

**Southern Adventist University
School of Social Work
SMART Treatment Plan**

Case Manager Name: Mike Hoback

Client Name: [REDACTED]

Presenting Issues:

1. Client is having problems controlling anxiety in uncomfortable situations.
2. Client has low self-esteem and self-worth issues.
3. Client is having difficulty meeting new people.

Long Term Goals

Target dates for completion

- | | |
|--|-------------------|
| a) Lower anxiety in stressful situations | 12/15/2011 |
| b) Make five new friends during semester | 12/15/2011 |
| c) Improve mental health | Ongoing as needed |

SMART Objectives

- a) Case Manager will assist client in recognizing and implementing techniques to help lower her anxiety by 12/15/2011.
- b) Case Manager will help client improve sense of self-worth by 12/15/2011.
- c) Client will attend regular personal counseling sessions at least once a week with her regular therapist.

Client Signature: [REDACTED]

Date: 9/20/2011

Case Manager Signature: Mike Hoback

Date: 9/20/2011