

Case Planning

A case plan is a road map that shows what people will be working on during their time on supervision and how they will get there. It pinpoints areas to address based on assessment results and ways to address them so that people can live successful, law-abiding lives.

Benefits of Case Plans

Created collaboratively, case plans help people under supervision become engaged in the behavior-change process. They help monitor progress and identify red flags. Research shows that, when developed effectively, they result in better outcomes in terms of fewer technical violations and new arrests and enhanced perceptions of fairness. Importantly, case plans allow corrections professionals to work smarter, not harder, by helping them use their time efficiently and effectively.

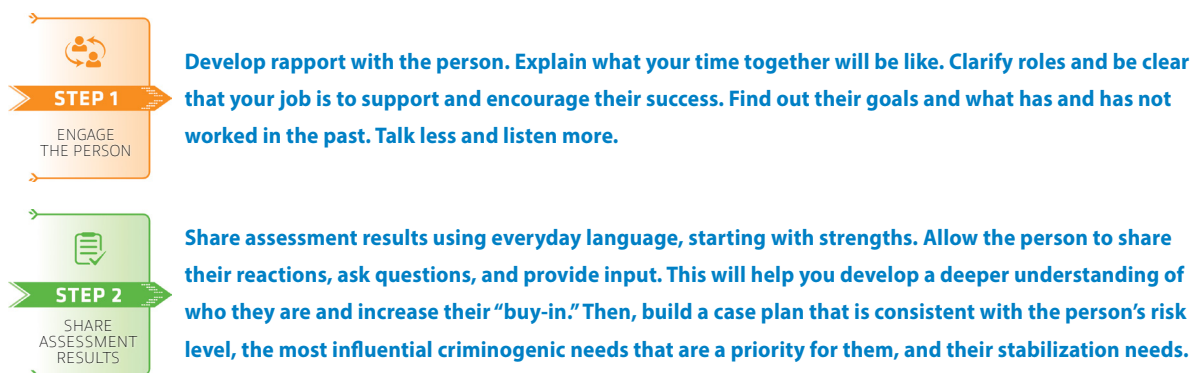
When multiple agencies are involved with someone, results improve when those agencies collaborate with one another to develop an integrated case plan.

Who Are Case Plans For?

Case plans are primarily for people assessed as being at a moderate or high risk of recidivism; this is the population most likely to benefit from correctional intervention. For most people assessed as low risk, corrections professionals document in contact notes their stabilization needs and steps to address them and their strengths and ways to maintain or strengthen them.

Six Steps to Case Planning

Case planning can be viewed as a step-by-process, as depicted below. However, the process is not always as linear as is shown; it might sometimes be necessary to move back and forth between the steps.





Whenever possible, prioritize the person's driver (and immediate stabilization needs, if necessary). The driver is the criminogenic need that is the dominant force behind law violations and tends to influence other criminogenic needs. The driver is usually one of the four most influential needs (antisocial cognition, antisocial personality/temperament, antisocial associates, family/marital); it is usually not substance misuse unless the person was law-abiding until they started using alcohol/drugs.



Identify skills that would help the person address their criminogenic needs and make prosocial decisions. Teach and demonstrate each skill; practice it together; encourage the person to apply it in day-to-day situations; reinforce their efforts; and graduate complexity over time.



Together, develop simple, clear goals that enhance the person's likelihood of success; SMART (specific, measurable, attainable, relevant, and time-bound) action steps detailing what the person needs to do to reach their goal; and activities, or ways to help the person achieve their action steps (e.g., behavior-change strategies, referrals, supervision techniques). Keep in mind a person's strengths, responsivity factors, barriers/stabilization factors, and triggers.



Use the case plan to guide appointments. At least once a month, review the plan to determine what is going well and not as well, and update it as needed. Add new goals, action steps, and activities as previous ones are accomplished.

- EFFECTIVE CASE PLAN CHECKLIST**
- ✓ Develop case plan collaboratively.
 - ✓ Address criminogenic needs, especially drivers.
 - ✓ Identify skills to build.
 - ✓ Develop simple, clear goals; SMART action steps; and helpful activities.
 - ✓ Address responsivity factors.
 - ✓ Address barriers/stabilization factors.
 - ✓ Incorporate strengths.

