

Domains (continued from inside)

SOCIAL ISOLATE (not by choice)

Long Term Goals

- To develop a pro-social network of friends and acquaintances
- To develop social skills in order to feel confident in social situations

Strategies

- ✓ Determine the reason for social isolation.
- ✓ If the cause is related to mental health issues, make an appropriate referral.
- ✓ Have the probationer practice communication skills and/or make referral that addresses communication skills.
- ✓ List the pros and cons of spending time alone.
- ✓ Explore the possibility of attending a pro-social group/organization such as a sports league, fitness club, or church to initiate contact with pro-social people.
- ✓ Have probationer practice positive self-talk.

ACCOMMODATION

Long Term Goal

- To reside in a stable living condition, which does not contribute to the likelihood of involvement with criminal activity.

Strategies

- ✓ Discuss the pros and cons of current living situation.
- ✓ Discuss what the probationer needs or wants in housing.
- ✓ Explore other possible living arrangements.
- ✓ List ways to avoid pro-criminal people and places while living in current situation.
- ✓ Seek assistance from townships, charities, churches that provide aid for deposits/rent.
- ✓ Encourage probationer to take a role in community safety (e.g., by attending community meetings/CAPS, communicating with landlord about surroundings, and notifying city of violations).
- ✓ For those who are homeless or facing immediate safety concerns, help locate a suitable shelter.
- ✓ Make referrals to subsidized housing.

QUESTIONS TO CONSIDER FOR CASE PLANNING

- What are the priority risk factors? Why?
- What are some of the major strengths and protective factors?
- What is it that you and the probationer want to focus on?
- What will be different if the change takes place?
- On a scale of 1-20, how important is this to the probationer?
- What are the major reasons (incentives) that this probationer has identified for making the change?
- On a scale of 1-10, how confident is the probationer that he/she can make this change?
- What are the major barriers/obstacles?
- What goals have been set?
- What action steps have been identified?

References:

Bogue, M., A. Nandi., & A. E. Jongsma, Jr. (2003). *The Probation and Parole Treatment Planner*. Hoboken, New Jersey: John Wiley & Sons, Inc.
 Administrative Office of the Illinois Courts, Probation Services Division (2005). *Adult Probation Officer Basic Training Manual, Part 5: Differential Supervision*.
 Administrative Office of the Illinois Courts, Probation Services Division (2005). *Effective Casework II: Advanced Interviewing and Case Planning, A Three-Part Series for Probation Officers in Illinois*. Ottawa, Ontario Canada: Orbis Partners, Inc.

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QUICK DESK-TOP REFERENCE FOR SUPERVISION PLANNING AND CASE MANAGEMENT



Circuit Court of Cook County Adult Probation Department

STAGES OF CHANGE OVERVIEW



Stage of Change	Example of Client Statement	Supervision Strategy
Precontemplation Unaware of problem, in denial, or not willing to change	"My drug use isn't a problem, and besides, there are a lot of people who use more than I do. If everyone would just get off my back, I'd be okay."	Establish rapport. Try to raise doubt and work to increase the person's awareness of the problems being caused by current behavior (e.g., discrepancy between goals and behavior.)
Contemplation Beginning to think about change, but unsure/ambivalent	"Sometimes I feel bad about the way I treat my girlfriend and maybe I should change, but it's not really my fault because sometimes she deserves it."	Evoke reasons to change and the risks of not changing. Complete a decisional balance exercise with the individual. Explore ambivalence. Emphasize client's freedom of choice and responsibility.
Preparation Ready to change	"I can't keep going on like this - it's not worth it. I need to do something different but I'm not sure how to."	Assist the person in determining a plan of action to bring about the desired change. Clarify goals and strategies. Focus on what the person feels is realistic and help build confidence.
Action In the process of changing	"Treatment is going good and I've started working again. My family is really happy with the changes I'm starting to make."	Help the person to take the outlined steps toward change and help identify and address barriers that might be encountered. Acknowledge difficulty and support perseverance.
Maintenance Maintaining new behavior	"I'm proud of my progress. Sometimes it's hard to keep it up, but I definitely don't want to go back to my old ways."	Help the person identify and use strategies to prevent relapse. Review goals and affirm changes.
Relapse Has fallen into old behavior patterns	"I've been clean for a while so I stopped going to treatment. It was taking too much time and it was just all the same stuff over and over again."	Assess why the relapse occurred and determine what stage of change the person is now at so that appropriate supervision strategies can be applied to reengage the individual.

Master of Your Domains?

This section (which is continued on the back page) contains examples of strategies for helping probationers achieve goals related to the criminogenic needs domains on the LSI-R. While they are organized here by domain, goals and strategies between domains are often closely related and overlap. The examples contained here are by no means an exhaustive list, but are simply intended to provide some basic ideas.

LEISURE/RECREATION

Long-Term Goal

- To increase participation in pro-social activities outside of work and school

Strategies

- ✓ Discuss what the probationer does on an average day.
- ✓ Discuss weekend activities -- determine whether certain days or times of day pose more risk to re-offending.
- ✓ Discuss hobbies or interests that the probationer may have.
- ✓ Work with the probationer to obtain information about pro-social clubs/sports, events, church groups, volunteer opportunities that probationer may be interested in.
- ✓ Discuss opportunities to join pro-social friends in outside activities they are involved with.

COMPANIONS

Long-Term Goals

- To develop a pro-social network of companions
- To reduce or discontinue association with pro-criminal friends

Strategies

- ✓ Make a list of all friends and acquaintances and identify which ones are involved in criminal activity and which ones are pro-social.
- ✓ Discuss the pros and cons of involvement with pro-criminal friends.
- ✓ Discuss the pros and cons of involvement with pro-social friends.
- ✓ Discuss ways to strengthen pro-social relationships and to increase time spent with pro-social companions.
- ✓ Explore ways to increase pro-social activities, even if they are with pro-criminal friends.
- ✓ Practice/role play how to respond when confronted with pro-criminal peer pressure.

ATTITUDE/ORIENTATION

Long-Term Goal

- To establish a pattern of pro-social thinking and behavior that incorporates taking responsibility for one's life

Strategies

- ✓ Discuss the probationer's long-term goals and determine whether current attitudes and values create a barrier to achieving these goals.
- ✓ Discuss what consequences the probationer's attitudes, values, and behavior have had on his/her friends and family.
- ✓ Discuss examples when attitude has caused conflict (or criminal behavior) and talk about ways the situations could have been handled differently.
- ✓ Reinforce positive statements and behaviors.
- ✓ Refer to a cognitive behavioral intervention group.

EDUCATION/EMPLOYMENT

Long-Term Goals

- To maintain stable satisfactory employment
- Acquire necessary skills to obtain satisfactory employment.

Strategies

- ✓ Discuss probationer's vocational/educational interests and options.
- ✓ Refer for educational/vocational programming and assist in scheduling appointment.
- ✓ Help raise awareness of how education/employment fit into long-term goals.
- ✓ Use role-playing and modeling to teach probationer interview skills.
- ✓ Teach the probationer how to anticipate employer inquiries regarding criminal history and substance abuse and how to reframe criminal and substance abuse recovery as a strength and asset.

EMOTIONAL/PERSONAL

Long-Term Goals

- To cope with stress and anger in a socially acceptable manner that reduces their negative effects on everyday activities and relationships
- To properly treat/manage mental health issues to minimize interference with functioning

Strategies

- ✓ Refer for evaluation so that the proper referral can be made.
- ✓ Raise the probationer's awareness of how emotional issues have had negative consequences and can interfere with achieving goals.
- ✓ Remain objective in dealing with emotionally volatile probationers. Use empathy as a tool to affect open communication. Do not respond to anger with anger.
- ✓ Discuss acceptable ways to express anger.
- ✓ Discuss strategies for reducing stress.

ALCOHOL/DRUG

Long-Term Goal

- To eliminate or significantly reduce alcohol/drug usage.

Strategies

- ✓ Discuss the pros and cons of alcohol/drug use.
- ✓ Refer for alcohol/drug evaluation/treatment and assist in scheduling appointment.
- ✓ Have the probationer identify his/her ten highest risk situations and discuss ways to avoid or better cope with these situations.
- ✓ Discuss the benefits of attending treatment and/or aftercare and self-help groups.
- ✓ Raise the probationers' awareness of the consequences of relapse.

FAMILY/MARITAL

Long-Term Goals

- To develop and maintain healthy pro-social relationships with pro-social family members
- To lessen negative consequences of relationships with pro-criminal family members by establishing boundaries and minimizing interaction where possible

Strategies

- ✓ Discuss current relationships with family members and identify those who are pro-social and those who are pro-criminal
- ✓ Explore ways to strengthen relationships with pro-social family members.
- ✓ Identify ways of minimizing contact with family members who cause stress and/or trigger relapse or criminal behavior.
- ✓ Identify how childhood or current experiences and family values have influenced current behavior and lifestyle.