

October Boyles, MSN, BSN, RN

Sunshine Psychiatry

1600 Brightness Way

Annapolis, MD 21409

443-347-0990

Teresa Test

Chart ID: 0006

DOB: 09-12-2006

### Treatment Plan

Date of Exam: 08/02/2023 | 03:38 PM EDT

Participant(s) Developing the Plan: October Boyles

#### PROBLEMS/NEEDS:

**Problem/Need #1:** Danger to Self

Teresa's danger to self has been identified as an active need requiring treatment. It is primarily evidenced by:

Suicidal:

\*With Continuing Wishes to be Dead

#### LONG-TERM GOAL:

Teresa will not exhibit any signs of self-injurious or suicidal impulses for at least a period of one week. Target Date: 08/16/2023

#### SHORT-TERM GOAL(s):

**Manifestation:** Suicidal

**Short term goal/objective:** Teresa will be free of suicidal impulses or ideas for a period of at least 1 week.

#### Intervention(s):

- Therapist/Counselor will conduct individual therapy to help Teresa better understand psychological causes of self-injurious/suicidal behavior. Progress will be monitored and documented.
- Therapist/Counselor will instruct and encourage Teresa to report suicidal ideas or intentions within session.  
*Frequency:* once per session, *Duration:* for one month
- Therapist/Counselor will help Teresa explore behaviors and feelings that lead to dangerous behaviors. Progress will be monitored and documented. *Frequency:* once per session, *Duration:* for one month
- Therapist/Counselor will help Teresa to understand course and beginning symptoms of dangerous behavior so that self-control techniques can be more efficiently applied. *Frequency:* once per session, *Duration:* for one month

#### STRENGTH(S):

Family Strengths Include: Teresa is able to use family support. Teresa has established a good relationship with family.

#### BARRIER(S):

Motivational issues may interfere with treatment. Motivational problems will be an initial therapeutic focus.