

## Adult Intensive Outpatient/Partial Program Admission Data Treatment Planning

<b>Name:</b>	<b>Date:</b>
<b>Trusted contact name, relationship, &amp; phone (ROI needed):</b>	
<b>Do you have transportation:    yes    no</b>	
<b>Reason for coming to IOP:</b>	
<b>Who referred you?</b>	
<b>Current stressors:</b>	
<b>Healthy coping skills you are currently using:</b>	
<b>Support people/support groups/other:</b>	
<b>Current living situation, (who lives with you, include pets):</b>	
<b>Employment status:</b>	
<b>Your strengths:</b>	
<b>Relapse symptoms:</b>	

Providers	Phone Number	Last Seen	Next Appointment
<b>Psychiatrist/ARNP/PA-</b>			
<b>Therapist-</b>			
<b>Primary Care Provider-</b>			
<b>Case Manager-</b>			
<b>Pharmacy-</b>			

**Have you been hospitalized in the last 12 months for mental health?    Yes    No**  
**If yes, where, when, & why:**

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**Substance abuse/addiction issues (past & current):**

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**Trauma history:**

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**History of aggressive behavior, last episode:**

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**Current or past legal issues    Yes    No    If yes, tell us more:**

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**Have you had recent medication changes; if so what are those changes and are they working?**

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**What do you currently do for fun by yourself or with others, at home and away from home?**

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**Describe how your illness has impacted your leisure and social:**

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**Circle 3-5 topics that you want to work on while in IOP:**

- 1. Mood stabilization**
- 2. Medication management**
- 3. Learn to manage stress and anxiety**
- 4. Learn to manage anger**
- 5. Boundaries with self and others**
- 6. Increase energy and motivation**
- 7. Find more hobbies, time for leisure, and reconnect with your interests**
- 8. Improve social confidence, stop isolating**
- 9. Reconnect and build relationships with family and friends**
- 10. Become more familiar with community resources**
- 11. Learn to relax**
- 12. Learn to provide self-care and self-nurture**
- 13. Meditation and mindfulness**
- 14. Self-compassion**
- 15. Get moving and exercise**
- 16. Manage self and time better**
- 17. Explore volunteer opportunities and social activity options**
- 18. Communication skill building**
- 19. Other: \_\_\_\_\_**