

## Treatment Planning M.A.T.R.S. Checklist

Problem Statements	Check if addressed
1. Do problem statements reflect the 6 problem domains? (e.g., 1. Medical status; 2. Employment and support; 3. Drug/Alcohol Use; 4. Legal status; 5. Family/social status; 6. Psychiatric Status)	
2. Are problem statements written in behavioral terms?	
3. Are problem statements written in a non-judgmental and jargon free manner?	
4. Are problem statements based on priority needs?	
<b>Goals</b> <i>What does the client want to achieve during treatment?</i>	
5. Do goals address the problem statements?	
6. Are the goals attainable during the active treatment phase?	
7. Would the client be able to understand the goals as written?	
8. Would both the client and the treatment program find these goals acceptable?	
9. Has the client's stage of <i>readiness to change</i> been considered in the goal statements?	
<b>Objectives</b> <i>What will the client say or do? Under what circumstances? How often will he/she say or do this?</i>	
10. Do objectives address the goals?	
11. <b>M</b> easurable—Can change or progress toward meeting the objectives be documented/evaluated?	
12. <b>A</b> ttainable—Can the client take steps toward meeting the objectives?	
13. <b>T</b> ime-Limited—Is the time frame specified for the objectives?	
14. <b>R</b> ealistic—Can the client meet the objectives given their current situation?	
15. <b>S</b> pecific—Are specific activities included? Could the client understand what is expected?	
16. Has the client's stage of <i>readiness to change</i> been considered in the objectives?	
<b>Interventions</b> <i>What will the counselor/staff do to assist client? Under what circumstances?</i>	
17. Do interventions address the objectives?	
18. <b>M</b> easurable—Will the counselor/treatment program be held accountable for the service(s)?	
19. <b>A</b> ttainable—Do interventions reflect the level of care available or are outside referrals used when needed?	
20. <b>T</b> ime-limited—Is the time frame specified for the interventions?	
21. <b>R</b> ealistic—Do the interventions reflect the level of functioning or functional impairment of the client?	
22. <b>S</b> pecific—Are specific staff persons responsible for assisting client/providing service?	
23. Has the client's stage of <i>readiness to change</i> been considered in the interventions?	
<b>General Checklist</b>	
24. Is this treatment plan individualized to fit the client based on their unique abilities, goals, lifestyle, socio-economic status (SES), work history, educational background, and culture?	
25. Are client strengths incorporated in the treatment plan?	
26. Has the client (and significant others) participated in developing this treatment plan?	
27. Is the plan dated and signed by all who participated in developing this treatment plan?	