Case Plan: Primary Goal (1)

Goals should be: dynamic, related to high risk predictive domains and recent offense(s),
***and** should reflect on client strengths, needs, motivation & stage of change.*

Client name: Goal risk/need domain(s): Goal planning date:

What is the measurable long-term goal (approx. 6 months for juveniles; 1 year for adults)?

What incentives are there for achieving this goal and making a change?

What barriers or problems may interfere in achieving this goal? *What is the greatest barrier?*

What is the SMART short-term goal (30 days max. for juveniles; 45 days max. for adults)?

What are specific action steps that need to be taken within the next few weeks, who is responsible for each step, and what are the target dates?

Specific & measurable action steps:	*Who will do this step?*	*Target date?*
1)		
2)		
3)		
4)		
5)		
6)		

What is the client's current "**Stage of Change**" as related to the above goal? (*Mark one*)
☐ Pre-Cont. ☐ Cont. ☐ Prep. ☐ Action ☐ Main. ☐ * In *Relapse?*

What tools/strategies would help tip the balance? Consider client's current stage/phase of change?
Build Rapport; Provide more info; Feedback Wheel, Dec. Bal., & Cog. tools CAF/PMI; Assess Importance, Confidence and Readiness - Scaling (1-10); Restorative Justice actions; ID relapse risks & plans; MI Principles – Express Empathy; Develop Discrepancy; Roll w/Resistance; Support Self-Efficacy

Case Plan: Secondary Goal (2)

Goals should be: dynamic, related to high risk predictive domains and recent offense(s),
***and** should reflect on client strengths, needs, motivation & stage of change.*

Client name: Goal risk/need domain(s): Goal planning date:

What is the measurable long-term goal (approx. 6 months for juveniles; 1 year for adults)?

What incentives are there for achieving this goal and making a change?

What barriers or problems may interfere in achieving this goal? *What is the greatest barrier?*

What is the SMART short-term goal (30 days max. for juveniles; 45 days max. for adults)?

What are specific action steps that need to be taken within the next few weeks, who is responsible for each step, and what are the target dates?

Specific & measurable action steps:	*Who will do this step?*	*Target date?*
1)		
2)		
3)		
4)		
5)		
6)		

What is the client's current "**Stage of Change**" as related to the above goal? (*Mark one*)
☐ Pre-Cont. ☐ Cont. ☐ Prep. ☐ Action ☐ Main. ☐ * In *Relapse?*

What tools/strategies would help tip the balance? Consider client's current stage/phase of change?
Build Rapport; Provide more info; Feedback Wheel, Dec. Bal., & Cog. tools CAF/PMI; Assess Importance, Confidence and Readiness - Scaling (1-10); Restorative Justice actions; ID relapse risks & plans; MI Principles – Express Empathy; Develop Discrepancy; Roll w/Resistance; Support Self-Efficacy