

Participant: \_\_\_\_\_ Date: \_\_\_\_\_

Problem: \_\_\_\_\_

Addiction is a chronic and progressive disease. If left untreated and unmonitored the likelihood of relapse is high. A well-developed treatment plan including the biological, psychological and social aspects of recovery is necessary for effective management of the disease. A solid plan is the main key in arresting the addictions' progression; reducing troublesome symptoms and behaviors, and developing the skills and tools to maintain sobriety and wellness over the longer-term.

This plan will be reviewed quarterly and progress noted and/or goals changed to align with current needs. Your participation and commitment are required ingredients to your progress in recovery and is necessary in achieving your personal goals.

*The following areas are those upon which I need to focus in my treatment with ITS in order to establish and sustain my sobriety:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*The following is a list of my skill development goals and the necessary steps to achieve them:*

1. GOAL: \_\_\_\_\_
2. TIMEFRAME: \_\_\_\_\_
3. GOAL: \_\_\_\_\_
4. TIMEFRAME: \_\_\_\_\_
5. GOAL: \_\_\_\_\_
6. TIMEFRAME: \_\_\_\_\_

*The following includes other complementary resources and or additional treatment recommendations:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*The signatures below support the commitment to this plan.*

\_\_\_\_\_  
Integrated Treatment Solutions

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant

\_\_\_\_\_  
Date