

Needs Activity

Purpose: The *needs activity* is designed to be client driven that addresses need identification, identifying barriers to needs, and goal setting to accomplish the need. The activity is designed to be completed with the probation officer or case manager, utilizing motivational interviewing techniques, to help the client learn problem-solving skills to meet their needs.

Objective: The client will learn problem-solving skills by identifying their needs, addressing barriers, and setting goals to meet those needs.

Activity:

1. Probation Officer or case manager will give the client the Identifying Needs worksheet to select the needs they need assistance with. It is recommended the client completes this with the probation officer/case manager so discussion can occur if a specific need is not marked if it is identified as a criminogenic risk in the assessment.
2. Probation Officer or case manager gives the client the *Overcoming Your Barriers* worksheet once the *identifying needs* activity is completed. The client selects three needs that are the most pressing or the most immediate that needs to be addressed like housing and completes the worksheet.

**Remember this is strength based and client driven. If a client selects housing, employment and transportation as their top three needs and wants to focus on transportation first, utilize motivational interviewing to find out why they want to address transportation and process if it is the best option to pursue first. There might be a very good reason to address transportation or they might be looking three steps ahead and need to accomplish step one first.*

3. Once the *overcoming your barriers* worksheet is complete, start the goal setting activity. Be sure to review SMART Goals with the client so they write goals with clear objectives.
4. Review the goal and objective with the client and set a date to review. Remind the client to check-in at any time if they need help with the goals. This is a process.
5. After reviewing the goal and the participant fills the need, complete the barriers worksheet and goal setting for remaining needs.

Identifying Needs

Name _____ Date _____

While participating in the treatment court program, I plan to accomplish or overcome the following needs: (please check **all** the needs you have, and also check what you got help with)

Transportation

DONE STILL NEED
HELP WITH

- Transportation
- Obtaining Driver's License
- Ignition Interlock
- DOL hearing (habitual offender status)
- Fines in Collections

Employment

DONE STILL NEED
HELP WITH

- Employment/Resume/Job search/Interview skills/interview clothing

Housing

DONE STILL NEED
HELP WITH

- Clean and sober housing w/ child(ren)
- Clean and sober housing w/ no kids

Education

DONE STILL NEED
HELP WITH

- Education/GED
- Finances/Better Budgeting
- Time Management/Organization/Scheduling
- Stress Management
- Parenting Classes
- Learn Child/Infant/Adult CPR & First Aid
- Learning about or how to use computers
- Creative Problem solving
- Domestic Violence Classes/Anger Management

Pro-Social

DONE STILL NEED
HELP WITH

- Having fun sober (hobby, exercise)
- Recovery environment
- Family/peer-to-peer support/mentor

Health & Wellness

DONE STILL NEED
HELP WITH

- Medications (access / copay)
- Dental health care insurance / issues
- Medical health Care/ issues (diabetes, Hep C, etc.)
- Family Planning information (birth control, pregnancy services, etc.)
- Mental Health Counseling, for me
- Mental Health Counseling, for child(ren)
- Grief and Loss counseling/support
- Trauma counseling/support
- Family counseling/classes
- Nutrition/ Cooking
- Fitness/Weight management
- Healthy Relationships
- Childcare while in services

Legal/Other

DONE STILL NEED
HELP WITH

- Obtaining State ID card
- Dependency case
- Parenting Plan through the courts
- Divorce information
- Reduce fines & fees
- Cellphone assistance
- Letter of support/recommendation for:

-
- Other (please specify) _____

Overcoming Your Barriers

Client: _____

Date: _____

Identify 3 target areas you would want to focus on from your *Needs List*.

1. _____

2. _____

3. _____

Circle a target area you want to focus on first

Identify the barriers that prevent you from achieving the circled need.

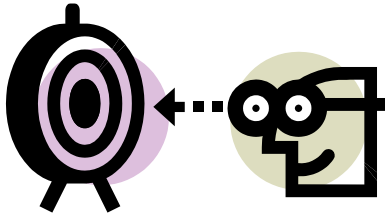
Discuss with the Probation Officer on ways to overcome these barriers and write them down.

Use the Goal Worksheet to write an achievable, realistic, controllable, and measurable goal to accomplish this need.

I will have a check-in on _____ at _____ am/pm to review my progress.

Client signature

Probation Officer signature



Target Goal

Think about what you want to be able to do that requires you to better achieve your goal. This can be something simple or complex but should be focused on doing something that will better prepare you for a clean and healthy lifestyle. Use the following page as a guideline for writing this goal.

Goal Statement: _____

Objective 1:

Objective 2:

Objective 3:

Name: _____ Date: _____



Goal Setting

Here are some key factors to setting goals:

Specific: Be specific to what you are wanting to accomplish.

For example: “I will set up interviews at three sober living houses this week.”
“I will finish my treatment work before the day of group.”

Measurable: Am I able to accomplish my goal in the set time period.

For example: “I will play my trumpet for 30 minutes every night.”
“I will drive my sister home from school everyday.”

Attainable: Am I able to control the situation to accomplish this goal?

For example: “I will not swear at my counselor when angry.”
“I will chew gum instead of smoking cigarettes.”

Relevant: Is this goal focused on the need I’m looking to meet?

For example: “I will call probation every time my plans change.”
“I will write one letter a day to a friend or family member.”

Time-Bound: When will this goal be completed?

For example: “I will complete the housing authority application by this Friday.”
“I will schedule an appointment with my counselor by this Friday.”

Example Goal:

Goal Statement: I will successfully build a recovery support community by:

1. Attending at least three support groups a week to encourage sobriety.
2. Managing my time effectively by creating and updating a schedule for treatment and work.
3. Completing 5 hours of community service each week and keeping my supervising staff informed of my progress.