



Recovery Roadmap



Writing Measurable Objectives

The following objectives each have 1 or more elements missing.

TAKE THE FOLLOWING OBJECTIVES AND:

1. Identify what's missing or unclear—is there an identified time frame? Is the objective behavioral? Is it something that can be measured? Is it meaningful to the individual?
2. Rewrite them so that they contain all the required technical elements: they should be **SMART**:
 - **Specific or simple:** Straightforward, written in understandable language
 - **Measurable:** Concrete, observable change in functioning or status
 - **Achievable:** Based on the person's stage of change, strengths and complete understanding of who this person is (via the summary)
 - **Relevant:** Meaningful to the individual and targets a barrier to goal attainment.
 - **Time-framed:** Indicates finite period of time or target date (e.g., within 90 days or each week for 30 days).
3. Refer to the sample answers below for ideas on re-writing objectives.

Note: Some examples may need to have the content changed; others will just need to have more specifics added. There is no one right way to complete this exercise—be creative!

1. Client will decrease social isolation.



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2. Shonda will increase her level of physical exercise as a way to help with her depression.

3. Client will reduce assaultive behavior.

4. Client will decrease frequency & intensity of substance use.

5. Client will comply with money management plan for the next 3 mos.



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6. Ron will verbally identify coping strategies.

7. Jeanie's diabetes will be better controlled w/in 90 days.

8. Joe will attend Med-Ed group regularly over next 30 days.

9. Ann will use relaxation techniques to improve sleep within 90 days.



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10. Luis will carry out ADLs independently within 6 mos.

WRITING MEASUREABLE OBJECTIVES: SAMPLE ANSWERS

1. Client will decrease social isolation.

- Larissa will increase her social network over the next 3 months as evidenced by attending a minimum of 1 event per week with a friend or family member.

2. Shonda will increase her level of physical exercise as a way to help with her depression.

- For the next 90 days, Shonda will increase her level of physical exercise as evidenced by self-report of walking 3 times a week for 15 minutes each time.

3. Client will reduce assaultive behavior.

- Within 90 days, Amy will verbally identify 3 triggers which have led to physical altercations with her children. *(an example of a more modest learning-oriented objective)* Or,
- Within 90 days, Amy will have a minimum of one successful visit with her children as evidenced by report of her Child Protective Services worker. *(an example of a more ambitious behavior-change objective)*

4. Client will decrease frequency & intensity of substance use.

- Joe will identify a min. of 2 adverse effects that substance use has on his/her recovery within 30 days. *(for example, if Joe is in early pre-contemplative stage of change)* Or,
- Joe will be substance-free for 6 months as evidenced by self-report. *(if Joe is more action-oriented)*



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5. Client will show better impulse control by complying with money management plan for the next 3 mos.

- Gary will increase money management skills as evidenced by opening a savings account within 2 weeks. *Or,*
- Gary will successfully manage his money over the next month as evidenced by zero reports of panhandling from staff or other residents. *Or,*
- Within 6 months, Gary will increase money management skills as evidenced by saving enough money to go on bus trip with his daughter.

6. Ron will verbally identify coping strategies.

- Ron will verbally identify a minimum of 3 positive coping strategies to clinician within the next two weeks. *(an example of a more modest learning-oriented objective) Or,*
- Ron will apply positive coping strategies to take the bus independently a minimum of 3 times over the next month. *(an example of a more ambitious behavior-change objective)*

7. Jeanie's diabetes will be better controlled w/in 90 days.

- Within 90 days J's diabetes will be better controlled as evidenced by daily readings on her glucometer at 200 or less.

8. Joe will attend Med-Ed group regularly over next 30 days.

- Joe will verbally note the therapeutic impact of each of his medications to Group leader within 30 days. *Or,*
- Joe will demonstrate ability to accurately self-administer his morning medications as evidenced by nurse observations within 90 days.

9. Ann will use relaxation techniques to improve sleep within 90 days.

- Within 90 days, Ann will sleep a minimum of 6 hours per night at least 6 days per week as evidenced by her sleep log.

10. Luis will carry out ADLs independently within 6 mos.

- Within 6 mos., Luis will correctly balance his check book for 3 consecutive months as evidenced by report of Benefits Specialist.