RMTAC
Resource & eMpowerment Technical Assistance Center for Behavioral Health

Multidisciplinary Team Care Plan Template

Instructions for Use: The care plan is a dynamic document that should be regularly reviewed and updated as the client's needs and circumstances change over the course of treatment. The care plan serves as a roadmap and helps ensure that the client and multidisciplinary team work together toward common goals.

Section I: Client Information			
Name		Country of Origin	
DOB		Language Preference	
Plan Date		Current Housing	
Provider Name		Occupation/ Level of Education	

Section 2: Client History	
Migration Journey	
Support System	
Client Strengths	
Medical and Behavioral Health History	*Prior and/or Current Clinical Interventions, Hospitalizations, Surgeries, Diagnoses:*

Medical and Behavioral Health Cont.	***Family History:***
	Medications *(supplements, herbs, or homeopathic treatments including prescription, length of use, dosage, side effects)**:***
Significant Life Events	

Section 3: Mental Health Screening

(Perform during each care plan review date. See screenings on page 6)

Screening Type	Score	Notes
Anxiety ☐		
Depression ☐		
Suicide ☐		
Self-Harm ☐		
Substance Use ☐		
Assessment Summary		

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Section 4: Care Plan

Review Date		Level of Care	

Medication Prescription(s):	Dose:	Frequency:	Indication:

Therapeutic Intervention	
Other Services	

Section 5: Goals

Short Term

Objective	Strategies/Intervention	Date Established:	Date Achieved:

Long Term

Objective	Strategies/Intervention	Date Established:	Date Achieved:

Notes:	

Section 6: Multidisciplinary Team

Other Agencies Involved *(POC)*	Plan to Coordinate Services

Other Care Plan Notes	

Resources

Screenings:

- Quality of Life (Screening)

American Medical Association. (2024). Improving care for patients with prolonged symptoms and concerns about Lyme Disease: A clinician toolkit.1-36. Retrieved from https://www.ama-assn.org/delivering-care/public-health/improving-care-patients-prolonged-symptoms-and-concerns-about-lyme

- Kessler Psychological Distress Scale - The Kessler Psychological Distress Scale (K10)

Kessler, R.C., Barker, P. R., Epstein, J.F., Gfroerer, J.C., Hiripi, E., & et al. (2023). Screening for serious mental illness in the general population. *Arch Gen Psychiatry*, *60*(2), 184-189. https://www.worksafe.qld.gov.au/__data/assets/pdf_file/0010/22240/kessler-psychological-distress-scale-k101.pdf

  - Multiple languages - Kessler 10 (K10) assessment form

- Substance Use - alcohol, marijuana, opioids, tobacco, illicit drugs (Drug Abuse Screening Test-10)

National Institute on Drug Abuse. (2014). *NIDA Clinical Trials Network Drug Abuse Screening Test (DAST-10*). Retrieved from https://cde.nida.nih.gov/sites/nida_cde/files/DrugAbuseScreeningTest_2014Mar24.pdf

- Suicide (Suicide Risk Screening Tool)

National Institute of Mental Health. (2020). Suicide Risk Screening Tool. Retrieved from https://www.nimh.nih.gov/sites/default/files/documents/research/research-conducted-at-nimh/asq-toolkit-materials/asq-tool/screening_tool_asq_nimh_toolkit.pdf

- Anxiety (Generalized Anxiety Disorder Screening)

Pfizer. (1999). *Primary Care Evaluation of Mental Disorders Patient Health Questionnaire*. Retrieved from https://adaa.org/sites/default/files/GAD-7_Anxiety-updated_0.pdf

- Depression (Depression Screening)

Pfizer. (1999). *Patient Health Questionnaire* (Publication No. A2663B 10-04-2005). Retrieved from https://med.stanford.edu/fastlab/research/imapp/msrs/_jcr_content/main/accordion/accordion_content3/download_256324296/file.res/PHQ9%20id%20date%2008.03.pdf

- General Mental Health Screening (Refugee Health Screener - 15)

Pathways to Wellness. (2012). *Integrating refugee health and well-being: Refugee health screener (RHS-15)*. Retrieved from https://www.refugeehealthta.org/wp-content/uploads/2012/09/RHS15_Packet_PathwaysToWellness-1.pdf

- Self-Harm (The Non-Suicidal Self-Injury Assessment Tool)

Whitlock, J.L., Exner-Cortens, D. & Purington, A. (2007). Validity and reliability of the non-suicidal self-injury assessment tool
(NSSI-AT). *The Cornell Research Program on Self-Injury and Recovery*, 1-10. https://www.selfinjury.bctr.cornell.edu/perch/resources/fnssi.pdf

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