

Coping Skills Contract

This contract is developed between [client] and [staff name, case manager]. The purpose is to help [client] learn more about [condition/diagnosis] and more about the skills and lifestyle needed to cope over the long term. We have agreed to work on the following but realize there are additional things not listed here:

- *scheduling and keeping appointments with all of my providers
- *scheduling transportation ahead of time
- *taking all medication as prescribed
- *tell each of my providers about every other provider I see and about my treatment plans
- *tell my providers if my medications or other treatments are not working or are harming me
- *learn about my condition/diagnosis
- *teach my family and support system about my condition/diagnosis
- *identify my unique symptoms that are related to my condition/diagnosis
- *identify triggers that place me at risk for an emergency and let my support system know
- *develop an emergency plan and involve my support system in doing this
- *have a regular schedule for waking, eating, sleeping, taking medications, etc...
- *have activities besides medical appointments that get me out of the house 4 days a week
- *have at least 2 people besides medical staff/other staff to hold me accountable

I, [client] agree to work on these objectives. I recognize that I must take these steps toward achieving and maintaining good mental health. It takes me and my support system working together to keep me well so I can better function and live in the community.

_____[client signature]_____ _____[date]_____

I, [case manager] agree to work with [client] to the best of my ability so that [he/she] can achieve [his/her] greatest potential and maintain residency in the community.

_____[case manager signature]_____ _____[date]_____