

POLICY AND PROCEDURE

REACH for Tomorrow

Goals and Objectives Standard

Program: Behavioral Health Day Treatment / Partial Hospitalization Program

Effective Date: February 15, 2026

Review Date: February 15, 2027

Responsible Party: Clinical Director / Director of Medical & Clinical Services

Purpose

To establish clear standards for the development of treatment goals and objectives within individualized service plans. Goals and objectives guide clinical interventions, support recovery, and ensure treatment progress is measurable and person-centered.

Policy

All individualized service plans must include clearly defined goals and measurable objectives that address the identified needs of the individual served. Goals and objectives must be clinically relevant, individualized, and aligned with the comprehensive assessment and medical necessity for services.

Goal Development Standards

Treatment goals must:

- Address priority problems identified during assessment
- Reflect the preferences and priorities of the individual served
- Promote symptom reduction and improved functioning
- Support recovery and community integration
- Be written in clear, person-centered language

Objective Development Standards

Objectives must:

- Be measurable and observable
- Identify specific behaviors or outcomes to be achieved
- Include realistic timeframes
- Support progress toward the treatment goal
- Provide clear direction for clinical interventions

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SMART Goal Framework

Goals and objectives should follow the SMART framework when appropriate:

- Specific – clearly describes the desired change
- Measurable – progress can be evaluated
- Achievable – realistic given current circumstances
- Relevant – related to the individual's needs
- Time-bound – includes target timeframes

Linkage to Interventions

Each objective must be linked to specific clinical interventions or services. Interventions should describe the therapeutic strategies that staff will implement to support progress toward the objective.

Person-Centered Planning

The individual served must be actively involved in developing treatment goals and objectives. Staff should encourage participation and ensure that goals reflect the individual's values, preferences, and recovery priorities.

Documentation Requirements

Treatment plan documentation must include:

- Identified problem or need
- Corresponding treatment goal
- Measurable objectives
- Interventions and responsible staff
- Target dates for review

Review and Revision

Goals and objectives must be reviewed periodically as part of treatment plan reviews.

Revisions may occur when:

- Objectives are achieved
- Progress is limited
- Clinical status changes
- New needs are identified

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Quality Monitoring

Compliance with goals and objectives standards may be evaluated through chart audits, supervision, and quality improvement activities to ensure measurable and clinically appropriate treatment planning.