

Treatment Planning and SMART Goals

Course Description:

Many clinicians struggle with setting strength-based, measurable goals with their consumers in Comprehensive Community Services and other behavioral health programs. This course looks at the many factors involved with person-centered, strength-based treatment planning, goal setting that is measurable and matches the consumer's needs and abilities, and uses the SMART Goals planning process to carry out goal-setting.

Learning Objectives:

- Understand how culture, learning style, personality and previous experience with the system factor into planning with consumers
- Understand the importance of strength-based biopsychosocial assessment in setting goals with clients
- Define SMART Goals
- Ability to develop a treatment plan using the SMART Goals process

Modules:

1. Factors to Consider (14:32)
2. Treatment Planning (10:58)
3. Long Term Goals (26:24) (10 minutes for activity)
4. Short Term Goals (25:13) (12 minutes for two activities)
5. Tasks/Intervention (9:36)

Total: 1:26:43

At the end of the 5 modules, you will complete a quiz. You must receive a score of at least 80% on the quiz to receive a certificate for 1.5 hours of continuing education.

Course Total: 1.5 Continuing Education Hours (5 minutes to review and take the quiz)

About your Trainer:

Instructor: Jessica Beauchamp



Jessica Beauchamp has 10+ years of experience in the human services field. She earned her graduate degree from Michigan State University. Areas of knowledge includes case management, administration, management, counseling, and program development. Jes worked for county agencies for many years and in 2016 opened her own private mental health practice in Marinette, WI. At the county agencies she provided crisis intervention services and worked closely with the court system and Chapters 51 and 55. She also managed Comprehensive Community Support (CCS), Community Support Teams (CST), and Children's Long Term Services (CLTS) programs.

In private practice Jes specializes in farmer mental health, substance abuse/addiction, sex offender treatment, couples counseling, and mood disorders. Jes offers unique services in that a majority of the treatment takes place in the community, nature, or the client home. She also contracts and consults with local practitioners and several agencies around the state of Wisconsin. Jes has presented to a variety of audiences on topics including: assessing and managing suicide risk, crisis planning, Wisconsin State codes, AODA, and documentation/note writing.