



Individual Service Plan/Goal Plan

Resident: _____

Date: _____ Who helped me with this? _____

Why should we set goals? Diana Scharf Hun said, "Goals are dreams with deadlines." Goals help you live your life by design. Research shows that people with written goals (approx. 3-5% of the population) achieve 50-100 times more than people with goals in their heads! A study followed a graduation class for 30 years. The ones with written goals (3%) achieved more than the other 97% combined! Why leave something so important to chance?

7 Steps to Goal Setting

1. Decide what you want.
2. Write it down.
3. Break it into steps.
4. Write down action plans for each step.
5. Write down a target date for each step.
6. Visualize and verbalize success.
7. Start today and never give up!



Previously Identified Goals

Goal 1:

Status: _____

Goal 2:

Status: _____

Goal 3:

Status: _____

Goal 4:

Status: _____

Programmatic Goals: Some examples of program goals include, but are not limited to: **Building Trust in the program, getting to know staff, getting to know other residents, moving into your own apartment, saving money, etc.**

Long term programmatic goals

In the next 6 months I want to be _____

In the next 1 year I want to be _____

In the 2-3 years I want to be _____

Short term programmatic goals

In the next 3 months I want to accomplish...

Programmatic Goal 1:

Needed Resources (people, agencies, or materials):

Steps needed to achieve goal:

a. _____

Date: _____

b. _____

Date: _____

c. _____

Date: _____

Date goal #1 is to be completed by: _____

Programmatic Goal 2:

Needed Resources (people, agencies, or materials):

Steps needed to achieve goal:

a. _____

Date: _____

b. _____

Date: _____

c. _____

Date: _____

Date goal #2 is to be completed by: _____

Programmatic Goal 3:

Needed Resources (people, agencies, or materials):

Steps needed to achieve goal:

a. _____

Date: _____

b. _____

Date: _____

c. _____

Date: _____

Date goal #3 is to be completed by: _____

ACADEMIC GOALS

Long term academic goals

In the next year I want to accomplish _____

In the next 5 years I want to accomplish _____

In the next 10 years I want to accomplish _____

Short term academic goals

In the next 6 months I want to accomplish...

Academic Goal 1:

Needed Resources (people, agencies, or materials):

Steps needed to achieve goal:

a. _____

Date: _____

b. _____

Date: _____

c. _____

Date: _____

Date goal #1 is to be completed by: _____

Academic Goal 2:

Needed Resources (people, agencies, or materials):

Steps needed to achieve goal:

a. _____

Date: _____

b. _____

Date: _____

c. _____

Date: _____

Date goal #2 is to be completed by: _____

Academic Goal 3:

Needed Resources (people, agencies, or materials):

Steps needed to achieve goal:

a. _____

Date: _____

b. _____

Date: _____

c. _____

Date: _____

Date goal #3 is to be completed by: _____

EMPLOYMENT GOALS

Long term employment goals

In the next year I want to accomplish _____

In the next 5 years I want to accomplish _____

In the 10 years I want to accomplish _____

Short term employment goals

In the next 6 months I want to accomplish...

Employment Goal 1:

Needed Resources (people, agencies, or materials):

Steps needed to achieve goal:

a. _____

Date: _____

b. _____

Date: _____

c. _____

Date: _____

Date goal #1 is to be completed by: _____

Employment Goal 2:

Needed Resources (people, agencies, or materials):

Steps needed to achieve goal:

a. _____

Date: _____

b. _____

Date: _____

c. _____

Date: _____

Date goal #2 is to be completed by: _____

Employment Goal 3

Needed Resources (people, agencies, or materials):

Steps needed to achieve goal:

a. _____

Date: _____

b. _____

Date: _____

c. _____

Date: _____

Date goal #3 is to be completed by: _____

PERSONAL GOALS:

Examples of Personal Goals which can be added: **Financial Goals, Physical Fitness Goals, Independent Living Goals, Substance Abuse Goals, Therapeutic Goals, Family Goals**

Long term personal goals

In the next year I want to accomplish _____

In the next 5 years I want to accomplish _____

In the 10 years I want to accomplish _____

Short term personal goals

In the next 6 months I want to accomplish...

Personal Goal 1:

Needed Resources (people, agencies, or materials):

Steps needed to achieve goal:

a. _____

Date: _____

b. _____

Date: _____

c. _____

Date: _____

Date goal #1 is to be completed by: _____

Personal Goal 2:

Needed Resources (people, agencies, or materials):

Steps needed to achieve goal:

a. _____

Date: _____

b. _____

Date: _____

c. _____

Date: _____

Date goal #2 is to be completed by: _____

Personal Goal 3:

Needed Resources (people, agencies, or materials):

Steps needed to achieve goal:

a. _____

Date: _____

b. _____

Date: _____

c. _____

Date: _____

Date goal #3 is to be completed by: _____

Day-To-Day Program Goals

GOALS = G

METHODS = M

OUTCOMES = O

G1: The resident will increase his opportunity and ability to develop resources to meet his own living expenses.

M1. If needed, the resident will complete a job readiness training course to maximize his vocational experiences.

M2. The resident will be required to actively build his savings account by depositing a portion of each paycheck into a restricted savings account.

M3. The resident will be urged to pursue the completion of high school or GED, as well as continuing education, to help maximize earning potential.

O1. Progress towards this goal will be subject to an ongoing evaluation through the duration of the resident's time in the program. The resident will continually increase his ability to meet his own living expenses through his vocational experiences and training, as well as through the educational process, and the growth and maintenance of a savings account.

G2: The resident will increase his knowledge of his current placement and custodial arrangements.

M1. The resident will work with Footsteps staff to develop a stable aftercare arrangement prior to exiting the program or exiting custody.

M2. Footsteps will work with the resident to increase his understanding of his current placement situation, as well as all of the resources available to him while in the program, as well upon completion of the program.

O2. Progress towards this goal will be seen during monthly evaluations, during which, the resident will complete a sheet detailing their understanding of their current situation, as well as outlining their future plans. Completion of this goal will be seen through the resident's ability to convey the advantages and disadvantages of staying in custody.

G3: The resident will be expected to enhance his life by establishing and working towards educational goals.

M1. The resident will attend high school pursuant to a degree.

M2. In the event that the resident cannot or will not attend high school, he will actively pursue his GED by attending GED preparatory classes.

M3. In the event that the resident has completed his high school diploma or GED, he will be encouraged to involve himself in some type of college, trade school or post-high school education or vocational preparatory work.

M4. Footsteps will work with the local schools, and higher learning institutions, as well as community to help the resident meet his educational goals.

O3. Progress towards this goal will be seen as the resident consistently moves forward in the educational process.

G4: The resident will be encouraged to initiate and develop positive personal relationships within the community.

M1. Upon arrival the resident will be assigned a Staff Advocate, who will serve as a support for the young man.

M2. The resident will be given access to services through the Missouri Mentoring Partnership, through which they will be assigned another support staff, as well as a job mentor.

M3. The resident will be given consistent access to approved visiting resources in the community.

M4. The resident will be encouraged to be involved in extracurricular activities such as sports, clubs, or local advisory boards.

M5. The resident will be given the opportunity to consistently interact with the Footsteps Alumni (former residents who are doing well) who return periodically for visitation.

O4. Progress towards this goal will be seen as the resident consistently interacts with stable peers and adults in the community. Completion of this goal will be seen during exit planning, where the resident will be required to identify his personal resources.

G5. The resident will work to develop appropriate self-care abilities.

M1. A regular daily routine of chores will be followed in order for the resident to develop positive personal habits.

M2. The resident will be expected to keep his room at a minimum standard of cleanliness which will be outlined for him.

M3. The resident will be responsible for a basic hygiene routine which includes (but is not limited to) a shower, brushing his hair and teeth, putting on deodorant and other hygienic responsibilities on a consistent basis.

M4. The resident will be responsible for washing his own laundry and ensuring that he has clean clothes to wear.

M5. Whenever possible, staff will positively reinforce acceptable self-care behaviors verbally. Whenever necessary, appropriate consequences will be used to ensure the resident engages in hygienic and other self-care behaviors.

O5. This goal will be evaluated on an ongoing basis. The resident is expected maintain a score of 3.0 or higher in their Hygiene in their Room/Chore on a weekly basis while in the Group Home. Once in the Apartment program, residents will be expected to pass apartment inspections 80% of the time.

G6. The resident's mental health needs will be met.

M1. Upon intake, the resident will be given access to a therapist.

M2. The resident will continue to see this therapist until an agreement is made between the resident, the therapist, the Case Manager and the individuals responsible for placing the resident that it is no longer needed.

M3. If the resident is currently on any prescribed medication, he will be responsible for making sure that he takes it. If he has difficulty reminding staff members when it is time to take medicines, staff will ensure that they are given.

O6. Completion of this goal will be when the resident has decided on whether or not to see a therapist (and if he decides to continue with therapy, regularly attending his sessions). Once in the apartments completion of this goal will be seen when the resident becomes 100% responsible for self-administering his own medication.

G7. The resident will continually develop his independent living skills.

M1. Through a series of seminars, groups and everyday interactions with staff, peers, and other professionals brought into Footsteps to instruct the residents on several life skills domains, the resident will begin develop the skills necessary to live on his own.

M2. Upon entry into the program the resident will work with staff to obtain essential personal documents, and will be educated as to the importance of these documents.

M4. Through training experiences, the resident will be educated on how to access medical assistance (including scheduling and keeping doctor's appointments) and also how to use the public transportation systems, especially in regards to keeping appointments.

M5. Through interaction with staff and his peers, the resident will develop necessary conflict resolution and de-escalation techniques.

M6. The resident's behavior will be monitored by staff, and drug and alcohol tests will be randomly administered in order to reduce the chance of High Risk Behaviors.

O7. Progress will be noted as the resident actively evaluates and sets goals for himself. Progress will also be noted on a quarterly administration of the Ansell Casey Life Skills Assessment. Completion of these goals will be considered ongoing, and this goal will be

met when the resident shows a Mastery score of 90% or better in all domains on the Ansell Casey Life Skills Assessment.

With the assistance of Footsteps staff, I have written an individual service plan. As part of my participation in Footsteps Transitional Living I will put forth my best effort to achieve these goals by the set dates.

Youth signature: _____ Date: _____

Footsteps staff's signature: _____ Date: _____