

The background is a dark purple to blue gradient. It features several overlapping circular patterns, some solid and some dashed, with arrows indicating a clockwise direction. There are also numerical values scattered across the background, such as 0.92, 0.50, 0.42, 2.50, 2.30, 2.20, 2.10, 2.00, 1.90, 1.80, 1.70, 1.60, 1.50, 1.40, 1.30, 1.20, 1.10, 1.00, 0.90, 0.80, 0.70, 0.60, 0.50, 0.40, 0.30, 0.20, 0.10, and 0.00. The text is white and centered.

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. **Specific** - Consider who, what, when, where, why and how in developing the goal.
2. **Measurable** - Include a numeric or descriptive measurement.
3. **Achievable** - Consider the resources needed and set a realistic goal.
4. **Relevant** - Make sure the goal is consistent with the mission.
5. **Time-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?