

## WHAT?

A SMART goal provides structure and a sense of direction that supports members in increasing their chances of achieving their treatment goal(s).

**S**pecific **M**easurable **A**chievable **R**elevant **T**ime-bound

## WHY?

- SMART goals are created to ensure that individual member needs are met.
- SMART goals help to ensure that the treatment being provided is clinically appropriate and meaningful to the member.
- SMART goals (and related objectives) provide a member with the clarity and motivation needed for successful goal completion, within an identified period of time.

## WHO & WHEN?

Case Managers and/or clinicians' complete SMART goals in collaboration with the Child and Family Team (CFT)/ Adult Recovery Team (ART) when:

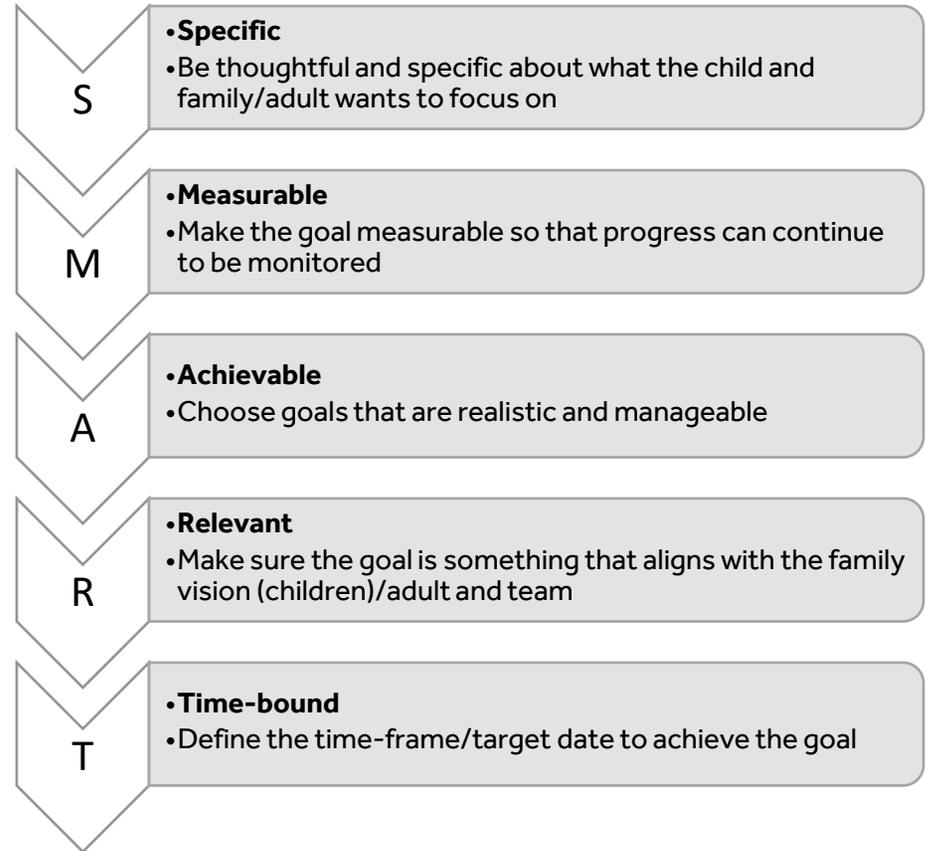
- Conducting a CFT/ART meeting and completing a service plan
- Requesting Out of Home interventions
- Requesting a prior-authorized outpatient service

## HOW?

**SMART Goal:** Lucy will increase positive interactions with her friends by communicating her feelings when she is angry and frustrated, without calling them names.

### Objectives:

- Lucy will practice learned communication skills and engage in positive conversations with her friends without name calling 3 out of 5 engagements over a period of 30 days.
- Lucy will attend individual therapy 1x per week to learn 3-5 positive communication skills.



This Photo by Unknown Author is licensed under [CC BY-ND](https://creativecommons.org/licenses/by-nd/4.0/)

### Lucy van Pelt

Displays characteristics of antisocial behavior. Lucy appears typical, but often has little to no empathy for the feelings of others. Lucy torments her friends for her own enjoyment.

## Children SMART Goal and Objective Examples

## Adult SMART Goal and Objective Examples

This Photo by Unknown Author is licensed under CC BY-SA



### Charlie Brown

Displays characteristics of depression. Charlie Brown often feels humiliated and engages in negative self-talk. Charlie Brown has few close friends and struggles in social settings. He displays low-energy and sadness.

**SMART Goal:** Charlie Brown will improve his overall mood by being more assertive and increasing his confidence, when engaging with others.

#### Objectives:

- Charlie Brown will journal daily to identify a minimum of 2 positive traits about himself.
- Charlie Brown will practice using positive self-talk affirmations (e.g. "I can do this") to replace negative self-talk ("Good grief") 50% of the time.
- Charlie Brown will practice assertiveness by expressing to others how he feels 3 out of 7 days of the week over a period of 30 days.

This Photo by Unknown Author is licensed under CC BY-SA



### Sally Brown

Displays characteristics of anxiety and a learning disability. Sally often expresses feeling nervous, has difficulty sleeping and worries to the point that her functioning is disrupted. Sally is 17 and she struggles with reading, writing and speaking in school and at home.

**SMART Goal:** Sally Brown needs to have the skills, knowledge and support to successfully transition to adulthood at the age of 18.

#### Objectives:

- Sally will attend high school until age 21 (per her IEP) and complete homework assignments with an average grade of 80% or higher, 5 out of 5 days per week.
- Sally will engage in TAY services 1x per week to learn the skills needed for employment (e.g. resume writing, interviewing, application completion.)

This Photo by Unknown Author is licensed under CC BY-SA



### Peppermint Patty

Displays characteristics of a personality disorder. Peppermint Patty often presents as dramatic and emotional with erratic behaviors to be the "center of attention" with her friends. Peppermint Patty has a history of self-harming statements and rapidly shifting emotions.

**SMART Goal:** Peppermint Patty will improve her overall mood in the next 3 to 6 months, as evidenced by a reduction in self-harming behaviors and self-report of an overall improvement in mood on a scale of (0 low to 10 high).

#### Objectives:

- An SMI evaluation will be completed by "agency" in the next 30 days to assess the impact of mental illness on overall functioning.
- Peppermint Patty will attend all medication appointments, report side effects and take medication as directed by the treating psychiatrist.

This Photo by Unknown Author is licensed under CC BY-SA



### Linus van Pelt

Displays characteristics of detachment from close relationships and moments of distorted thinking. Linus is the only one in his group of friends that believes the great pumpkin is real. Linus also has excessive social anxiety that he masks with substance use.

**SMART Goal:** Linus will address incidents of distorted thinking and achieve 60 days of continuous sobriety by recognizing triggers and identifying replacement behaviors.

#### Objectives:

- Linus will attend IOP group 3 times per week for 3 hours to improve problem-solving skills and learn a minimum 5 replacement behaviors for substance use.
- Linus will engage with a peer support at a minimum of 2 times per month to help with identifying and engaging in community activities, to decrease social anxiety.