Smart Goals & Case Presentation Overview

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Housing Transitions
QUERI

- CTI is a time-limited case management practice that mobilizes support for Veterans undergoing housing transitions

- It structures Aftercare case management into three Phases of two months each, with decreasing intensity of services

- In each Phase, 1-3 recovery goals are focused on

Pre-CTI varies

Transition 2 months

Tryout 2 months

Transfer 2 months

Move In

SMART Goals
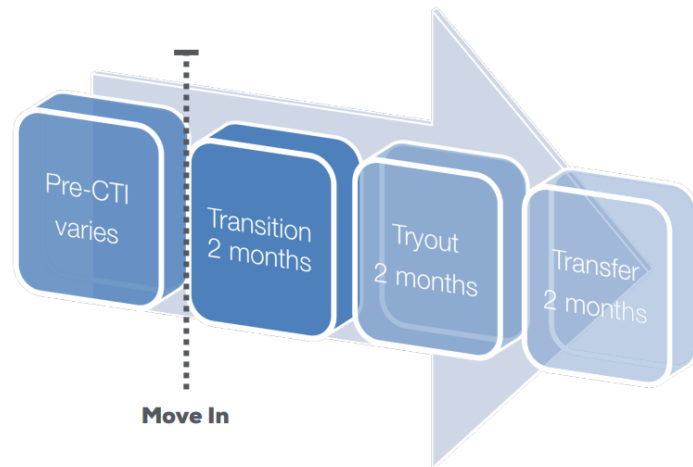
- **S**pecific - What *exactly* will you accomplish? What will it take to achieve it?

- **M**easurable - How will you know when you have reached this goal? What will be different? What will you be doing more regularly? What will you be doing less of?

- **A**ctionable/Achievable – How can the goal be accomplished? What do you need to accomplish it? *What are the action steps?*

- **R**elevant - Why is this goal significant to your housing stability? To your life? How will it benefit you?

- **T**imely – When will you achieve this goal? How long will it take to accomplish it?

Broad recovery goal:
- "I want to get a job."
- "I want to stop drinking."
- "I want to keep my housing."

- Broad recovery goals are a great starting point, but are often are insufficient to successfully achieve a goal

- *What are other broad recovery goals you come across?*

SMART goal:

- "I will secure a part-time position working 15 – 20 hours per week and will save $200 each month to use toward traveling to my grandchildren to spend time with them."

- "I will spend 30 minutes at the library 3 days/per week to develop a draft of my resume to send to my VA Voc Rehab specialist in 2 weeks.

- "I will apply to 5 or more restaurants within 1 month."

Tool for helping Veterans develop SMART goals

- [CTI Smart Goals Worksheet](#)

- This form is designed to help Veterans develop SMART goals

- It may also be helpful for case managers who are new to using SMART goals

- Today, we will practice developing SMART for ourselves using the SMART Goals Worksheet

CTI SMART GOALS WORKSHEET

CTI Goal Focus Areas:

☐ Benefits	☐ Transportation	☐ Social/Relationships
☐ Vocational	☐ Education (self or child)	☐ Financial
☐ Basic needs	☐ Legal Concerns	☐ Health/ Healthcare
☐ Children	☐ Housing	☐ Mental health
☐ Life skills	☐ Spiritual	☐ Substance Use

Turn your goal focus area into a SMART goal:

S	Specific	What exactly will you accomplish? What are small steps you can take to achieve it?
M	Measurable	How will you know when you have reached this goal? What will be different? What will you be doing more regularly? What will you be doing less of?
A	Achievable	How can the goal be accomplished? What do you need to accomplish it?
R	Relevant	Why is this goal significant to your housing stability? To your life? How will it benefit you?
T		When will you achieve this goal? How long will it take to accomplish it?

SMART Goal Development

- *Please access the SMART Goals Worksheet from the CTI Toolkit:* CTI Smart Goals Worksheet

- ✓ ***Next, identify a goal***. It is OK to think big or broad initially.
  - Think of areas where you want to achieve success
  - Identify skills or traits you want to improve
  - *What CTI Focus area does your goal fit into?*

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- ✓ ***Now, think about what you want to accomplish <u>in the next 2 months</u> to help you achieve your goal***.
  - It may help to think of tasks or *action steps* involved in your long-term, broad goal to then break down over shorter time periods

✓ ***Using the worksheet, complete the SMART goals questions.***

- **S**pecific - What *exactly* will you accomplish in two months? What will it take to achieve it?

- **M**easurable - How will you know when you have reached this goal? What will be different? What will you be doing more regularly? What will you be doing less of?

- **A**ctionable/Achievable – How can the goal be accomplished? What do you need to accomplish it? *What are the action steps?*

- **R**elevant - Why is this goal significant to your life? How will it benefit you?

- **T**imely – When will you achieve each action step over the 2-month period? How long will it take to accomplish your long-term goal?

Anticipating Obstacles & Planning Solutions

✓ *On the second page, list some obstacles and potential solutions.*

▪ **Consider that some obstacles may be related to:**

- The goal being too broad

- The goal is not attainable in the time period

- The goal is not being rewarded or reinforced

▪ **Consider solutions like**:

- Rewarding and reinforcing achievement of action steps

- Reevaluating your goal and modifying

- Incorporating barrier prevention into your action steps

Successfully Achieving Your Goal

✓ *Next, list your strengths & abilities, supports, and rewards that will help you achieve your SMART goal.*

- What are the strengths and abilities you hold that will help you achieve your goal?

- What people or resources will help you achieve your goal?
  - *Consider sharing your goal with others. This helps increase accountability.*

- How are you going to reward yourself?
  - *When you succeed, <u>celebrate</u>.*

Overview of CoP Case Presentations

- One case will be presented from each *site*
  - If there are multiple case managers at your site, we encourage you to present one Veteran case together

- This will provide an opportunity to work through a Veteran case, enhance your use of CTI, get feedback about resources & supports, and help navigating challenges

- We encourage you to pick a Veteran currently on your caseload in months 1-3, *if possible*
  - If you are having trouble identifying a Veteran reach out to us

CoP Case Presentations

- Link to sign up:

https://appt.link/ht-queri-community-of-practice/CoPCaseConsultationSignUp

- We will demonstrate a mock case presentation on January 3, 2024
  - We will showcase information to include in your case presentation and answer any questions
  - A handout with talking points for your case presentation will also be provided

Next steps

- **(Optional) Drop-in Hour: December 27th, 2023**

  11-12am AKST/ 12am-1pm PST / 1-2pm MST / 2-3pm CST / 3-4pm EST
  - Stop by if you have questions, would like to discuss a case, or have a burning desire to learn more about CTI!

- **Next CoP: January 3rd, 2024**

  10-11am AKST/ 11am-12pm PST / 12-1pm MST / 1-2pm CST / 2-3pm EST
  - Speaker Session: Navigating VA resources (Dr. Sonya Gabrielian)