INTERVIEWING AND COUNSELING

WRITING SMART GOAL FOR TREATMENT PLANNING

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TREATMENT PLANNING

- Most clients receiving mental health services will have a treatment plan associated with the work they are doing.

- They will have short and long term measurable goals that have target completion dates.

- Each agency may have a specific format for treatment plans and how to write goals and objectives.

- The following slides outline one treatment planning model - SMART Goals.

- There are many other models as well that you may already know about or will learn about in the future.

S M A R T GOALS

1. **S**pecific - Consider who, what, when, where, why and how in developing the goal.

2. **M**easurable - Include a numeric or descriptive measurement.

3. **A**chievable - Consider the resources needed and set a realistic goal.

4. **R**elevant - Make sure the goal is consistent with the mission.

5. **T**ime-bound - Set a realistic deadline.

- See more at: http://www.brighthubpm.com/methods-strategies/79127-explaining-the-concept-of-smart-goals-with-examples/#sthash.qeUdWFec.dpuf

SPECIFIC

- Is It Specific?
- Sample Goal: Increase revenue from my personal chef business.

- This typical goal of any business lacks specificity.
- The author needs to detail how the increase will occur, quantify the increase and set a deadline that can be measured.
- SMART Goal: Increase revenue by 25% each month by catering 2 parties a month.

MEASURABLE

- Is it Measurable?
- Sample Goal: Gain more social interaction by going into the community.
- This is a worthy goal. But, how would you know if the community interaction actually helped the client get more socialization?
- Include a metric to measure progress in meeting the goal.
- SMART Goal: Client reports talking to two different people while on a community outing.

- How else could you measure this goal?

ACHIEVABLE

- Is It Achievable?

- Sample Goal: Attend a counseling session between now and December 30th, 2015.

- The goal is specific and measurable and is pretty SMART if there are counseling appointments available before 12/30 and insurance coverage to pay for the session(s).

- If not, then the deadline might need to be extended or other steps may need to occur first.

RELEVANT

- Is It Relevant?
- Sample Goal: Write a letter to my mother telling her about my abuse experience(s).
- It sounds like a very interesting goal and may be helpful for the client. Could be considered a worthy personal goal.
- But, If you just started working with a new counselor and case manager then most of your time is spent making sure your services are in place. This goal may be a future goal to work towards but may not (or maybe it is) be relevant to the current situation.
- It may have to go on the back-burner for awhile.

TIME-BOUND

- Is It Time-bound?
- Sample Goal: Apply for and be approved for Social Security Disability (SSDI) by 12/31/2015.
- Of course, this goal needs a deadline. Otherwise the client and CM may never get around to starting and following through on this process..
- Checking off that a deadline is included in a goal is fairly straightforward.

TIME-BOUND

- Is It Time-bound?
- Making sure that it is realistic may be an entirely different matter.
- Consider all of your priorities and time constraints and set a realistic deadline.
- If outside pressures are making the deadline unrealistic, then look at ways to change the strategy for completion.
- For example, can you break the tasks down into smaller pieces. Or assign some tasks to others?
- Like having the doctor's office pull all of the medical history for proof?

TIME-BOUND

- SMART Goal:
- Long Term Goal: Client will begin the process of apply for SSDI by 12/31/2015
- Short Term Goals:
  - She will contact PCP/Dr's office to request copies of medical records
  - She will contact psychiatrist's office to request copies of medical records
  - She and CM will go to SS office together to pick up application (or begin application online)
  - She & CM will review all necessary documentation need as part of request.
  - What else?