

Dimension 5  
Severity rating 2

Date	Problem Statement		
12/10/2016	Joe reports that he has continued to use opiates despite trying to stop		
12/10/2016	Joe reports that he has regular cravings for opioids		
12/10/2016			
Goals			
Joe will develop and apply 4 new coping tools in order to manage cravings.			
Joe will report a reduction in the severity of his cravings			
Objectives		Target Date	Resolution Date
Joe will attend Managing Cravings Group		12/18, 12/26	
Joe will report weekly on the severity of his cravings		weekly	
Joe will keep a cravings Journal and share weekly with staff		weekly	
Joe will attend triggers and high risk situations lesson		12/15/2016	
Joe will attend mindfulness group		12/14/2016	
Interventions		Target Date	Resolution Date
Staff will provide education		12/18, 12/26	
Staff will discuss cravings and severity during individual sessions		weekly	
Staff will review Journal with Joe		weekly	
Staff will provide trigger and high risk situations lesson		12/15/2016	
Staff will provide mindfulness group		12/15/2016	
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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