

# Treatment Planning Guide for Consumers and Families

## Congratulations

You are on your way to building a healthier lifestyle in partnership with those people you have selected to support you throughout your recovery process.



## The Mental Health Center of Greater Manchester

Community Support Services  
1555 Elm Street, Manchester, NH

Child & Adolescent Services  
2 Wall Street, Manchester, NH

Medication Services  
2 Wall Street, Manchester, NH

**(603) 668-4111**

**[www.mhcgm.org](http://www.mhcgm.org)**

The Mental Health Center provides services regardless of an individual's ability to pay. The Business Office will help determine what benefits are available and will also submit the paperwork to most insurance carriers, including Medicaid and Medicare.

All information about persons served by The Mental Health Center of Greater Manchester is kept confidential within the limits allowed by law. The Mental Health Center of Greater Manchester does not discriminate according to age, sex, disability, race, religion or national origin. We provide free interpretation services for people with limited English proficiency.

## Plan for the Future:



- ⇒ Affordable Housing
- ⇒ Social and Leisure Activities
- ⇒ Medical and Dental Health
- ⇒ Employment
- ⇒ Better Mental Health
- ⇒ Freedom from Addictions
- ⇒ Hope for the Future
- ⇒ Personal /Family Growth
- ⇒ Positive Parenting
- ⇒ Healthy Relationships
- ⇒ School Success
- ⇒ Improved Parent/Child Relationships/Communication
- ⇒ Recovery

## Our Goal:

We offer clinical services that facilitate your recovery by offering an environment of hope to support you in effectively managing the many challenges and joys of life.

Staff will work with you to utilize your strengths and build new skills to attain your goals. We will also help you access community supports.



## The Treatment Planning Process

- Is an important step in making sure you are satisfied with your care
- Is an opportunity for you, your family, treatment providers and any other important person in your life to map out the critical steps for your recovery
- Will focus on practical ways to achieve the goals you want
- Will develop short-term objectives toward your goals that are measurable to track your progress
- Will allow all participants time to share information that will help you through your recovery
- Can be a formal process or a less formal method that includes one on one or small group meetings with the psychiatrist and/or others

### Remember this is your plan:

- Make sure you understand it
- Ask questions
- Participate



### The key to any successful plan is pre-planning

You and your team will design an emergency stabilization plan to implement in case of a crisis (sometimes called a “crisis plan” or “early intervention plan”). Thinking about the support you want, need and deserve beforehand is often the best way to manage a crisis successfully.

## Making the Most of Treatment Planning

### Plan ahead

- Work with your clinician to develop an agenda/list of ideas
- Who would you like to have involved?

### Take an active role

- The focus is on your goals and the steps needed to meet them

### Ask questions

- If something is unclear, please ask about it
- Write down your questions ahead of time
- The treatment plan is a **“map”** of where you want to go, **it can be changed... just ask!**



### Treatment Planning involves:

- Reviewing your rights and responsibilities as a consumer of The Mental Health Center
- Updating your basic information
- Explaining confidentiality
- Obtaining consent to treatment
- Review of payment policy (if needed)

Before the end of the conference, you, your clinician and others involved will sign the agreed upon plan