Disruptive Mood Dysregulation Disorder Treatment Plan

Patient Information	
Name: Alex Johsnon	Date of Birth: 04/12/2010
Patient ID: 00112233	Date of Assessment: 09/30/2023
Referring Physician: Dr. Emily Stone	
Diagnostic Summary	
Diagnosis: Disruptive Mood Dysregulation Disorder	
Date of Diagnosis: 09/20/2023	
Criteria Met:	
Persistent irritability and frequent episodes of behavior outbursts three or more times a week for more than a year.	
Treatment Goals	
1. Reduce Frequency of Temper Outbursts:	
To decrease episodes from daily to once a week within six months.	
2. Improve Mood Regulation:	
To enhance Alex’s ability to identify and manage emotional responses by 50% in six months.	
3. Enhance Coping Skills:	
To teach Alex and family effective coping strategies for stress and frustration within three months.	
4. Improve Functional Outcomes:	
Increase participation in school and social activities within one year.	

5. Support Family and Caregivers:

Provide education and strategies to effectively support Alex’s emotional needs within three months.

Interventions

Psychotherapy

- **CBT:**

  Frequency and Duration: Weekly sessions for 6 months to improve emotional regulation and coping strategies

- **PCIT:**

  Frequency and Duration: Bi-weekly sessions for 3 months, focusing on improving parent-child interactions.

- **DBT-A:**

  Frequency and Duration: Weekly group sessions for 6 months to enhance Alex's ability to manage intense emotions.

Medication Management (if applicable)

Mood Stabilizers/Antidepressants:

Monitoring and adjustments as necessary, in consultation with a psychiatrist.

Educational and School-Based Interventions

IEP Coordination:

Details:

Initiate IEP process to accommodate educational needs, aiming for completion within 2 months.

Adaptations for a supportive learning environment, including a structured routine and access to a resource room.

Social Skills Group

Frequency and Duration: Weekly sessions for 6 months to improve interpersonal skills and peer interactions.

Family Support and Education

- **Family Therapy:**

  Frequency and Duration: Monthly sessions for 6 months to enhance family communication and support.

- **Psychoeducation Workshops:**

  Frequency and Duration: Quarterly workshops on DMDD and management strategies.

Monitoring and Evaluation

Follow-Up Appointments

Frequency and Purpose:

Every 2 weeks for medication review, then monthly for psychotherapy progress.

Behavioral Observation and Reports

Tools and Respondents:

Utilize school reports and parent observations as tools for monitoring progress.

Medication Review

Frequency and Process:

Monthly, in collaboration with a psychiatrist.

Expected Outcomes

Short-Term:

Reduction in frequency of temper outbursts and improved coping skills within 3-6 months.

Long-Term:

Enhanced mood regulation, improved functional outcomes, and better family support system within 1 year.

Signature of Treatment Provider

Dr. Stone

Date: 10/01/2023

Consent by Patient / Guardian

I, the undersigned, acknowledge understanding the treatment plan and consent to the proposed interventions.

Patient / Guardian Signature

Kayla Johnson

Date: 10/01/2023