

Treatment Plan

Domestic Violence Marriage With Children Under Age Five

Safety and technology notice

Domestic violence can involve device, account, location, and document monitoring. Access, complete, store, or print this material only when it is safe. Consider using a safer device or confidential location if monitoring is a concern. Internet activity may remain traceable even after browser history is cleared.

About this educational sample

This fictional, non-client-specific example is provided for education and training. It is not a diagnosis, individualized treatment recommendation, legal opinion, safety guarantee, or substitute for assessment and planning by qualified professionals. Adaptation requires the client's informed participation and attention to culture, accessibility, agency policy, professional standards, and applicable law.

Client Context

A parent experiencing domestic violence within a marriage and caring for children under age five. The plan is collaborative, client-centered, and designed to avoid increasing danger to the client or children.

INITIAL INTAKE DATE	TREATMENT PLAN DATE	FORMAL REVIEW DATE
_____	_____	_____

The formal treatment-plan review date is six months from the treatment-plan date. Progress will be monitored during ongoing services, and the plan will be revised before the formal six-month review if the client's safety, circumstances, preferences, or needs change.

Goal 1: Obtain Adequate Housing

- 1 Within 48 hours, the client will meet privately with a domestic violence advocate to identify at least three safe housing options for the client and children, including emergency shelter, transitional housing, or a trusted confidential location.
- 2 Within seven days, and when safe to do so, the client will complete a safety plan that includes storing important paperwork or copies at a secure off-site location; obtaining an emergency phone that can be kept in a safe, undisclosed location; selecting a trusted person to check on the client twice daily; establishing an emergency code word; obtaining an extra vehicle key; and identifying emergency transportation and a safe destination for the client and children.
- 3 Within 30 days, the client will complete at least two applications for safe housing or housing-assistance programs, provided the applications can be completed without increasing danger to the client or children.

Goal 2: Obtain Income

- 1 Within two weeks, the client will meet with a case manager to identify at least three potential financial resources, such as public benefits, childcare assistance, emergency funds, child-support services, or employment programs.
- 2 Within 30 days, the client will submit applications for at least two benefits or financial-assistance programs for which the client and children may be eligible.
- 3 Within six weeks, and consistent with the client's safety and childcare needs, the client will apply for at least three suitable employment opportunities or enroll in one workforce-development program.

Goal 3: Decrease Stress Level

- 1 For four weeks, the client will privately record their stress level from 1 to 10 at least four days per week, when it is safe to do so, and identify circumstances that increase or decrease stress.
- 2 Within one week, the client will identify three safe coping strategies and practice at least one strategy for 10 minutes on five days each week for four weeks.
- 3 During the next four weeks, the client will participate in one individual counseling, advocacy, or support session each week and reduce their average stress rating by at least two points between the first and fourth weeks.

Important use disclosure

Safety takes priority over task completion and timelines. A missed objective must not be treated as client noncompliance without considering coercive control, surveillance, financial abuse, transportation barriers, childcare, disability, immigration concerns, and the risk of retaliation. Plans should be reviewed privately and revised whenever circumstances change.

Immediate support

If there is immediate or life-threatening danger, contact 911 or local emergency services. The National Domestic Violence Hotline offers confidential support 24 hours a day: 1-800-799-SAFE (7233), text START to 88788, or visit www.thehotline.org.

Created by Oklahoma Child Wellbeing

www.okchildwellbeing.org | www.okchildwellbeing.com | info@okchildwellbeing.org

Copyright 2026 Oklahoma Child Wellbeing. All rights reserved. This document may be viewed and downloaded for personal, educational, and nonprofit reference. It may not be sold, republished, branded as another organization's work, or reproduced for commercial use without written permission, except as permitted by applicable law.