



Book Review

TREATMENT PLANNING FOR PERSON-CENTERED CARE:

The Road to Mental Health and Addiction Recovery

(Practical Resources for the Mental Health Professional)

by Neal Adams, MD, Ph.D. and Diane M. Grieder.

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Many clinicians find paper work a “necessary evil” and scores in treatment planning during treatment record audits conducted in 2006 tend to reflect this less than enthusiastic attitude. About 90% of ValueOptions’ members surveyed indicate that they set goals with their therapist.

The usefulness of the treatment planning process is examined in detail by Adams and Grieder in their book, “Treatment Planning for Person-Centered Care.” They put the concept of individualized treatment planning into language that captures the essence of active involvement with the patient. The authors help transform what is often perceived as irritating paperwork into a valuable tool by helping practitioners re-think the process of setting goals and conceptualize a plan that addresses the needs of the person.

On page 147, Adams and Grieder walk the practitioner through using measurable objectives in defining the desired outcomes. Multiple sample documents are available in the index to provide further assistance as the practitioner considers objectives in the context of the level of care, discharge, or transition.

While treatment planning continues to be required by regulatory and accrediting bodies as well as managed care organizations, the ultimate goal is to improve patient outcomes through meaningful and thoughtful patient care.