



CNL-610: Topic 4 and 7 Treatment Plan

Based on the information provided and feedback from your Instructor on previous assignments concerning the case of Lucy, complete the treatment plan below. Be sure to include a description of the problem, goal statements, objectives, and interventions. Remember to incorporate the client's strengths and support system in the treatment plan.

***** Note: You are required to have a minimum of two overall goals, two objectives for each goal, and one intervention for each objective. If you have more than two overall goals, simply copy and paste the chart below.**

Client: Lucy Date: 5/21/2025 Age: ____ 19 ____ DOB: 12/5/2006

ICD-10 Code:	DSM-5-TR Diagnosis(es) (Include appropriate Specifiers and Modifiers):
T14.91A	Current suicidal behavior initial encounter
F10.20	Alcohol Use Disorder (AUD).-Severe
F32.1	Major Depressive Disorder (MDD). Moderate
F41.1	General Anxiety Disorder (GAD). Moderate-Severe

Description of the Problem: Patient is continuing to act out with risky behavior by drinking large amounts of alcohol to cope or avoid her academic and family stressors. She has recently been charged with public intoxication.			
Goal # 1: Improve Lucy's ability to manage academic and family stress/pressures and maintain a healthy lifestyle.			
Objective(s):	Intervention(s):	Frequency:	Target Date:
Address current stressors and identify new coping skills	Solution-focused therapy. Review current issues and explore Lucy's ideal situation/miracle question. Identify steps to reaching the ideal situation.	☒ Weekly ☐ Bi Weekly ☐ Monthly ☐ other: _____ — Modality: ☐ Group ☒ Individual	In counseling session prior to summer starting and Lucy going home.
Identify Lucy's family relationships that pertain to her presenting issues and work on communication and boundaries.	Utilize CBT to identify cognitive distortions and reframe thinking. Role play discussions of Lucy sharing her stressors with her family and discuss outcomes.	☒ Weekly ☐ Bi Weekly ☐ Monthly ☐ other: _____ — Modality: ☐ Group ☒ Individual	Over the next few weeks/ sessions prior to summer.



Description of the Problem: Patient is drinking underage and consuming large amounts of alcohol and sometimes taking pills that is putting her life in danger.

Goal # 2: Reduce Lucy's alcohol intake to promote a healthy mental and physical lifestyle.

Objective(s):	Intervention(s):	Frequency:	Target Date:
Lucy will work on identifying triggers for alcohol use and utilize positive coping skills to limit alcohol use.	Lucy will connect with a counselor over the summer that specializes in alcohol and substance use. Referrals will be given to Lucy.	☒ Weekly ☐ Bi Weekly ☐ Monthly ☐ other: _____ Modality: ☐ Group ☒ Individual ☐ Family	First week she arrives home and weekly until school starts.
Lucy will explore different ways to cope with stress besides alcohol and connect with others who have similar alcohol use disorders.	Lucy will attend weekly AA group meetings and connect with a sponsor.	☒ Weekly ☐ Bi Weekly ☐ Monthly ☐ other: _____ Modality: ☒ Group ☐ Individual ☐ Family	Within two weeks of arriving home. Throughout summer.