Training Handout: Titrating Services

Purpose

This example highlights how titration of services supports recovery, promotes independence, and maintains clinical appropriateness.

Member Overview

Age: 34
Current Services: Outpatient behavioral health treatment

Diagnoses:

- Alcohol Use Disorder
- Generalized Anxiety Disorder
- Major Depressive Disorder
- Diabetes (managed through primary care)

The member is actively engaged in treatment and working toward stabilization of mental health, substance use recovery, and medical needs.

Presenting Situation

Due to concerns related to substance use and overall stability, the member's child was removed from the home and placed in the care of the member's mother. The member is working toward family reunification while continuing treatment and recovery efforts.

Treatment goals focus on:

- Sustained recovery from substance use
- Symptom reduction and emotional regulation
- Improving daily functioning
- Stabilizing housing, employment, and parenting readiness

Treatment Progress

Over several months, the member has demonstrated steady and measurable progress toward treatment plan goals, including:

- Reduction in anxiety and depressive symptoms
- Improved behavioral functioning
- Continued engagement across services

Progress has been evaluated through:

- Member self-report
- Standardized screening tools
- Ongoing coordination with other providers

Coordination of Care & Supports

Multiple providers contributed to care coordination and progress monitoring:

- Targeted Case Manager reports:
    - Stable housing achieved
    - Part-time employment secured
    - Parenting course nearing completion

- Care Team Collaboration:
    - Virtual parenting support group identified for post-discharge support
    - Substance use services continue to support ongoing recovery
    - Member has developed healthy accountability supports

These efforts strengthen the member's support system beyond therapy.

Titration Decision

Based on sustained progress, improved functioning, and increased natural supports, the care team collaboratively determined that a change in service intensity was clinically appropriate.

Service Adjustment:

- Therapy frequency titrated from weekly to biweekly sessions

Purpose of Titration:

- Allow space to practice skills learned in therapy
- Increase reliance on community and natural supports
- Promote confidence, resilience, and independence

Ongoing Monitoring During Titration

While services are titrated, providers continue to:

- Monitor symptom stability and stressors
- Assess independent use of coping skills
- Evaluate ongoing support utilization
- Reassess service intensity as needed

Titration remains responsive, not fixed. Services may be increased again if clinically indicated and supported by documentation.

Treatment & Discharge Planning

As service intensity changes:

- The treatment plan is updated to reflect new goals and frequency
- The discharge plan evolves alongside progress
- All providers maintain shared understanding of care direction

This ensures continuity, transparency, and alignment across the care team.

Key Takeaways

- Discharge planning starts at intake and continues throughout treatment
- Titration decisions should be collaborative and individualized
- Services are adjusted to match progress, not habit or routine
- The goal is continued recovery, safety, and independence