

## **BIAN - Outline of Care Plan**

### **Aims of Care Planning and Care Coordination:**

- 1) Develop, manage and review the documented care plan
- 2) Ensure that people with drug and alcohol misuse problems have access to a comprehensive range of services across the whole treatment and helping system
- 3) Ensure the coordination of care across all agencies involved with the service user
- 4) Ensure continuity of care and that service users are followed throughout their contact with the treatment system
- 5) Ensure that specific risks which are identified in assessment are adequately managed through the care plan, and that any new risks are properly evaluated and care plans modified accordingly
- 6) Maximize the retention of service users within the treatment system and to minimize the risk of people losing contact with the treatment and care services
- 7) Re-engage service users who have dropped out of the treatment system
- 8) Avoid duplication of assessment and interventions
- 9) Prevent service users falling between services

### **A care plan should:**

- 1) Set the goals of treatment and milestones to be achieved (taking into account the service users views and goals)
- 2) Indicate the interventions, plans and which agency and professional is responsible for carrying out these interventions (these interventions should always be negotiated with those they name)
- 3) Make explicit references to Risk Management and identify the risk management plan and contingency plans
- 4) Identify information sharing (what information will be given to other professional/agencies and under what circumstances)
- 5) Where an individual has been difficult to engage in treatment and rehabilitation, the plan should identify a plan for promoting and enhancing their engagement
- 6) Identify their review date (the date of the next review meeting should be set and recorded at each meeting)
- 7) Identify circumstances where other reviews may be necessary
- 8) Reflect the cultural and ethnic background of the service user, as well as their gender and sexuality

The UK Guidelines for Care Plans suggest the following domains:

#### **1. Drug and Alcohol Use -**

This covers:

Drugs - types, quantity, frequency, pattern, route of admin, symptoms of dependence, source of drug inc preparation, prescribed meds, tobacco use

Alcohol – quantity, frequency, pattern, whether in excess of safe levels, alcohol dependent symptoms.

#### **2. Physical and Psychological Problems -**

This covers:

Physical – physical problems including complications of drugs and alcohol use, blood-borne infections, risk behaviour, liver disease, abscesses, overdose, severe physical disabilities, sexual health, pregnancy

Psychological – personality problems and disorders, self-harm, history of abuse or trauma, depression, anxiety, severe psychiatric co-morbidity (record contact with comm. Mental health

### 3. Legal Problems -

This covers:

Legal issues including arrests, fines, outstanding charges, warrants, probation, imprisonment, violent offences, criminal activity, involvement with workers in the criminal justice system

### 4. Social Functioning -

This covers:

Includes partners, domestic violence, family, housing, education, employment, benefits, financial problems, childcare issues, parenting, pregnancy and child protection.

### 5. Risk Assessment -

This focuses on particular risks such as injecting behaviour, health or medical concerns, domestic violence, suicide or self harm, child welfare, intimidation or safety concerns.