

GROWTHWISE PLAYBOOKS™

FREE SAMPLE

The High-Caseload Survival Prompt Pack

65 Ready-to-Use AI Prompts for Community Mental Health Therapists

Real Talk. Real Tools. Real Growth.

WHAT'S INSIDE THIS FREE SAMPLE

This lead magnet includes 5 prompts from each of the 13 categories in the full pack — giving you a real taste of how these prompts can transform your workflow.

Categories included: Time Management • Rapid Documentation • Session Planning • Treatment Planning • Client Triage • Crisis Management • Group Therapy • Caseload Organization • Burnout Prevention • Difficult Clients • Coordination of Care • Supervision • Discharge Planning

HOW TO USE THESE PROMPTS

1. Copy any prompt into ChatGPT, Claude, or your preferred AI tool
2. Add YOUR context (client population, agency setting, specific challenges)
3. Review and customize the output for your needs
4. Save useful responses to build your resource library

PRO TIP: The more specific context you add, the better your results. Example: Instead of 'Create a session checklist' try 'Create a session checklist for a community mental health therapist seeing adults with SMI in a Medicaid-funded outpatient clinic.'

TIME MANAGEMENT & EFFICIENCY

1. Create a weekly time-blocking schedule for a community mental health therapist with 45 active clients, including documentation time, crisis slots, and administrative tasks.
2. What are the top 10 time-wasting activities in community mental health settings and how can I eliminate or reduce each one?
3. Design a 15-minute pre-session routine that helps me quickly review client history and set session goals without feeling rushed.
4. Create a decision tree for determining which client requests require immediate attention versus those that can wait 24-48 hours.
5. Generate a template for a 30-minute weekly planning session that keeps my entire caseload organized.

RAPID DOCUMENTATION

1. Create a fill-in-the-blank progress note template for individual therapy sessions that takes less than 5 minutes to complete.
2. Generate 20 clinically appropriate phrases for documenting client affect and mood observations.
3. What are the essential elements required in a progress note for Medicaid billing, and what can be safely omitted?
4. Create a SOAP note template with pre-written sentence starters for each section.
5. Generate a list of 25 outcome-focused statements for documenting client progress toward treatment goals.

SESSION PLANNING & PREP

1. Create a one-page session prep checklist I can complete in under 3 minutes before each client.
2. Generate a list of 10 go-to session openers for when I haven't had time to review the client's full history.
3. What are effective strategies for quickly re-orienting myself to a client I haven't seen in 3+ weeks?
4. Create a session structure template for 45-minute sessions that ensures I cover assessment, intervention, and planning.
5. Generate a list of 15 scaling questions I can use with any client regardless of presenting concern.

TREATMENT PLANNING EFFICIENCY

1. Create a treatment plan template with pre-written goals and objectives for major depressive disorder that I can customize in 10 minutes.
2. Generate a list of measurable treatment objectives for generalized anxiety disorder using specific, observable language.
3. What are the most common treatment plan deficiencies cited in audits, and how can I address them proactively?
4. Create a treatment plan template for trauma-related disorders that aligns with evidence-based practices.
5. Generate 20 measurable objectives for improving coping skills across multiple diagnoses.

CLIENT PRIORITIZATION & TRIAGE

1. Create a risk stratification system for prioritizing clients based on acuity level, with clear criteria for each tier.
2. What are the key indicators that a client needs to be seen more frequently versus maintained on a biweekly schedule?
3. Generate a decision tree for triaging incoming referrals when my caseload is at capacity.
4. Create a checklist for identifying which clients are ready for step-down to less intensive services.
5. What are ethical guidelines for managing a waitlist when demand exceeds my availability?

CRISIS MANAGEMENT

1. Create a rapid suicide risk assessment protocol that can be completed in 10 minutes during a crisis call.

2. Generate a safety planning template that can be completed collaboratively with a client in 15 minutes.
3. What are the essential steps for documenting a crisis intervention that protects both the client and the clinician?
4. Create a script for de-escalating an agitated client over the phone when I cannot see them immediately.
5. Generate a quick-reference guide for local crisis resources I can provide to clients after hours.

GROUP THERAPY EFFICIENCY

1. Create a 90-minute group therapy session template that includes check-in, content, and processing time.
2. Generate 20 discussion prompts for a coping skills group that require minimal facilitator preparation.
3. What are strategies for managing group dynamics when one member dominates the conversation?
4. Create a documentation template for group therapy that captures individual participation efficiently.
5. Generate a list of 15 group activities that teach DBT skills without requiring extensive materials.

CASELOAD ORGANIZATION

1. Create a caseload tracking spreadsheet template that shows client status, last session date, and upcoming reviews at a glance.
2. What are the most effective systems for tracking treatment plan due dates across 40+ clients?
3. Generate a color-coding system for organizing clients by acuity level, session frequency, and compliance.
4. Create a weekly caseload review checklist that takes no more than 30 minutes to complete.
5. What are strategies for managing client information when working across multiple locations or programs?

BURNOUT PREVENTION

1. Create a daily self-care checklist for therapists with high caseloads that takes less than 15 minutes total.
2. What are the early warning signs of burnout specific to community mental health workers, and how should I respond?
3. Generate a list of 10 between-session reset activities that take 5 minutes or less.
4. Create a boundary-setting script for when supervisors request I take on additional clients beyond my capacity.
5. What are evidence-based strategies for preventing compassion fatigue when working with trauma populations?

DIFFICULT CLIENT SITUATIONS

1. Create a script for addressing chronic no-shows with a client while maintaining therapeutic rapport.
2. What are effective strategies for engaging mandated clients who are resistant to treatment?
3. Generate a list of motivational interviewing questions for clients in the precontemplation stage of change.
4. Create a protocol for managing clients who frequently contact me between sessions for non-emergencies.
5. What are best practices for terminating treatment with a client who is not making progress after 6+ months?

COORDINATION OF CARE

1. Create a template for efficient communication with prescribers that includes all essential clinical information.
2. What are strategies for coordinating care with multiple providers when time for phone calls is limited?
3. Generate a release of information tracking system for managing authorizations across a large caseload.
4. Create a script for communicating clinical concerns to a prescriber who is difficult to reach.
5. What are best practices for coordinating with probation officers and court systems efficiently?

SUPERVISION & PROFESSIONAL DEVELOPMENT

1. Create a supervision agenda template that ensures I address urgent cases efficiently in 30-minute meetings.
2. What are strategies for getting the most value from supervision when I have limited time with my supervisor?

3. Generate a list of questions to bring to supervision that focus on clinical skill development.
4. Create a professional development plan template for maintaining licensure requirements with a demanding caseload.
5. What are the most high-yield continuing education topics for community mental health clinicians?

DISCHARGE & TERMINATION

1. Create a discharge planning checklist that ensures all clinical and administrative requirements are met.
2. What are criteria for determining when a client is ready for discharge from outpatient mental health services?
3. Generate a discharge summary template that can be completed in under 15 minutes.
4. Create a script for initiating termination conversations with clients who may resist ending treatment.
5. Generate a list of community resources and aftercare referrals to include in discharge planning.

WANT ALL 160 PROMPTS?

The full High-Caseload Survival Prompt Pack includes:

- + 160 expertly crafted prompts (not just 65!)
 - + All 13 categories fully expanded
- + Organized Excel file with easy navigation
- + Professional cover page with instructions
- + Ready to use immediately after download

Get the full pack at:

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