



Case Planning & Management



ASSESS FOR DYNAMIC FACTORS



CREATE COLLABORATIVE CASE PLAN



SEEK TARGETED COMMUNITY SUPPORT



DEVELOP AND BUILD SKILLS



EVALUATE PROGRESS AND REASSESS

WHAT'S IN THIS ISSUE:

- Assessments & Dynamic Factors
- Significance of Case Plans
- Build Rapport & Foster Collaboration with an MI Spirit
- Interventions & Skill Development
- Case Plan Tips

Assessments & Dynamic Factors

Use evidence-based assessments to identify strengths and areas of growth (8 dynamic factors). Share results with clients to create case plans that protect strengths and improves areas of need.

Significance of Case Plans



Case plans serve as a roadmap to guide DPOs and clients to successfully accomplish their goals. These plans are prepared using information from the clients' assessment as well as the clients' input to support healthy lifestyles. Case plans are to be reviewed at each office appointment to update progress and adapt to any changes.

BIGGER 4

Cognitive Behavioral Personality Social Environment Family/Marital

LESSER 4

Substance Misuse Employment Education Leisure/Recreation

Build Rapport & Foster Collaboration with an MI Spirit

- **EXPLAIN** what our time together will be like
- **CLARIFY** roles and expectations
- **BE CLEAR** that our job is to support and encourage their success
- **EXPLAIN** the purpose of an assessment; share assessment results
- **FIND OUT** clients' goals; address them in case plans, where possible
- **ASK CLIENTS** what has and has not worked in the past
- **TALK LESS**, listen/reflect more

Partnership

Acceptance

Compassion

Empowerment

* The Carey Group

Interventions & Skill Development

Case plan goals and objectives may be reached through effective interventions. The most successful interventions are targeted and tailored to the client. Some examples include:

- Cognitive behavioral therapy to address cognition needs
- Employment agencies to support unemployment
- Substance treatment for substance misuse issues

Clients may suffer from a skill deficit that leads to unlawful acts. Skill development may be modeled and practiced during appointments to promote healthy decision-making. Skills may include:

- Asking for help
- Coping with disappointment
- Identifying positive influences
- Active listening
- Making a complaint
- Responding to anger

Case Plan Tips

- Build the case plan with the client and revisit the plan at every meeting
- Address any immediate stabilization and/or responsivity factors
- Prioritize the most influential factor - the driver; the underlying motivation
- Choose 3 or less needs to avoid overwhelming the client
- Remove barriers, as needed
- Incentivize and reward milestones
- Swiftly respond and address unhealthy behavior
- Update the case plan every 6 months

Note: These are simply best practices & tips and do not supersede Department policies.

For additional information, [click here](#) to visit the Best Practices and Innovative Strategies Intranet Webpage.