



## POLICY DIRECTIVE

Policy:	<b>DOC 4.5.54 MENTAL HEALTH TREATMENT PLANS</b>
Effective Date:	04/19/2021 <span style="float: right;">Page 1 of 2</span>
Revision Date(s):	04/24/2026
Department Director Signature:	/s/ Eric Strauss, Director
Medical Director Signature:	/s/ Dr. Paul Rees, MD
Health Services Bureau Chief Signature:	/s/ Cynthia McGillis-Hiner, RN, MSN

### I. POLICY

The Department will ensure that mental health services are provided according to individual treatment plans.

### II. APPLICABILITY

All Department secure facilities.

### III. DEFINITIONS (see Glossary)

### IV. REQUIREMENTS

#### A. General Requirements

1. An individual treatment plan directs the mental health services needed for every offender on the mental health caseload and includes treatment goals and objectives.
2. The responsible mental health clinician completes periodic reviews of individual treatment plans.
3. Individual treatment planning is initiated when the offender enters treatment with a Qualified Mental Health Professional. Development of a treatment plan is undertaken in collaboration with the offender when feasible.
4. Although a specific form for the treatment plan is recommended, documentation may vary in format provided that the required content is addressed.

#### B. Treatment Plan

1. Mental health treatment plans include, at a minimum, the following:
  - a. frequency of follow-up for evaluation and adjustment of modalities;
  - b. adjustments of psychotropic medications, if indicated;
  - c. referrals for psychological testing, medical testing, and evaluation, including blood levels for medication monitoring as required;
  - d. when appropriate, instructions about diet, exercise, personal hygiene, and adaptation to the correctional environment; and

- e. documentation of treatment goals and objectives, interventions necessary to achieve those goals, and notation of clinical progress.

## **V. CLOSING**

Questions about this policy should be directed to the Health Services Bureau Chief.

## **VI. REFERENCES**

- A. *MH-G-03; National Commission on Mental Health Services in Correctional Facilities, 2015*