

# Mental Health Care Plan Template

Care Plan for \_\_\_\_\_ Chart Reviewed \_\_\_ Date \_\_\_\_\_

Birth Date \_\_\_\_\_ Age \_\_\_\_\_ Parent/Guardian \_\_\_\_\_

DSM IV Diagnosis: Axis 1: \_\_\_\_\_

Axis 2: \_\_\_\_\_ (optional)

Axis 3: \_\_\_\_\_ (optional)

Axis 4: \_\_\_\_\_ (optional)

Axis 5: \_\_\_\_\_ (optional)

Participants in creation of Plan: \_\_\_\_\_

Medications: \_\_\_\_\_

Current concerns or problems: \_\_\_\_\_

Risk Screening Tool Results: \_\_\_\_\_

Current supports and strengths: \_\_\_\_\_

Summary of Condition: \_\_\_\_\_

Activity Plan (goals, sleep, meals, activity, screen time, school attendance, resources recommended):

Plan: \_\_\_\_\_

Risk Screening: \_\_\_\_\_

Communication with the following health professionals is approved by client:

What to do if things don't improve: \_\_\_\_\_

Reassessment will be in \_\_\_\_\_

## DSM-IV™ Multi-axial System

Psychiatric Diagnoses are classified by the [Diagnostic and Statistical Manual of Mental Disorders, 4th. Edition](#). Better known as the DSM-IV, the manual is published by the American Psychiatric Association and covers all mental health disorders for both children and adults. For each condition, it lists the diagnostic criteria, associated features, prevalence, course, familial patterns and differential diagnosis. Mental Health Professionals use this manual when working with patients in order to clarify and standardize diagnosis using a biopsychosocial perspective. Much of the information from the Psychiatric Disorders pages is summarized from the pages of this text. Should any questions arise concerning incongruence or inaccurate information, you should always default to the DSM as the ultimate guide to mental disorders. The DSM uses a multi-axial or multidimensional approach to classifying a patient's mental disorder in order to help the clinician make a comprehensive and systematic evaluation. It helps organize and communicate clinical information and capture the complexity and individuality of a patient's condition. It assesses five dimensions as described below:

### Axis I Clinical Disorders

- This is what we typically think of as the diagnosis (e.g., major depressive disorder, schizophrenia, social phobia).
- It includes all the DSM diagnoses except Personality Disorders and Mental Retardation

### Axis II Personality Disorders and Mental Retardation

- Axis II can also be used to indicate prominent maladaptive personality features and maladaptive defense mechanisms
- Personality disorders are enduring, inflexible patterns of inner experience and behaviour (thinking, experiencing emotion, relationships, impulse control) that deviate markedly from the expectations of the person's culture and lead to impairment in functioning. They include Paranoid, Antisocial, and Borderline Personality Disorders.

### Axis III: General Medical Conditions

- Relevant as they may play a role in the development, continuance, or exacerbation of Axis I and II Disorders

### Axis IV: Psychosocial and Environmental Problems

- Can affect the diagnosis, treatment, and prognosis of mental disorders
- Examples are: stressful events in a person's life such as death of a loved one, change in employment, family problems, economic difficulties and legal problems. These events are both listed and rated for this axis.

### Axis V: Global Assessment of Functioning

- On the final axis, the clinician rates the person's level of psychological, social and occupational functioning in a given time period (current or highest in the past year). This is useful for tracking clinical progress as well as measuring the overall impact of the mental disorder. Scale is 0-100 and usually recorded in a 10-digit range e.g. 51-60.

## ICD9 Psychiatric (DSM IV) Codes Commonly Used in General Practice:

290	Senile And Presenile Organic Psychotic Conditions (Dementia)
291	Alcoholic Psychoses
292	Drug Psychoses
293	Transient Organic Psychotic Conditions (Delirium)
294	Other Organic Psychotic Conditions
295	Schizophrenia
296	Affective Psychoses (Bipolar disorder)
297	Paranoid States
298	Other Nonorganic Psychoses
299	Psychoses With Origin Specific To Childhood (Autism)
<b>300</b>	<b>Neurotic Disorders (Anxiety, Phobia, OCD, neurotic depression)</b>
303	Alcohol Dependence Syndrome
304	Drug Dependence
305	Nondependent Abuse Of Drugs
306	Physiological Malfunction Arising From Mental Factors
307	Special Symptoms Or Syndromes Not Elsewhere Classified
308	Acute Reaction To Stress
309	Adjustment Reaction
310	Specific Nonpsychotic Mental Disorders Following Organic Brain Damage
<b>311</b>	<b>Depressive Disorder, Not Elsewhere Classified</b>
312	Disturbance of Conduct, Not Elsewhere Classified
313	Disturbance Of Emotions Specific To Childhood And Adolescence
314	Hyperkinetic Syndrome Of Childhood (ADHD)