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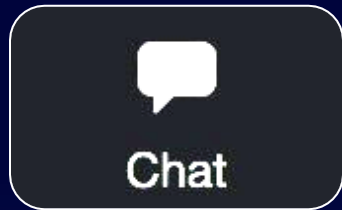
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# Zoom Webinar Technical Overview



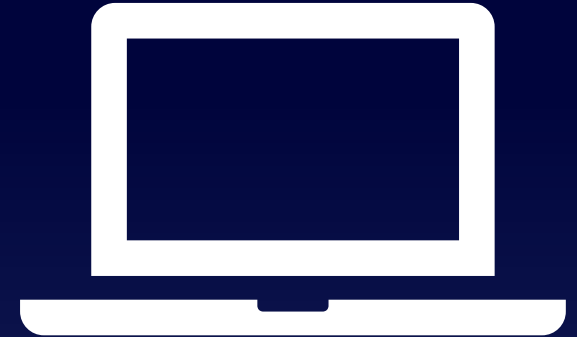
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# *Case Planning*

*September 11, 2024 | Presented by:*

**Dr. Anjali Nandi, PhD, MAC, LAC**

# Grant Funding Acknowledgement

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# Today's Presenter

Dr. Anjali Nandi, PhD, MAC, LAC  
*Associate, NCJTC*

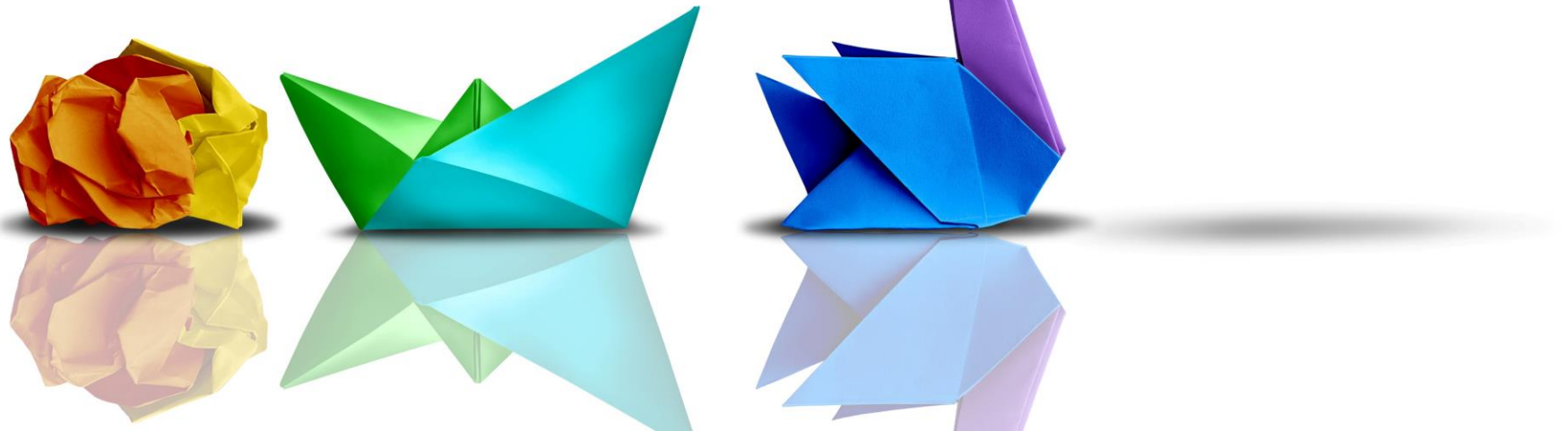
# Learning Objectives

- ✓ Explain the role of comprehensive assessments in identifying individual needs and risks, and how these assessments inform the development of effective case plans.
- ✓ Learn strategies for exploring and enhancing client motivation, ensuring that case plans are client-centered and increase the likelihood of adherence and success.
- ✓ Gain skills in creating case plans that are adaptable to changing circumstances and needs, ensuring they remain relevant and effective throughout the supervision period.



# Why is Change so Hard?

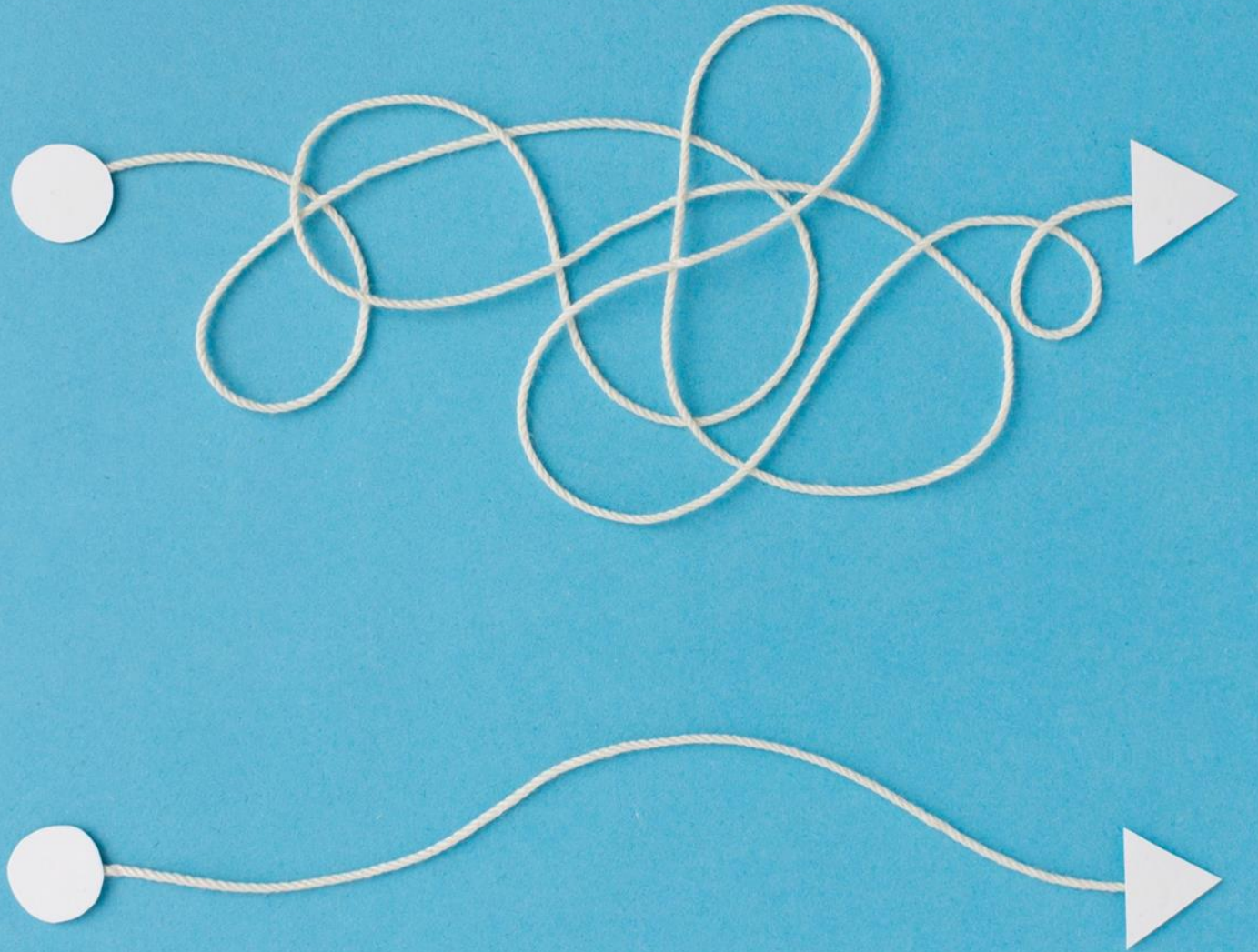
- Habits
- Comfort
- Social influences
- Psychological issues
- Immediacy and rewards
- Intrinsic versus extrinsic motivation
- Discipline
- Action





# What We Need?

- Direction
- Incremental steps
- Rewards
- Timeline
- Safety net
- Accountability



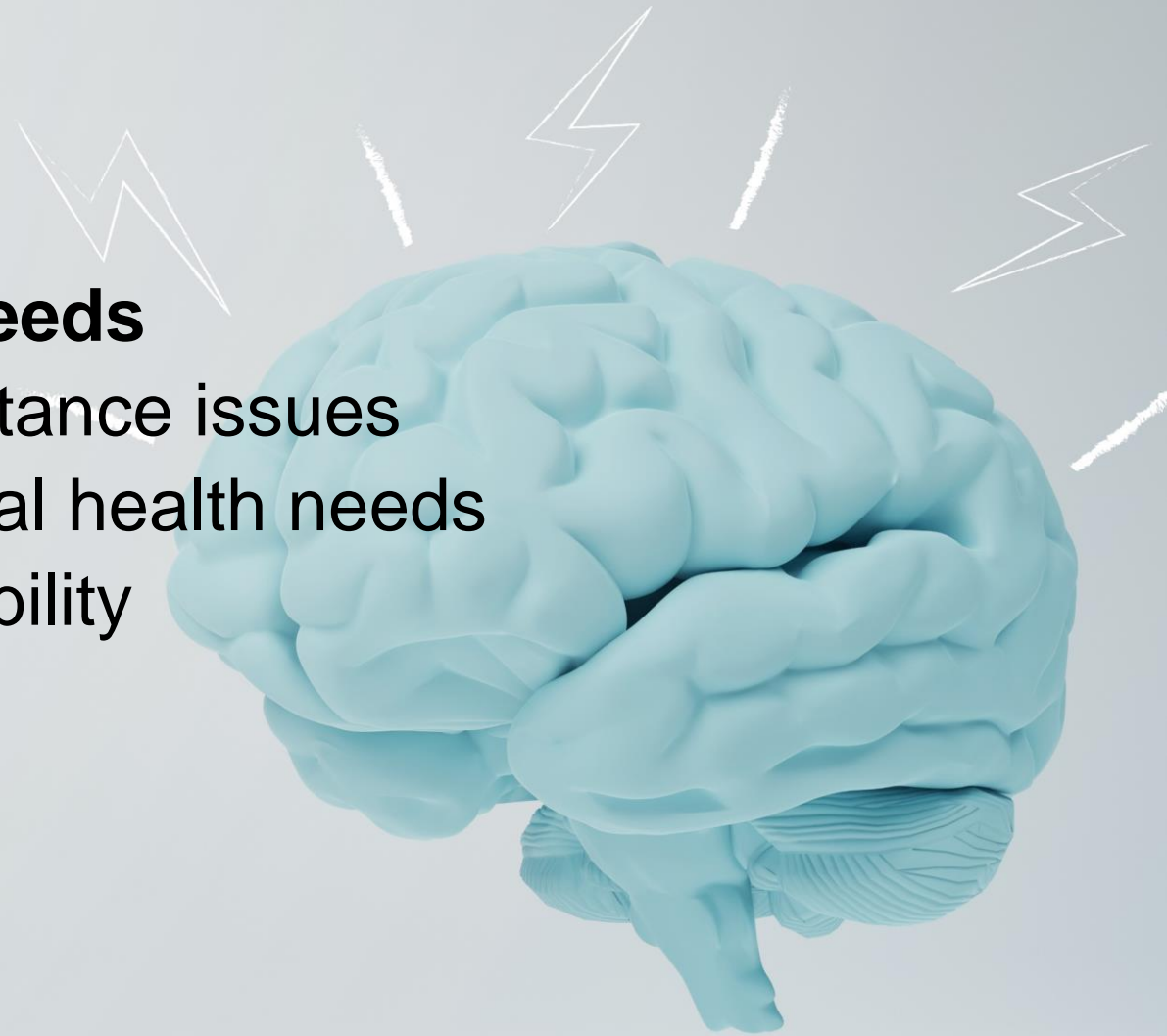
# Risk and Needs

## High Risk

- Risk for recidivism
- Criminal thinking
- Risk for harm

## High Needs

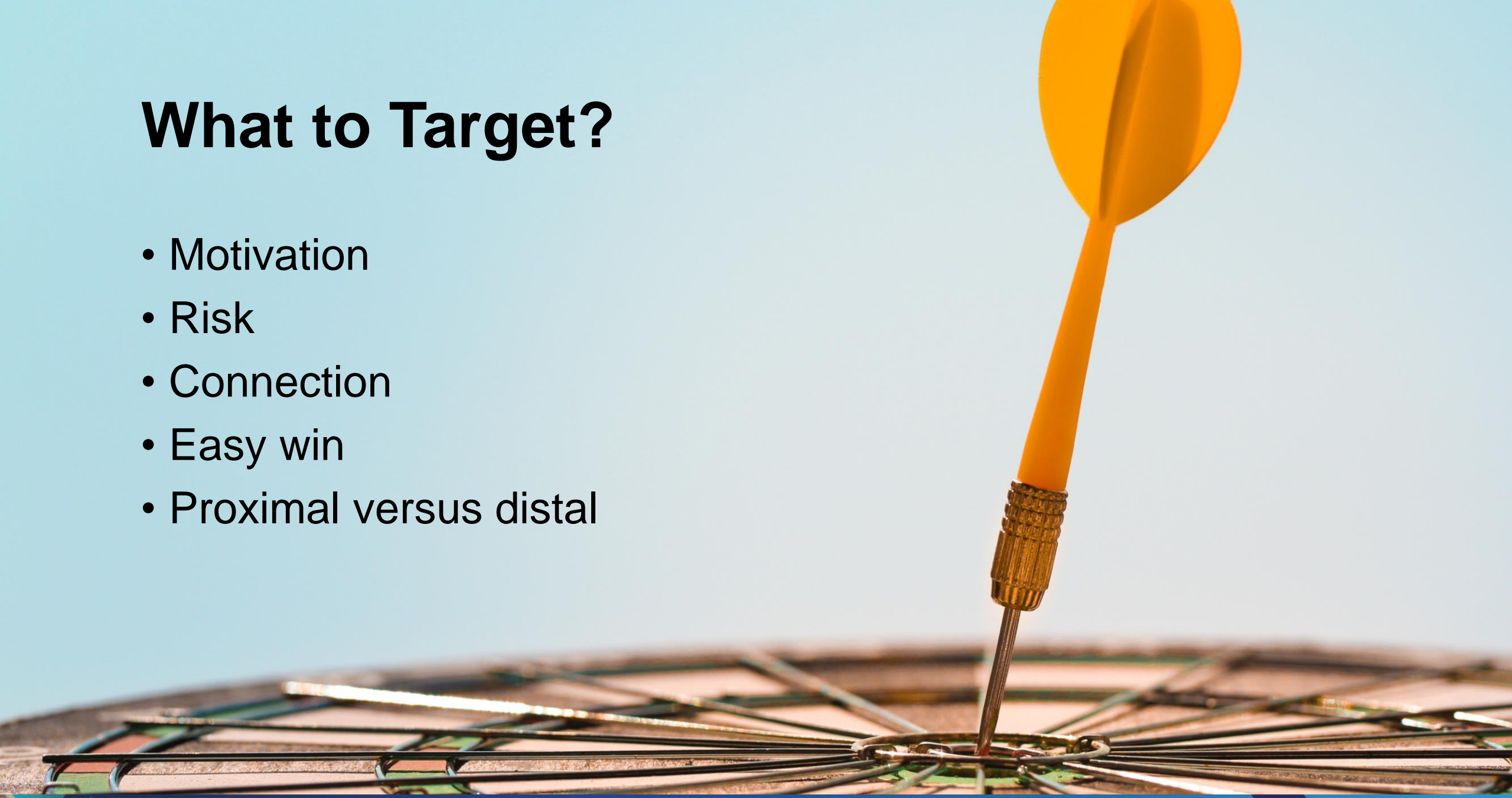
- Substance issues
- Mental health needs
- Instability





# What to Target?

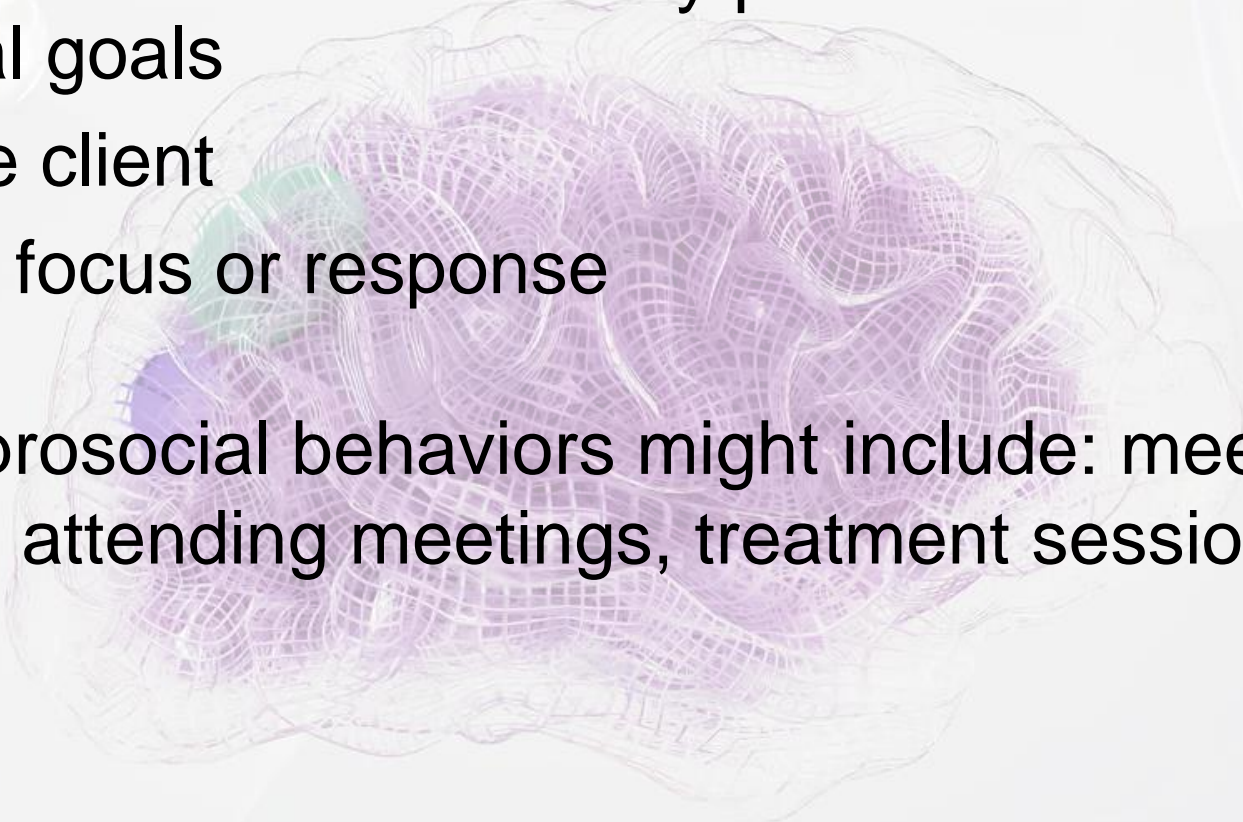
- Motivation
- Risk
- Connection
- Easy win
- Proximal versus distal



# Proximal Prosocial Behaviors

- Behaviors, habits or skills the client already possesses that aid in achieving pro-social goals
- Relatively easy for the client
- Do not need as much focus or response

Examples of proximal prosocial behaviors might include: meeting basic requirements like attending meetings, treatment sessions, or submitting UA's.





# Proximal Pro-Criminal Behaviors

- Habits or skills that a client uses for criminal purposes
- Habits or skills that result in behaviors that lead to recidivism
- Willful non-compliance
- Not as a result of needs, lack of resources/skills
- Need quick attention and meaningful responses for deterrence

Examples of proximal pro-criminal behaviors might include: dishonesty, falsifying or missing UA's, intermittent substance use, refusing to find employment, not attending probation meetings or treatment, and new criminal behavior.

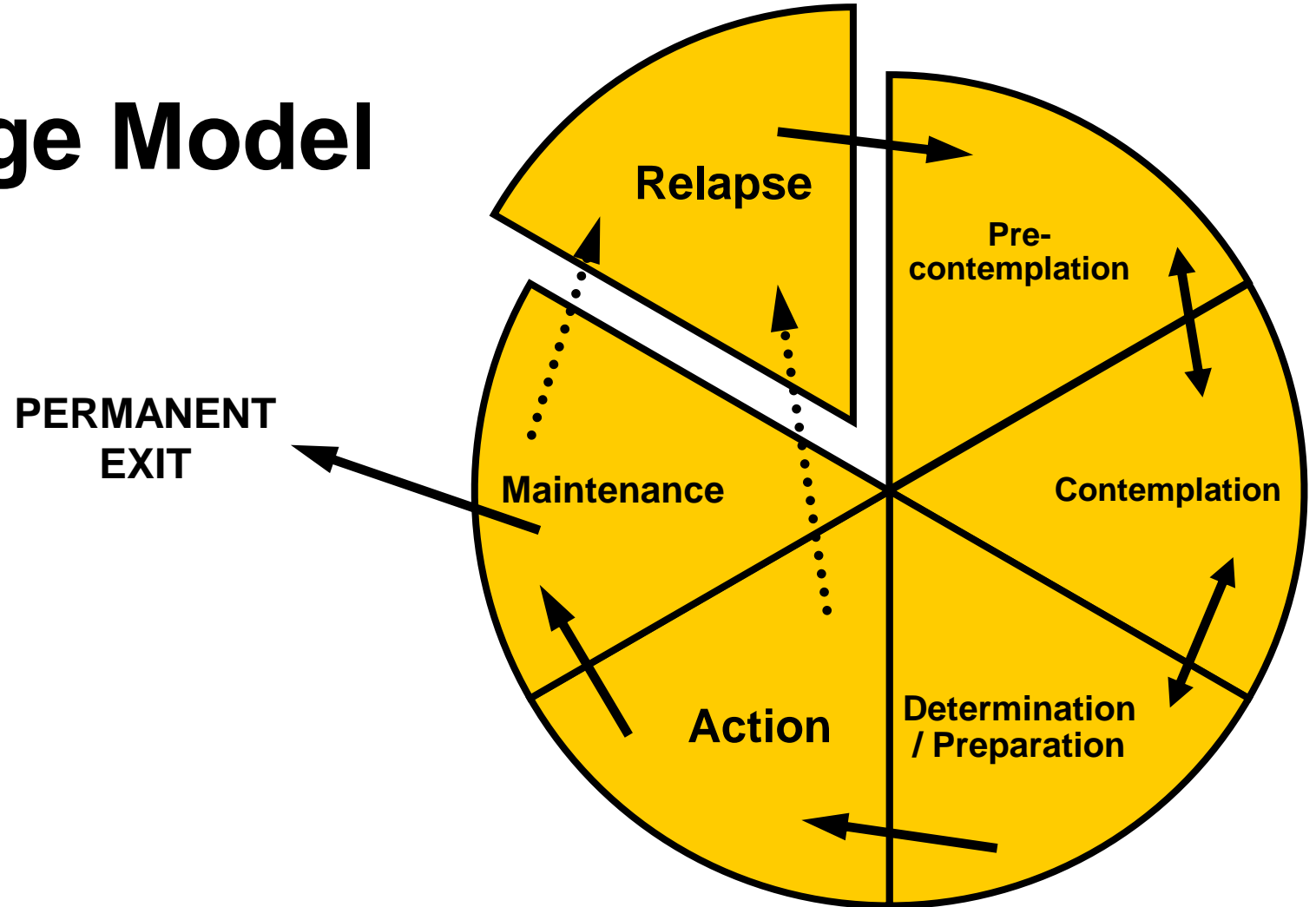


# Distal Behaviors

- Difficult for the client, requires effort
- Has not yet achieved
- Developing and need support
- Involves multiple layers of learning/change



# Stages of Change Model



Prochaska & DiClemente (1986)

# Using the Reward System

- Structure
- Relationship
- Skill-building
- Motivation
- Contingencies



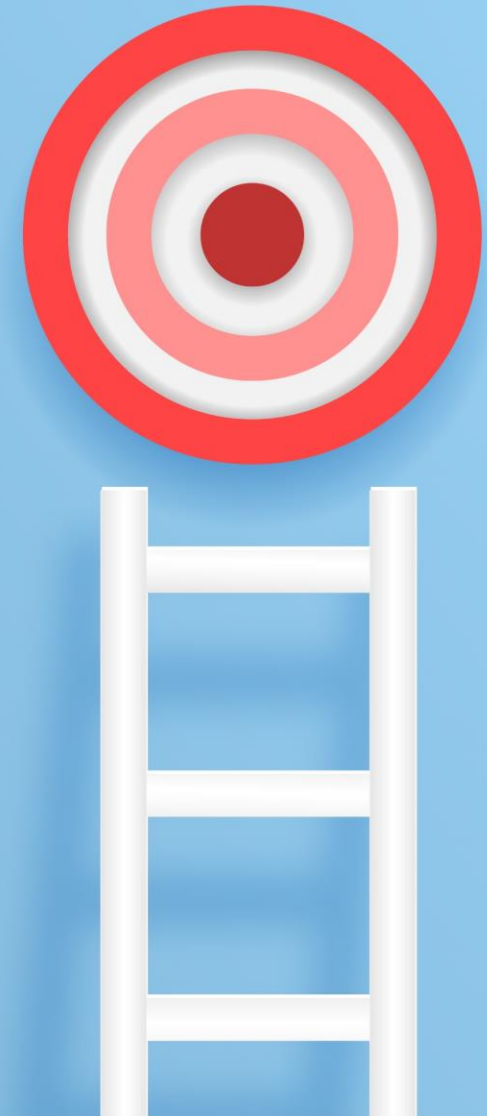
# Incentives and Sanctions

- Magnitude
- Meaning
- Immediacy
- In service of change
- Ratio
- Motivation vs Skills
- Therapeutic consequences



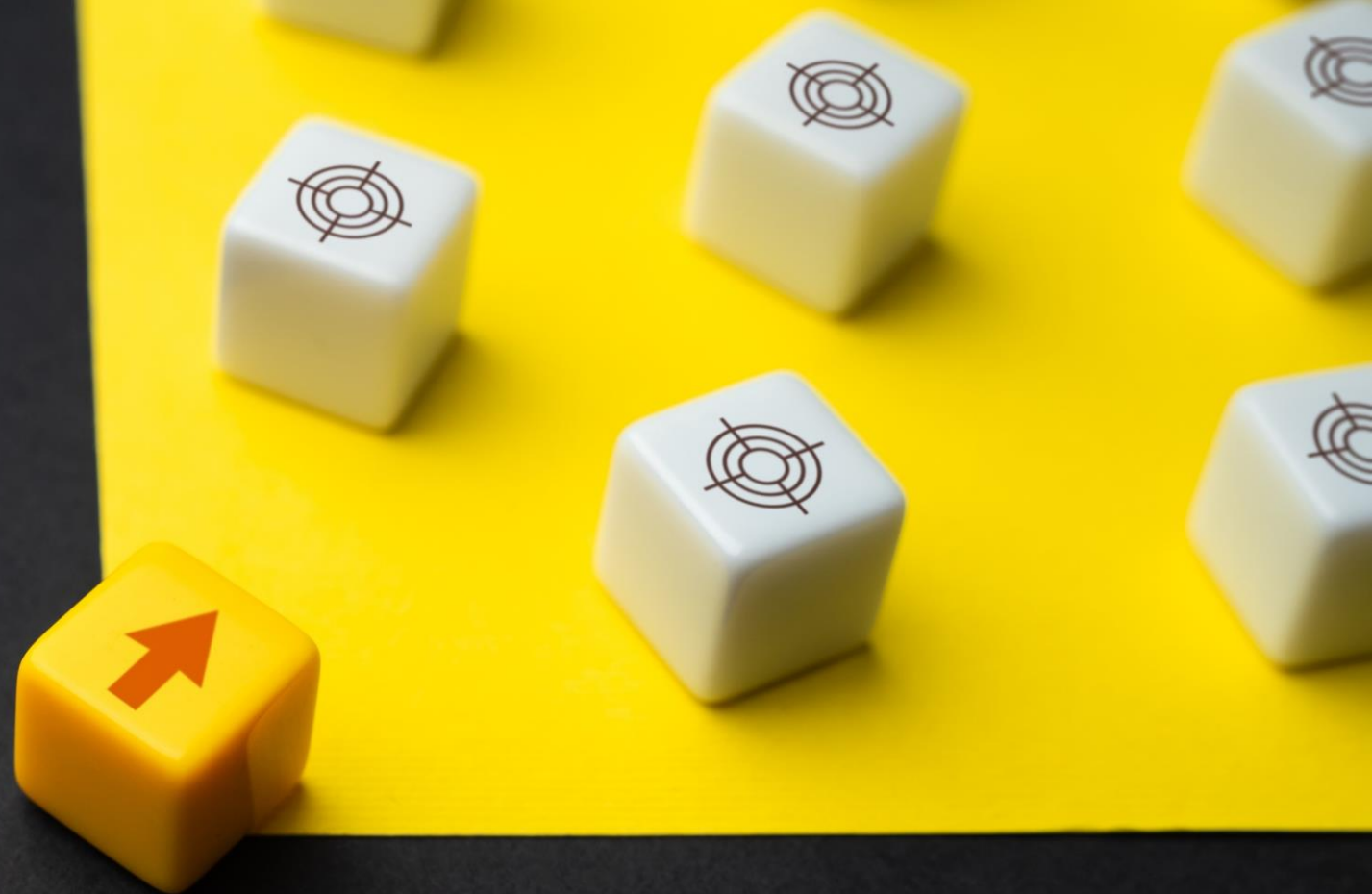
# Steps to Get Started

- Identify the target
- Develop productive discomfort
- Explore ambivalence
- Utilize friction
- Get client to argue for change
- Use rewards
- Celebrate successes





# Prioritizing



# Questions to Consider

- “What would you like to accomplish in the next month?”
- “What are some things that are getting in the way of you being successful on probation?”
- “What are the top three things that you would like support with?”



# Getting Specific

- “What specifically do you want to have happen?”
- “You’ve identified something that’s really important. If we had to break it down, what might be a small goal you would be willing to work towards?”
- “How might we phrase this so we can write it down?”







# Example 1:

GOAL: Enroll in addiction treatment

STEPS:

1. Call treatment provider by xx date to schedule an intake
2. Arrange transportation to intake  
(ideas – call PO for bus pass, ask friend)
3. Complete intake by xx and call PO to inform of completion and start date for group



## Example 2:

**GOAL:** Take the GED test six weeks from today

**STEPS:** Between now and my next meeting with my PO, I will:

1. Call the GED prep-class today using the information my PO has given me
2. Enroll in the GED prep-class by the end of this week
3. Tell my sister that I am taking the test so she can watch my kids
4. Tell my friend Jamie that I am taking the test so she can help me because she has already taken it

# Service Planning

- Partnership
- Dynamic document
- SMART
- Current
- Flexible
- Proximal versus distal behaviors

# Contact Information & Final Q&A



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October 2, 2024 | 1:00 – 2:00 PM CT

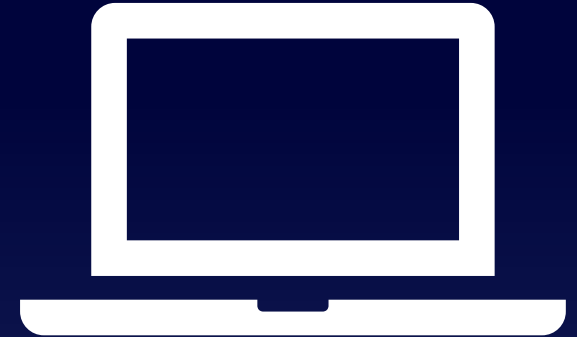
✓ Community of Practice: *Change Management*

October 16, 2024 | 1:00 – 2:30 PM CT

✓ Webinar: *Decision-Making Using RNR and the Good Lives Model*

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