



NORTHERN MICHIGAN

Partial Hospitalization Program

Individual Plan of Service  
Goal Development Worksheet

Identified Treatment Area: \_\_\_\_\_

- What is your goal for this area? (how do you want your life to look at discharge from PHP? What will be different in your life at discharge from PHP?)
- What can you do to change this behavior?
- Who can help you achieve this goal and how can they help?
- How will you know when you met this goal?

Identified Treatment Area: \_\_\_\_\_

- What is your goal for this area? (how do you want your life to look at discharge from PHP? What will be different in your life at discharge from PHP?)
- What can you do to change this behavior?
- Who can help you achieve this goal and how can they help?
- How will you know when you met this goal?



561A



Partial Hospitalization Program

Individual Plan of Service  
Goal Development Worksheet

What brought you to the Partial Hospitalization Program? What are the stressors you are experiencing?

What are your strengths?

What do you need to reach your mental health goals?

What are the things that keep you from reaching your goals?

How will you know when you are ready for discharge? What will your life look like?

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

Staff Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_