIZONS OF FOCUS

RUNWAY: CURRENT ACTIONS

10,000 FT: CURRENT PROJECTS

20,000 FT: AREAS OF RESPONSIBILITY

30,000 FT: ONE-TO TWO-YEAR GOALS

40,000 FT: THREE- TO FIVE-YEAR VISIONS

50,000+ FT: LIFE



MASTERING WORKFLOW

1. Capture
2. Process
3. Organize
4. Do
5. Review



CAPTURE: THE COLLECTION HABIT

- UBIQUITOUS CAPTURE
- MENTAL SWEEP



Inbox Zero

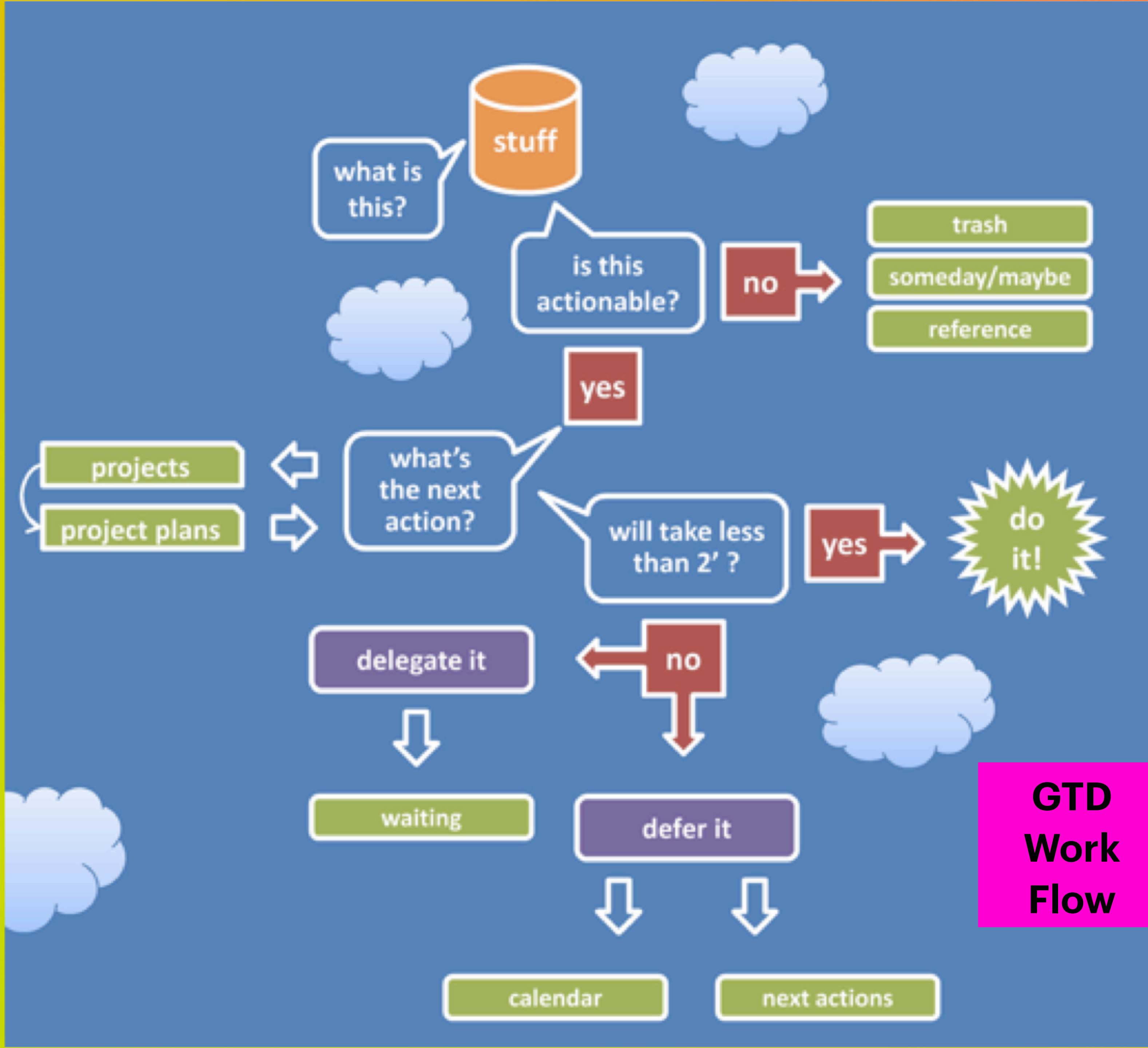
action-based email

Merlin Mann
Google Tech Talk



PROCESSING YOUR INBOX

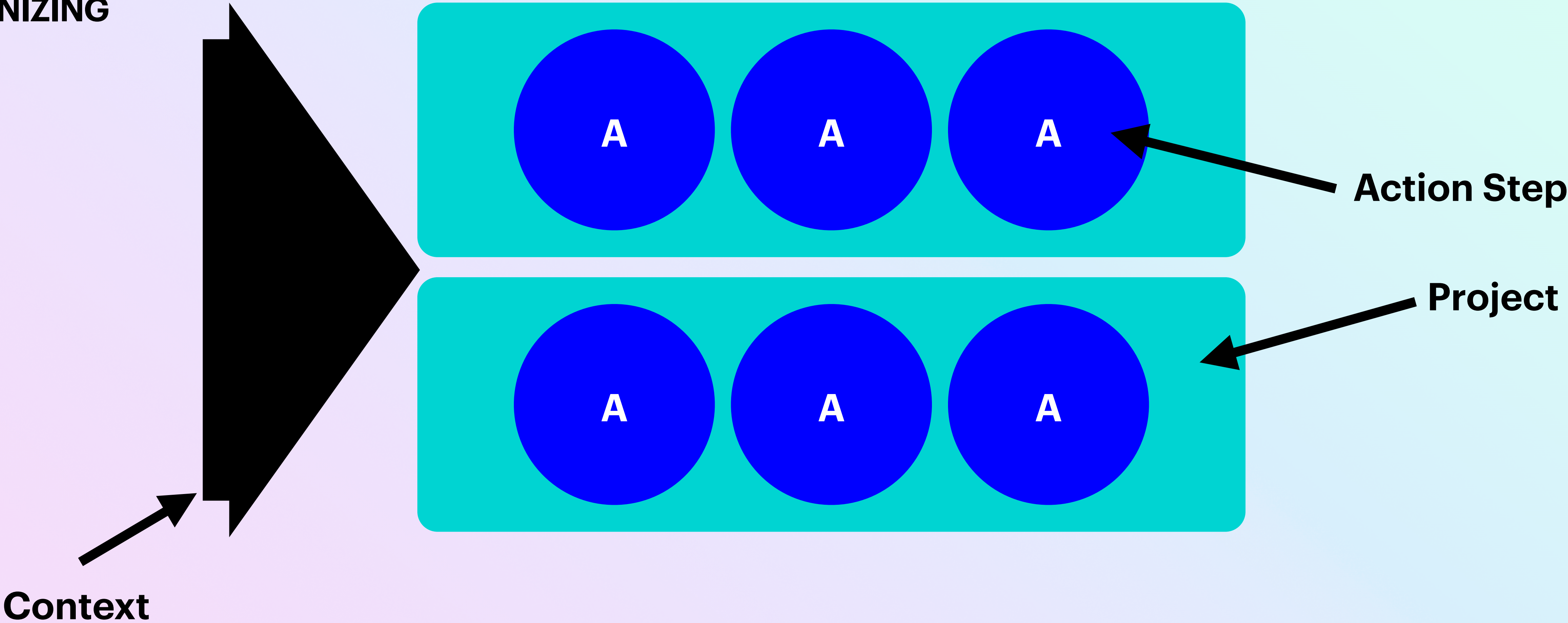
"A PLACE FOR EVERYTHING, EVERYTHING IN ITS PLACE."
- BENJAMIN FRANKLIN



**GTD
Work
Flow**

SETTING UP THE RIGHT BUCKETS

ORGANIZING



MAKING THE BEST ACTION CHOICES

DOING

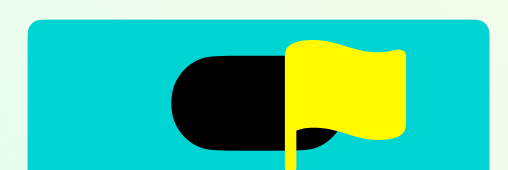
Four-Criteria Model for Choosing Actions

Context

Time available

Energy available

Priority to make decisions



MAKING THE BEST ACTION CHOICES

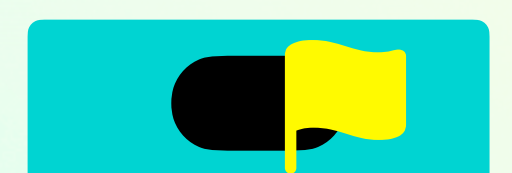
DOING

The Threefold Model for Evaluating Daily Work

Doing predefined work

Doing work as it shows up

Defining one's work





REVIEWING

KEEPING YOUR SYSTEM FUNCTIONAL

RESOURCES

Tools

Omnifocus (task management) (Things, 2Do, TaskPaper)

Obsidian (Reference)

Further Information

David Allen - Getting Things Done

Merlin Man - Back to Work

