



A hand is shown writing the words "TREATMENT PLAN" in large, black, hand-drawn capital letters on a white surface. A thick red line is drawn horizontally underneath the text, extending from the left edge of the text to the right edge of the hand holding the marker.

Relias Spotlight Series

November 2023

What's New: This month, we are talking about treatment planning and highlighting trainings in Relias to help providers further their knowledge when collaborating with members in the development and implementation of treatment and recovery plans.

Goals! Objectives! Interventions! Oh My! Instead of looking at treatment plans as just another document that needs to be completed, look at it from a different lens. Treatment plans are like road maps in that they help guide a member's treatment while they are on their road to recovery. The member's goals are like the destination the member wants to be or achieve at the end of treatment. The objectives are like the directions along the route that help members achieve their goals and reach their destination.

Objectives are what the member is going to do to achieve their goal. They are broken into smaller steps that can be achieved along the journey and serve as milestones or checkpoints to their destination. Interventions are like the vehicles or resources that are used by the providers to help the members achieve their goals, objectives and reach their destination. The trainings highlighted in this month's

Relias spotlight will explore how goals, objectives and interventions are used in various levels of care when creating treatment and/or recovery plans.

Why It Matters: The treatment plan for a member is not a one size fits all. The information and results from the members comprehensive diagnostic assessment including the functional assessment or CANS, help guide the development of the treatment plan.

In collaboration with the member, the provider helps the member set individualized goal(s) and measurable objectives that can be achieved within treatment as they work towards their goal(s). Throughout the course of treatment, members may experience changes and the treatment plan should be used as a working document. Changes can be due to a goal achievement and/or a new behavior or barrier, and the treatment plan is reviewed and updated to reflect the members current needs. Treatment plan review provides an opportunity for the provider and member to reflect on progress and celebrate successes. All services should have a service specific treatment plan and progress notes on the services provided must be tied back to the treatment plan. Listed below is a helpful guide on the timeline requirements of initial and treatment plan reviews within the Optum Idaho Behavioral Health Plan.

Service	Initial plan due by...	Treatment Plan Reviewed every...
Partial Hospitalization Program (PHP)	5 days of admission	14 days*
Intensive Outpatient Program (IOP)	3 days of admission	30 days*
Outpatient Therapy for Mental Health and Substance Use Disorder Services	10 days of admission	90 days*
Skill Building	10 days of initiation of services	90 days*
Case Management	10 days of initiation of services	90 days*
Targeted Care Coordination	90 days of enrollment	364 days*
Peer Support Services: Adult, Youth, Family and Recovery Coaches	15 days of initiation of services	90 days*

*Indicates that plans should be reviewed and updated as frequently as clinically necessary to meet the member’s needs, however the minimum time before each review cannot exceed the timelines listed above.

If you would like more information and education around the topic of Treatment Planning, we encourage you to log into [Relias](#) and search for the following modules:

Class	Course	CEU
Approaches to Person-Centered Planning in Behavioral Health	REL-BHC-0-APCPBH	1.0
Best Practices for Documenting the Treatment Planning Process	REL-BHC-0-BPDTTP	1.5
Optum Idaho Documentation Throughout the Skills Building/CBRS Treatment Process	1439364	2.0
Optum Idaho Intensive Outpatient Program (IOP)	1416295	2.5
Optum Idaho Partial Hospitalization Program (PHP)	1372100	3.0
Optum Idaho ISU Integrated Treatment Planning for IOP	ISUTREATMENT1009	2.0
Optum Idaho Conference 2022 Documentation Throughout the Treatment Process	1387479	1.5

Thank you again for the work that you do each day with our members so that Idaho can continue to improve access to behavioral health services. Optum is excited to offer these resources to you.

Sincerely,
The Optum Education and Training Team