

SMART Goals

Social Skills

Interpersonal relationships:

- Over the next 6 months, client will identify and practice healthy relationship skills (using effective communication, setting healthy limits, understanding mutuality) from a baseline of 1x/week to 2-3x/week in order to increase supportive, healthy peer relationships. Over the next 6 months, client will learn and practice interpersonal skills (using effective communication, setting healthy limits, understanding mutuality, expressing emotions) from a baseline of 1 out of 10 opportunities to 3 out of 10 opportunities in order to manage anxious symptoms when interacting with others and to increase supportive, healthy relationships.
- Over the next 6 months, client will learn and practice 3 skills for self-regulation, specifically to manage anxious symptoms in the remote learning environment and improve ability to build social relationships. Client progress will be measured by clinician, parent and teacher observation and client self-report.
- Over the next 6 months, client will identify and practice healthy coping skills 3-4x/week (ie. identifying automatic negative thoughts, verbalizing feelings, and engaging in pro-social communication) to increase supportive, healthy interpersonal relationships from a baseline of 0-2x/week as measured by client self-report and therapist observation.
- Over the next 6 months, client to increase use of interpersonal effectiveness skills (emotional regulation, distress tolerance, effective communication, emotional expression) from a baseline of 3-4 out of 10 opportunities to 5 out of 10 opportunities to improve interpersonal relationships. Progress will be measured by client self-report, parent report, and therapist observation.
- Over the next 6 months, client will increase use of emotional regulation, effective decision-making, and interpersonal skills from a baseline of 0-1x/week to 3-4x/week as measured by client self-report, parent report, school report, and therapist observation.
- Over the next 6 months, client will explore current boundaries in interpersonal relationships and utilize interpersonal effectiveness skills to identify and practice setting healthy limits and boundaries in interpersonal relationships from a baseline of 0-2x/month to 3-4x/month as measured by client self-report and therapist observation.
- Over the next 6 months, client will identify and engage in 2-3 activities per week, from a baseline of 0-1x per week, that provide enjoyment / positive social connection with others in order to improve motivation and increase self-esteem.
- Over the next 6 months, client will identify and utilize 3 personal strengths and motivators from a baseline of 1 for continuing to improve behavior and positive engagement with authority figures, as measured by client self-report, parent report, school report, and therapist observation.
- Over the next 6 months, client will report improved satisfaction with quality of interpersonal relationships from baseline of 0 positive relationships to 2 positive relationships. Progress to be measured by client report, parent report, and therapist observation.
- Over the next six months, client will improve his ability to respond to directives appropriately (i.e. completing tasks, demonstrating follow-through, improving listening / respectful communication skills) in 4 out of 5 instances, from a baseline of 2 out of 5 instances, in order to reduce conflict, improve relationships with others and develop a

greater sense of self-efficacy. Client progress will be measured by client report, client parent/caregiver's reports, teacher observation and clinician observation.

- Client will identify and develop 2 positive interpersonal relationships from a baseline of 1 in the next 6 months as measured by client self-report and therapist observations.
- Over the next 6 months, client will explore and process thoughts, feelings, and behaviors that influence decision-making to improve judgment and increase safety in the community from a baseline of 0-1x/week to 2-3x/week as measured by client self-report, family report, school report, and therapist observation.

Communication:

- Over the next 6 months, client will learn and increase use of self-advocacy and use of assertive communication to increase empowerment and self-confidence from baseline of 0-1x/week to 2-3x/week as measured by client self-report, family report, therapist observation, and school report.
- Over the next 6 months, client will improve his ability to communicate anger using appropriate language, (verbally or in writing) rather than 'cussing', in 50% of instances from a current baseline of 25%, with the goal of increasing positive communication with parents and being better understood. Client progress will be measured by parent and client report.
- Client will verbally express his thoughts on non-preferred topics with the therapist during therapy sessions rather than remaining silent or saying, "I don't know" or "I'm not sure," from a baseline of 1-2 out of 5 opportunities to 3 out of 5 opportunities within 6 months as measured by client report and clinician observation.
- Client will attempt to engage (i.e. verbalize) in unfamiliar social interactions from a baseline of 0x/week to 1x/week over the next 6 months as measured by client self-report, parent report, and therapist observation.
- Client will improve his self-awareness of his thoughts, feelings and needs and increase use of communication skills to convey his thoughts feelings and needs from 0-1x to 2-3x weekly. Client progress will be measured by reports from client's mother and school staff as well as observations by clinician.
- Over the next 6 months, client to improve ability to express difficult feelings from baseline of 1 out of 10 attempts to 3 out of 10 attempts over the next 6 months as measured by client self-report, parent report, and therapist observation.
- Over the next 6 months, client will identify and express emotions from a baseline of 0-1x/week to 3-4x/week to increase emotional awareness and improve self-expression as measured by client self-report, parent report, and therapist observation.
- Over the next 6 months: Client will practice emotional communication with safe/trusted adults to build on her sense of connectivity and support. Ct will identify at least 1 additional adult outside of therapy to practice communication, progress to be monitored through practicing reciprocal and emotional communication in sessions, at least 2x/session. Baseline is 0-1x/session. Progress will be monitored by reports from ct, caregiver, and/or other significant adults as well as direct observations and interactions with clinician
- Over the next 6 months, client will verbally express his thoughts during social interactions rather than remaining silent from baseline of 0 out of 5 opportunities to 2 out of 5 opportunities within 6 months as measured by client, teacher report, and clinician observation.

Low mood/depression

- Over the next 6 months, client will learn and practice healthy coping skills (grounding, self-regulation, mindfulness, breathing techniques) to improve mood levels when experiencing depressive symptoms and anxious distress from a baseline of 4 out of 10 opportunities to 6 out of 10 opportunities as measured by client self-report, parent report, school report, and therapist observation.
- Over the next six months, the client will learn and utilize healthy coping skills to improve mood from a baseline of 2-4x/week to 5-7x/week based on self-report, caregiver and school report, and writer observations.
- To identify and practice effective safe coping skills (i.e. mindfulness, deep breathing, grounding) to improve regulation of mood levels and decrease use of maladaptive coping strategies from 2-3 to 3-4 times per week as reported by client, client's family, school staff, and therapist within the next 6 months.
- Over the next 6 months, client will learn to increase use of self-advocacy skills, decision-making skills, and use of assertive communication to increase feelings of empowerment and self-confidence from baseline of 3 out of 10 opportunities to 6 out of 10 opportunities as measured by client self-report, school report, and therapist observation.
- Over the next 6 months client will learn and utilize coping skills that work to improve mood levels, self-regulation, and motivation during on-set of depressive experiencing in order to improve functioning from baseline of 0 out of 5 opportunities to 1 out of 5 opportunities as measured by client self-report, family report, and therapist observation.
- Over the next 6 months, client will increase use of emotion regulation, distress tolerance, mindfulness, and interpersonal skills to manage depressive symptoms and to improve relationship dynamics from baseline of 1 out of 10 opportunities to 3 out of 10 opportunities as measured by client self-report, parent report, and therapist observation.
- Over the next 6 months, client will identify and practice strategies to manage low mood and irritability (ie. recognizing warning signs, verbalizing feelings, conflict resolution skills, mindfulness and grounding, and engaging in prosocial communication) to improve depressive symptoms and interpersonal relationships from a baseline of 0-1 out of 5 opportunities to 2-3 out of 5 opportunities as measured by client self-report, school report, family report, and therapist observation.
- Over the next 6 months, client will identify and engage in 2-3 activities per week, from a baseline of 0-1x per week, that provide enjoyment / positive social connection with others to increase mood and decrease stress, isolation, and hopeless feelings.
- Client to increase positive self-talk and self-compassion from 0x/session to 1x/session in order to reduce depression symptoms over the next 6 months as measured by client's self-report and therapist's observations.
- Client to improve her relationship with parent(s) to buffer against depression and enhance safety as evidenced by verbalizing feelings related to relational rupture in individual and family therapy sessions from a baseline of 1x/session to 2x/session within 6 months. Progress to be measured by client report, parent report, and therapist observation.

Self-worth/confidence

- Client will increase the number of times per week she is able to interrupt negative self-talk by identifying thought distortions and creating alternative thoughts from 0 times per week to 1 time per week.

- Over the next 6 months, client will practice positive self-statements and will practice pro-social communication in interpersonal relationships to improve self-esteem from a baseline of 0-1x/week to 2-3x/week as measured by client self-report, parent report, and therapist observation.
- Over the next 6 months, client will improve self-worth and increase positive self-talk by identifying 3 personal strengths from current baseline of 0. Progress will be measured by client self-report, parent report, and therapist observation.
- Over the next 6 months, client will identify, explore, and process beliefs/internal dialogue and will confront unhelpful thoughts to improve self-worth from current baseline of 0 out of 10 attempts to 2 out of 10 attempts. Progress will be measured by client self-report, parent report, school report, and therapist observation.
- Client to explore impact of negative self-esteem on anxious symptoms and functioning from baseline of 0 to baseline of 3 over the next 6 months as measured by client self-report and therapist observation.
- Over the next 6 months, client to practice positive self-statements or identification of positive attributes and strengths about himself to improve self-esteem and self-worth 2-3x/month from a baseline of 1x/month as measured by client self-report, parent report, and therapist observation.

Anxiety, worry, stress

- Over the next 6 months, client will practice identifying and communicating emotional state with trusted individuals. Client will practice specific emotional expression at least 4-5x in sessions and 4x per week with family members. Current baseline is 2-3x/session and 2x per week with family members. Progress will be monitored by reports from client, caregiver, and/or other significant adults, as well as direct observation and interactions with clinician.
- Over the next 6 months, client will learn and practice tools for managing worry (i.e. thought-stopping, mindfulness, guided imagery, sensory techniques etc.) in therapy sessions and with a caregiver at least 3x per week, from a current baseline of 1x per week. Client progress will be measured by self-report, caregiver report and clinician observation.
- Over the next 6 months, client will learn and practice 2-3 coping skills for managing worried and/or negative thoughts including: positive self-talk, cognitive diffusion, grounding, breathing techniques, mindfulness, etc. Client will practice preferred coping skills at least 3x per week from a current baseline of 1x per week. Client progress will be measured by reports from client, caregiver, and direct observation by clinician.
- Over the next six months, client will learn and practice coping skills for self-soothing, such as: mind-body awareness, externalizing worry, verbalizing feelings, and utilizing positive self-talk (in place of avoidance and/or withdrawing) 3x per week from a baseline of 1x per week in order to manage identified stressors. Progress will be monitored by client, caregivers, school staff and clinician.
- Over the next six months, client will learn and utilize coping strategies (mindfulness, tactile objects,) and effective communication skills ("I" messages) in order to manage and express symptoms of stress (low frustration tolerance, challenges concentrating) from a baseline from 0x/day to 1-2x/day. Progress will be measured by client's caregiver, school staff, self-report and clinician observation.
- Over the next six months, youth will learn to identify triggers and somatic cues of panic attacks and implement grounding strategies in order to increase self-regulation from a

baseline of 0x/occurrence to 1-2x/occurrence as measured by youth, parent, and school staff report, as well as clinician observation.

- Client to identify 3 stressors to increase ability to understand responses to distress and impact on mood and functioning from a baseline of 0 over the next 6 months as measured by client's self-report and therapist's observations.
- Over the next 6 months, client will process and explore thoughts and feelings associated with identified stressors and impact on both functioning and interpersonal relationships from a baseline of 0-1x/week to 2-3x/week as measured by client self-report and therapist observation.
- Over the next 6 months, client will explore and process thoughts, feelings, and behaviors associated with identified stressors to increase effective decision-making and judgment from a baseline of 0-1 out of 5 opportunities to 2-3 out of 5 opportunities as measured by client self-report, school report, and therapist observation.
- Over the next 6 months, client will practice identifying and diffusing from unhelpful thoughts and thinking patterns that produce or exacerbate distress, impact mood, and impact motivation from a baseline of 1 out of 5 opportunities to 3 out of 5 opportunities as measured by client self-report, school report, and therapist observation.
- Over the next 6 months, client will identify, learn, and practice 3 positive coping skills (mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness, etc.) from a baseline of 1 to manage symptoms of post-traumatic stress, as measured by client self-report, school report, and therapist observation.
- Over the next 6 months, client will process and explore thoughts and feelings associated with identified stressors 3x/week from baseline of 1x/week as measured by client self-report, parent report, and therapist observation.
- Over the next 6 months, client will foster 2 new activities/interests that will help to mitigate stress from baseline of 0. Progress will be measured by client self-report, parent report, and therapist observation.
- Over the next 6 months, client to identify antecedents to distress/irritability from baseline of 1 out of 10 to 3 out of 10 incidents to improve ability to understand and manage stress/irritability.
- Over the next 6 months, client will utilize 3 coping skills (thought replacement, mindfulness, grounding, and relaxation training) when anticipating or experiencing anxious symptoms (difficulty concentrating, irritability, somatic symptoms) to improve symptoms and functioning from a current baseline of 0 as measured by client self-report, parent report, and therapist observation.

Suicidal Ideation:

- Over the next 6 months client will identify, select, and practice individualized distress tolerance and immediate coping strategies when experiencing suicidal thoughts from baseline of 0 identified coping strategies to 2 effective coping strategies. Progress to be measured by client self-report, parent report, and therapist observation.
- Over the next 6 months client will identify, select, and practice distraction and effective coping techniques 2 out of 10 opportunities from current baseline of 0 out of 10 opportunities. Progress to be measured by client self-report, parent report, and therapist observation.
- Over the next 6 months, client will increase use of emotional regulation, distress tolerance, mindfulness, and interpersonal skills to improve relationship dynamics and manage depressive symptoms/low mood to decrease risk of hospitalization from a

baseline of 1x/week to 3x/week as measured by client self-report, parent report, and therapist observation.

- Over the next 6 months, client will learn to identify antecedents to emotional dysregulation from a baseline of 0 out of 5 incidents to 2 out of 5 incidents in order to improve her ability to understand and manage overwhelming feelings and behaviors and to increase personal safety. Progress to be measured by client self-report, caregiver observation, and therapist observation.
- Over the next 6 months, client will increase time spent in emotionally validating relationships. Client to identify 2 emotionally validating relationships from current baseline of 0. Progress to be measured by client self-report and therapist observation.
- Over the next 6 months, client will learn to identify triggers to her suicidal ideation and implement healthy coping skills to at least 2-3x/week from a baseline of 1x/week. This will be measured by client self-report, parent report and clinical observation.
- Over the next six months, client will utilize coping strategies to reduce responding with emotional reactivity (such as communicating needs verbally, drawing, taking space from challenging situations) 3-4x per week rather than acting impulsively, yelling, getting into fights with siblings, engaging in tantrums, expressing suicidal ideation from a baseline of 0-2x per week as evidenced by client's self-report, client's guardians' reports, school staff observation, and clinician observation.
- Over the next 6 months, client will identify and engage in activities in the here-and-now that increase sense of meaningfulness from baseline of 0 identified activities to 2 identified activities as measured by client self-report, parent report, and therapist observation.
- Over the next 6 months client to increase use of coping skills (progressive muscle relaxation and mindfulness meditation) as tools for arousal reduction 3 out of 5 opportunities from current baseline of 0 out of 5 opportunities. Progress to be measured by client self-report, caregiver report, and therapist observation.
- Client to reduce frequency and intensity of suicidal ideation by learning and using positive coping skills (distress tolerance, mindfulness, emotional regulation) 1x/week from a baseline of 0x/week over the next 6 months to improve mood, functioning, and risk of hospitalization, as measured by client self-report, parent report, and therapist observations.
- Client to increase positive self-talk and self-compassion from 0 to 1 in order to reduce depression symptoms over the next 6 months as measured by client's self-report and therapist's observations.
- Ct will identify the source/triggers to her depression symptoms, as monitored by an improvement on her CANS depression domain, from a 3 to a 2.
- Over the next 6 months, client to learn and use 2 identified safety skills from a baseline of 1 to increase self-control and decrease risk of hospitalization as measured by client self-report, parent report, and therapist observations.
- Over the next 6 months client will identify, select, and practice individualized distress tolerance and immediate coping strategies as tools for arousal reduction and to support emotional and behavioral regulation from baseline of 0 identified coping strategies to 2 effective coping strategies when experiencing suicidal or homicidal preoccupations in order to decrease risk of hospitalization. Progress to be measured by client self-report, parent report, and therapist observation.