

Dimesnion 3
Severity rating 1

Date	Problem Statement		
12/10/2016	Joe reports that he has feelings of anxiety.		
12/10/2016	Joe shared that using opioids helps with his anxiety		
Goals			
Joe will monitor feelings of anxiety daily and report on if the severity of his symptoms improves or gets worse with abstinence			
Objectives		Target Date	Resolution Date
Joe will keep a daily anxiety journal		daily	
Joe will attend lesson on PAWS and Symptoms of anxiety		12/16/2016	
Joe will learn 4 coping tools and demonstrate the use of those coping tools		12/24/2016	
Joe will discuss options for treating his anxiety during individual counseling		weekly	
Interventions		Target Date	Resolution Date
Staff will review anxiety journal 1x weekly		weekly	
Staff will provide education around PAWS symptoms		12/14/2016	
Staff will teach and help develop coping tools and discuss Joe's application of tools		weekly	
Staff will facilitate processing		weekly	
Participation in Treatment Planning Process			
Paul Kiernan LADC, Joe Smith			
Participation by Others in Treatment Planning Process			
Treatment team review: 12/11/16			
Client Signature/Date			
Counselor Signature/Date			

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