



Compliant Progress Note Examples for Behavioral Health

The following progress note examples are based on documentation created by two real-world behavioral health providers*.



The **“At Risk”** notes were written entirely by the providers prior to implementing Eleos.



The **“Compliant”** notes were created by the same providers **using Eleos-generated note suggestions**.



Color coding indicates where note content is strong in the following compliance areas:

Progress:

Describes the client’s response to, and progress in, therapy.

Interventions:

Demonstrates the provider’s appropriate application of various evidence-based therapeutic techniques and approaches.

Plan:

States the action plan for/leading up to the client’s next encounter with sufficient detail.

Red text indicates note content that is at risk of failing to meet compliance standards, typically because it is too general and does not offer a clear and direct connection to the treatment plan.

Golden highlights indicate areas where the note content supports the treatment plan (a.k.a. “The Golden Thread”).

Progress Note Examples: Provider 1



At Risk

Intervention:

Monitored and followed up regarding attendance of scheduled appts both internal and external.

Plan:

Client to re-engage in services.

Outcome:

ITM sent out letter for re-engagement of services for client.



Compliant

Outcome & Intervention:

Objective met. Objective included assisting client in identifying and processing troubling situations in their life and helping client create awareness of thoughts, emotions, beliefs, and behaviors. The client reported struggles with alcohol use, which she linked to her current living environment, and expressed a **desire to attend detox**. She indicated the presence of supportive friends and family; however, she has issues related to unemployment that are contributing to **feelings of low-self-worth and hopelessness**. The client continued to express frustrations over unsuccessful job applications and her desire to reinstate her former job at the grocery store. Therapist proposed consideration of seeking assistance from team care coordinator and agency employment services. The client also **expressed an intense desire to go to a specific detoxification center for treatment. Client reports detox as a crucial step toward overcoming her alcohol addiction and returning to normalcy**. The client and therapist coordinated all necessary preparations for the client's detox program, and the therapist **provided psychoeducation** by explaining the importance of the safety plan, helping the client understand more about her situation and how to manage her symptoms, and preparing her for detox discharge. Therapist facilitated **problem-solving strategies** to help the client find solutions for her concerns about her home environment, suggesting ways to rearrange the room as a new beginning.

Plan:

The client and therapist set up a time for the client to enter the agency's detox center for treatment on Monday morning. The client will engage in immediate **coping skills** activities discussed in session to maintain safety daily, as well as make **plans for rearranging her room before her detox stay**. Therapist also **scheduled an appointment** for the client to meet with the team's care coordinator to help her find a PCP, address employment concerns, and look at other resources for food insecurity reported by the client.

Progress Note Examples: Provider 2

At Risk

Intervention:

Monitored and followed up regarding attendance of scheduled appts, both internal and external.

Plan:

Treatment team will **contact client to schedule and confirm appointments and monitor client progress.**

Outcome:

ITM reviewed client chart. Outpatient services are recommended. **It is recommended that the client receive therapy 3x monthly and rehab once weekly. Peer Support and Case Management are recommended up to 2x per month, Medicated Assisted Treatment with Nursing 1x per month and Provider visits 1x per month, Psychiatric meetings for medications with Nursing 1x per month and with Provider 1x per month.**

Compliant

Outcome & Intervention:

Objective met. Objective included helping client create awareness of thoughts, emotions, beliefs, and behaviors; assisting client in identifying negative or inaccurate thinking; and **restructuring negative or inaccurate thinking**. Client **successfully acknowledges** there may be a connection between emotions, beliefs, and behaviors. Client identified at least one negative thought and reframed an inaccurate thought. Session focused on the client's current stressful situation with his sister, who is now out of jail. The client shared his concerns and anxieties about being a full-time caregiver to his sister's three children, along with his wife. Therapist acknowledged the client's dedication and focus on supporting his family. Client discussed anxiety surrounding his sister's children calling their aunt "mom" and deciding not to correct them to avoid confusion. Therapist used **radical acceptance as a therapeutic intervention** to help the client accept and manage his thoughts and emotions related to the situation. Additionally, **therapist worked with the client to develop and enhance adaptive coping strategies.**

Plan:

Moving forward, therapist and client will **continue exploring the client's anxiety and concerns regarding his sister's children**. He will focus on developing specific coping strategies to help the client manage his stress and anxiety in his role as a caregiver. Therapist will also provide ongoing support to the client as he navigates the challenges of this stressful situation. **In future sessions, he will explore additional techniques and interventions to further support the client's emotional well-being** and improve his ability to cope with the demands of being a full-time caregiver.



Ready to make provider progress notes more compliant—automatically?

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