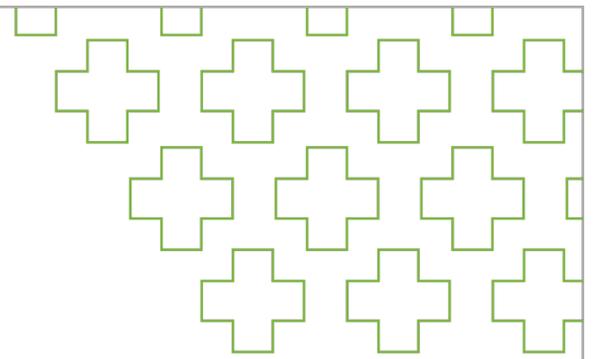




CHARTIS

**CLINICAL QUALITY
SOLUTIONS**

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Psychiatric Treatment Plan SMART Goals and Staff Interventions

Use these guidelines to ensure your patient's goals are Specific, Measurable, Attainable, Realistic, and Time-limited. Then, determine what interventions each discipline can use to help patients reach their long- and short-term goals.

SPECIFIC – ARE THE WHO, WHAT, WHEN, AND WHY SPELLED OUT?

- Ensure patient's goals of treatment relate to the reason for hospitalization (the primary problem).
 - If a patient needs to learn coping strategies with the long-term goal of decreasing suicidal or violent thoughts or actions, assist the patient to identify individual skills to achieve the goal for the specific problem.
 - Short-term goal examples: Sally will exercise for 15 minutes when feeling angry, meditate at bedtime to elicit sleep, practice visual imagery to distract from self-harm thoughts, call sponsor to decrease substance cravings, use weighted blanket to decrease anxiety during group, listen to classical music when feeling lonely, and identify people to call for help in her safety plan.
- Identify specific clinical interventions the staff will use to help achieve the patient goal.
 - Examples: One-on-one discussion after calls with spouse, focused group modalities (substance abuse, conflict management, spirituality to target verbal outbursts), help identifying emotional triggers prior to self-harm, individual therapy, family therapy.

MEASURABLE – IS THE GOAL QUANTIFIABLE?

- Indicate what sort of objective, measurable behavioral indicators will be used to determine if the patient is making progress through treatment. The measurable component will determine when the patient has met their goal.
- Choose a quantitative format that best represents what the patient will accomplish and write it in a way that the patient can understand.
 - Example: Dawn will take prescribed medication Abilify five out of seven days instead of 60% of the time.
 - Example: John will determine and practice three ways to manage and distract himself from suicidal thoughts daily.
- Use treatment goals to show the patient's progress during hospitalization.
 - Goals during a short-term hospitalization should typically be met in 4-7 days.
 - Goals during a long-term hospitalization should typically be met in 7-30 days.

ATTAINABLE – IS THE PATIENT CAPABLE OF WHAT IS BEING EXPECTED OF THEM?

- Assess whether the treatment goal is within the patient’s power or control.
- Consider the patient’s developmental and intellectual abilities when setting goals and involve family members, as needed, especially with children and elderly patients.

REALISTIC – IS YOUR TREATMENT GOAL A FAIR EXPECTATION?

- Ask yourself if the bar is set too high or too low for this patient.
- Consider the patient’s developmental and intellectual abilities (as mentioned above).
- Ask yourself if the patient should continue meeting the goal post-discharge.
 - A long-term goal example: Kelly will develop and practice her safety plan for suicidal thoughts by the time of discharge.
- Ask whether the goal is something the patient can do:
 - Unrealistic example: Hannah will not have suicidal thoughts.
 - Realistic example: Hannah will learn to manage suicidal thoughts through journaling her feelings and daily meditation.

TIME-LIMITED – WHAT IS A REALISTIC TIMEFRAME TO COMPLETE THE TREATMENT GOAL(S)?

- Write time-limited goals based on the estimated time it will take the patient to accomplish a specific goal.
 - Example: Over the next 30 days, Steve will reduce angry outbursts by learning anger management techniques (self-relaxation, time-outs, deep breathing) and using them daily, as evidenced by a reduction in documented outbursts per day.
 - Example: In the next 7 days, Steve will identify the specific trigger (spouse, peer, staff) when an outburst occurs and note which technique helps him the most in each situation.

STAFF INTERVENTIONS – WHAT DOES EACH DISCIPLINE DO TO HELP THE PATIENT REACH THE SHORT-TERM GOALS?

- Ensure individualized, specific, focused interventions for each patient within the treatment plan.
 - Example: Short-term goal: John will learn two ways to manage anger that leads to depression with suicidal thoughts and impulsive actions.
 - Staff Interventions may include:
 - Social Worker will facilitate Distressful Emotions group twice each week with a focus on how anger relates to impulsive actions.
 - Recreation Therapist will facilitate a daily gym class with a focus on stress/anger management to teach distraction from suicidal thoughts.
 - Physician will assess John’s signs and symptoms of depression, suicidality, and response to Seroquel and Paxil daily.
 - Registered Nurse will educate John on the benefits and side effects of Seroquel and Paxil with each medication pass, assess patient understanding, and assess signs of side effects.