

GOAL ATTAINMENT SCALING TEMPLATE

0	Contemplates _____
1	Sets target goal, but does nothing differently Goal: _____ NOTE: This should be realistic, behavioral, time limited
2	Talks to doctor, case manager, or other support person (OTHER than study therapists/staff) about the goal INCLUDES → help researching the goal SPECIFY: _____
3	Independently researches various means of achieving the goal INCLUDES → following suggestions of support persons/case manager MUST → engage in these behaviors <i>by themselves</i> without the help of others SPECIFY: _____
4	Takes some action to move toward the goal MAY BE → minimal MUST BE → behavioral evidence SPECIFY: _____
5	EITHER: 1. More behavioral evidence of moving towards the goal Specify: _____ 2. Maintaining a behavior for a longer period of time Specify: _____
6	EITHER: 1. More behavioral evidence of moving towards the goal Specify: _____ 2. Maintaining a behavior for a longer period of time Specify: _____
7	EITHER: 1. More behavioral evidence of moving towards the goal Specify: _____ 2. Maintaining a behavior for a longer period of time Specify: _____
8	EITHER: 1. More behavioral evidence of moving towards the goal Specify: _____ 2. Maintaining a behavior for a longer period of time Specify: _____
9	Reaches target goal
10	Maintains/exceeds target goal Specify: _____

GOAL: EMPLOYMENT

0	Contemplates getting a job/getting a better job (see hierarchy on next page)
1	Sets realistic target goal – but does not do anything to get a (better) job Goal: _____ Example: “I want to have a part time job.”
2	Talks to doctor, case manager, or other support person (other than study staff) about getting a job: INCLUDES → help researching job sources, etc. Example: Going over classified ads with case manager/support person, finding out where to get volunteer job
3	Independently researches various means of getting a job INCLUDES → following suggestions of support persons/case manager MUST → engage in these behaviors by themselves without the help of others Example: goes through classified ads by themselves at the suggestion of a support person, internet searches of employment sites by self, getting brochures for/calling for information about assisted employment opportunities or programs at the suggestion of support persons
4	Identifies specific job(s) that they will apply for or identifies a sheltered work/transitional work program
5	EITHER: <ol style="list-style-type: none">1. Prepares a resume with or without help from support person OR2. Completes vocational program entry and evaluation procedures
6	EITHER: <ol style="list-style-type: none">1. Applies for at least one job (fills out and submits application)2. Communicates job choice to program/agency
7	EITHER: <ol style="list-style-type: none">1. Gets at least one interview OR2. Meets with staff for initial visit to sheltered program placement
8	EITHER: <ol style="list-style-type: none">1. Continues to apply and interview in face of rejections OR2. Continues to go to program placement more than once
9	Reaches target goal and achieves position
10	Maintains target goal for at least one month

GOAL: HOUSING

0	Contemplates moving to a new facility or to a higher level of independence (see hierarchy on next page)
1	Sets realistic target goal, but does not do anything to find a new place to live Goal: _____ Example: Moving to next level of structure or moving to a higher quality or safer board and care facility.
2	Talks to doctor, case manager, or other support person (OTHER than study therapists/staff) about finding a new place to live INCLUDES → help researching places to live, etc Example: Identifying other board and care facilities with their case manager/support person
3	Independently researches new places to live (JUST LOOKING) INCLUDES → following suggestions of support persons/case manager MUST → engage in these behaviors by themselves without the help of others EX: goes through classified ads by themselves at the suggestion of a support person, internet searches of vacancies by self; calling or getting brochures for information about different board and care facilities at the suggestion of support persons
4	Identify requirements of new living situation(s): <ul style="list-style-type: none">• Cost• Chores• Takes/manages own medication• Location (close to bus; distance to treatment)• Meals etc.
5	Decides on <u>appropriate</u> new housing (e.g., affordable; meets transportation needs; meets eligibility criteria, etc.)
6	Engages in active pursuit of moving – may include: <ol style="list-style-type: none">1. Gets application/calls to request admission2. Schedules interviews or viewing of new residences
7	Goes to interview or viewings of new residences
8	Gains admission. Completes all paperwork and financial arrangements and practical arrangements (e.g., plans to move possessions)
9	Achieves target goal
10	Exceeds/maintains target goal – may include: <ol style="list-style-type: none">1. Continues to live at new residence for at least one month2. Establishes positive relationships with staff/residents at new residence3. Establishes role of responsibility at new residence4. Specify: _____

GOAL: RELATIONSHIPS

0	Contemplates meeting new people/re-establishing past relationships
1	Talks to doctor, case manager, or other support person (other than study staff) about: <ol style="list-style-type: none">1. Meeting new people – asks for help in finding venues to meet new people OR2. Re-establishing past relationships (family, friendships, etc.)
2	Independently: <ol style="list-style-type: none">1. Researches venues for meeting new people – community organizations, etc. OR2. Researches ways to establish contact with family or friends from the past3. Finds means of getting to new places (bus; phone numbers)
3	EITHER: <ol style="list-style-type: none">1. Goes to a community venue (coffee shop, clubhouse, etc.) to meet new people OR2. Meets with family or friend from the past <p>BUT → Does not speak to other people when spoken to AND → Does not initiate conversation</p>
4	EITHER: <ol style="list-style-type: none">1. Goes to a community venue (coffee shop, clubhouse, etc.) to meet new people OR2. Meets with/calls family or friend from the past <p>AND → Speaks to others when spoken to BUT → Does not initiate conversation</p>
5	EITHER: <ol style="list-style-type: none">1. Goes to a community venue (coffee shop, clubhouse, etc.) to meet new people OR2. Meets with/calls family or friend from the past <p>AND → Speaks to others when spoken to AND → Initiates conversation</p>
6	EITHER: <ol style="list-style-type: none">1. Goes to a community venue (coffee shop, clubhouse, etc.) to meet new people OR2. Meets with/calls family or friend from the past <p>AND → Initiates plans with someone (asks someone to go do something) BUT → The other person declines to go or no shows</p>
7	EITHER: <ol style="list-style-type: none">1. Goes to a community venue (coffee shop, clubhouse, etc.) to meet new people OR2. Meets with/calls family or friend from the past <p>AND → Initiates plans with someone (asks someone to go do something) AND → The other person accepts the invitation & shows</p>
8	EITHER: <ol style="list-style-type: none">1. Meets a new friend OR2. Re-establishes relationship with family or friends from the past <p>AND → Make plans at least once a month</p>
9	EITHER: <ol style="list-style-type: none">1. Meets a new friend OR2. Re-establishes relationship with family or friends from the past <p>AND → Makes plans at least twice a month</p>
10	EITHER: <ol style="list-style-type: none">1. Meets an additional new friend OR2. Re-establishes another relationship with family or friends from the past

GOAL: SCHOOL

0	Contemplates returning to school
1	Sets realistic target goal (achievable within one year), but does not do anything to achieve it Goal: _____ Example: "I want to take a class in _____."
2	Talks to doctor, case manager, or other support person (other than study staff) about going back to school INCLUDES → help researching programs, opportunities, etc Example: Going over course catalogs <i>with</i> their case manager/support person
3	Independently researches various means of getting a job INCLUDES → following suggestions of support persons/case manager MUST → engage in these behaviors by themselves without the help of others Example: goes through course catalogs by themselves at the suggestion of a support person, internet searches of educational opportunities by self, getting brochures for/calling for information about educational programs at the suggestion of support persons
4	Decides on appropriate class/program (e.g., cost; difficulty; schedule; location attainable)
5	Enrolls in or registers for: <ol style="list-style-type: none">1. At least 1 semester or quarter long class2. At least 1 class with more than 10 sessions
6	Attends at least 1 class session
7	Attends at least 25% of class session(s)
8	Attends more than 50% of class session(s)
9	Meets target goal (finishes class regardless of grade achieved)
10	Exceeds goal – may include: <ol style="list-style-type: none">1. Takes another class2. Continued study3. Specify: _____

GOAL: SELF-CARE (DIET, EXERCISE, ETC.)

Cannot be primary goal, may only be secondary/short-term goal in service of a recovery goal

0	Contemplates change in behavior
1	Sets target goal (time-specific), but does not change current behavior Goal: _____ Example: Weight loss – “I will lose 10 lbs in 3 months.” Exercise – “I will walk 5 blocks a twice a week for 3 months.”
2	Talks to doctor, case manager, or other support person (other than study staff) about behavior change INCLUDES → helps researching programs, opportunities, etc Example: Going over brochures <i>with</i> their case manager/support person
3	Independently researches various methods of improving self care – may include: 1. Reads pamphlets 2. Follows leads from healthcare providers – researches weight loss classes, etc. BUT → Does nothing to change current behavior
4	Identifies a strategy to improve self care – but does not engage: Strategy: _____ NOTE: This should be a goal achievable in 3 months – and phrased within a 3 month period Example: Start going to a weight loss group, join a gym, walking route decided
5	Actively engages in identified strategy to improve self-care for at least 1 week
6	Actively engages in identified strategy to improve self-care with at least 75% adherence for more than one week, but less than one month
7	Actively engages in identified strategy to improve self-care for more than one month, but less than three months
8	Actively engages in identified strategy to improve self-care with at least 75% adherence for more than three months
9	Reaches target goal
10	Maintains target goal for 1 month

GOAL: LEISURE ACTIVITIES

0	Reports desire to participate in pleasurable activities, but does nothing
1	Sets specific target goal, but does not take any action Goal: I will _____ at least once a week for a month. Example: Reading – “I will read for 15 minutes at least once a week for a month.” Cooking – “I will cook one meal at least once a week for a month.”
2	Talks to doctor, case manager, or other support person (other than study staff) about behavior change
3	Independently researches activities of interest and the availability / accessibility – 1. Reading about the activity 2. Internet research 3. Calls for information INCLUDES → following lead from provider BUT → Does nothing to change current behavior
4	Actively gathers the resources necessary to engage in at least one pleasurable activity Example: Plans transportation, gathers resources/equipment needed
5	Engages in identified pleasurable activity once ONLY
6	Engages in identified pleasurable activity at least two days within one month
7	Engages in identified pleasurable activity at least three days within a month
8	Engages in identified pleasurable activity more than three days within a month
9	Reaches target goal – regularly engages in activity about once a week for a month
10	Exceeds target goal

GOAL: ADDICTIONS

Cannot be primary goal, may only be secondary/short-term goal in service of a recovery goal

0	Expresses desire to quit using alcohol/drugs/tobacco – minimal change in use behaviors Specify substance: _____ Current Use: _____
1	Still using, but sets target goal. Goal: _____ Example: “I will quit using _____.”
2	EITHER: 1. <i>Still using.</i> Asks for help from health care provider/care coordinator (other than study staff) 2. <i>Cuts down/reduces use.</i> Specify current amount: _____
3	EITHER: 1. <i>Still using.</i> Independently researches professional services that aid in addictions 2. <i>Further reduction in use but not abstinent.</i> Specify current amount: _____
4	EITHER: 1. <i>Still using.</i> Contacts treatment professional, facility, or community organization (e.g. AA) 2. <i>Further reduction in use but not abstinent.</i> Specify current amount: _____
5	EITHER: 1. <i>Still using.</i> Engages in a strategy to stop using alcohol/drugs/tobacco. Strategy: _____ EX: Go to AA, start Alcohol or Drug Treatment Program 2. <i>Further reduction in use but not abstinent.</i> Specify current amount: _____
6	Maintains abstinence for at least one week
7	Maintains abstinence for more than one week, but less than one month (1 slip allowed)
8	Maintains abstinence for more than one month, but less than two months (1 slip allowed)
9	Maintains abstinence for more than two months, but less than 3 months (1 slip allowed)
10	Maintains abstinence for 3 months or more (no slips)

GOAL: MONEY MANAGEMENT

Cannot be primary goal, may only be secondary/short-term goal in service of a recovery goal

0	Expresses desire to save money, but does nothing
1	Sets target goal (time-specific), but does not change current behavior Goal: _____ Example: "I will save \$5 a week for 3 months"
2	Talks to doctor, case manager, or other support person (other than study staff) about saving money INCLUDES → help researching programs, opportunities, etc. Example: Going over bank brochures <i>with</i> their case manager/support person
3	Independently researches money management techniques – no change in behavior INCLUDES → following suggestions of support persons/case manager MUST → engage in these behaviors by themselves without the help of others Example: goes through bank brochures by themselves at the suggestion of a support person, internet searches of ways to save money by self
4	EITHER: 1. Makes a budget with or without the help of a support person (other than study staff) 2. Identifies a strategy to save money – but does not engage: Strategy: _____ NOTE: Please include a time specifier (should be achievable in 2-6 months) Example: "I will save \$5 a week by cutting back on cigarettes."
5	Actively engages in identified strategy to save money for at least 1 week
6	Actively engages in identified strategy to save money with at least 75% adherence for more than one week, but less than one month
7	Actively engages in identified strategy to save money with at least 75% adherence for more than one month, but less than two months
8	Actively engages in identified strategy to save money with at least 75% adherence for more than two months
9	Reaches target goal
10	Exceeds target goal Example: Keeps saving after target purchase has been made

GOAL: INDEPENDENT TRANSPORTATION
Cannot be a primary goal, may only be a secondary/short-term goal

0	Expresses desire to use independent transportation
1	Sets realistic target goal – but does not change current behavior Goal: _____ Example: “I will take the bus to group.” “I will get my driver’s license.”
2	Talks to doctor, case manager, or other support person (other than study staff) about independent transportation INCLUDES → help researching programs, opportunities, etc. Example: Going over bus maps <i>with</i> their case manager/support person
3	Independently researches independent transportation options MAY INCLUDE: 1. Obtains bus schedule 2. Gets a application for a driver’s license 3. Thinks of ways to reduce dependence on others for transportation WITHOUT help Example: Walks to some locations; checks information on the internet
4	Gathers necessary resources – ANY OF THE FOLLOWING: 1. Plans out bus route to desired location(s)/gets a disabled bus pass 2. Fills out application for a driver’s license 3. Gathers necessary resources for alternative method of decreasing dependence on others EX: Get walking shoes or a cane to make ambulation easier
5	Takes step toward goal – ANY OF THE FOLLOWING: 1. Goes to the bus stop alone or with a support person – does not take the bus 2. Submits application for a driver’s license 3. Reduces dependence on others for transportation by using alternative methods (ex: walking)
6	ANY OF THE FOLLOWING: 1. Goes to the bus stop alone or with a support person – does not take the bus 2. Takes the written exam for driver’s license 3. Continues to reduce dependence on others for transportation by using alternative methods
7	ANY OF THE FOLLOWING: 1. Takes the bus to desired location(s) once (alone or with support person) 2. Schedules the road test for driver’s license 3. Continues to reduce dependence on others for transportation by using alternative methods
8	ANY OF THE FOLLOWING: 1. Takes the bus to desired location(s) at least twice in one month 2. Goes to road test for driver’s license 3. Continues to reduce dependence on others for transportation by using alternative methods
9	Reaches target goal
10	Exceeds target goal – may include: 1. Taking the bus to more than one location 2. Driving regularly