Using SMART Goals in Case Planning

Goal setting is a common aspect of our daily lives, from setting personal exercise goals to developing work-related goals to implement evidence-based practices. Goal setting has worked its way into juvenile justice case plan development and is recommended by national experts and researchers alike. National experts and researchers alike agree that the time to write goals down can provide inspiration to keep working on goals, even when motivation is low. One of the most well-known goal setting techniques is the SMART method which encourages goals to be Specific, Measurable, Achievable or Achievable, Relevant or Realistic, and Time Bound. This newsletter builds upon the previously published Developing and Using SMART Goals newsletter by translating the SMART methodology into juvenile justice settings.

In the juvenile justice context, developing SMART goals or using the SMART methodology can help create a through line from the risk or need identified directly to the desired outcome. Taking the time to draft case plan goals using the SMART method can help youth fully understand what is expected of them. In addition, it also helps case managers objectively understand progress, in terms of reduced risk and need, and thereby reducing the risk to recidivate. The graphic below translates the SMART methodology into the juvenile justice context.

Training Opportunity

Using SMART Goals to Engage and Motivate Youth in Case Planning

3 Day Virtual Training
JULY 13th, 14th & 15th
11AM PST TO 2PST DAILY
REGISTER HERE

We are eager to hear from your Contact us to learn more about how the Nevada Center for Juvenile Justice Innovation (NCJJI) can help you. Feel free to share this email with your colleagues and other juvenile justice stakeholders in Nevada. If you would like to add your email to our distribution list, contact Andrew at awachter@ncjfcj.org.

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