Using Motivational Interviewing and the Good Lives Model in Case Planning

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Knowledge That Works

PRINCIPLES FOR RISK/RECIDIVISM REDUCTION - WHAT WE DO

ASSESS

MOTIVATE

TARGET NEEDS

COACH SKILLS

PROVIDE POSITIVE REINFORCEMENT
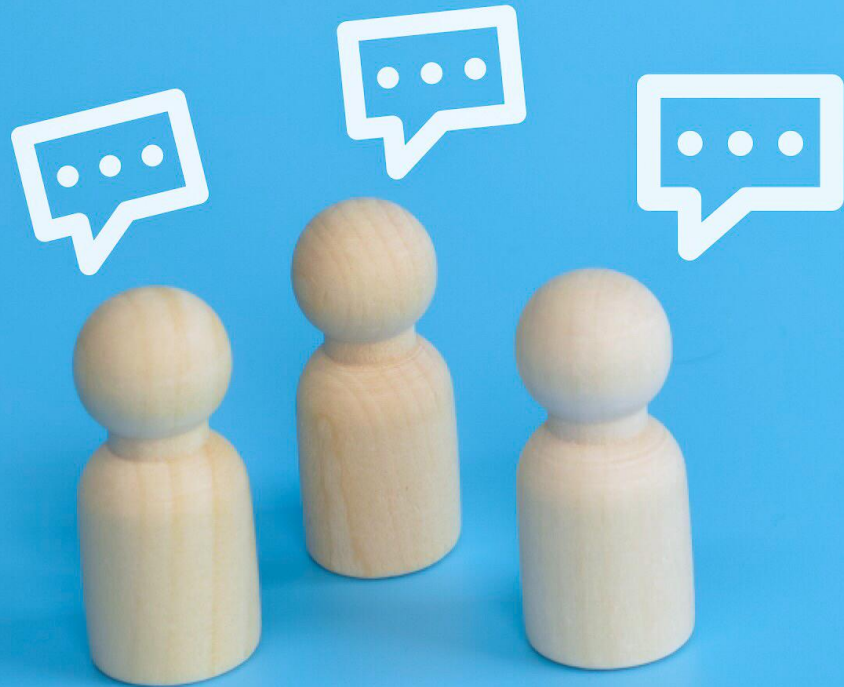
EXPLORE / ENHANCE SOCIAL NETWORKS

PRINCIPLES FOR RISK/RECIDIVISM REDUCTION – HOW WE ARE

FREQUENT ROLE CLARIFICATION

COLLABORATIVE PROBLEM SOLVING

PROSOCIAL MODELING AND REINFORCEMENT

ATTENTION TO THE RELATIONSHIP

Why Bother?

- Crime rates have reduced by 25% in the past 15 years

- Incarceration rates have increased steeply

- Often, these relationships are inverse (states with low incarceration rates have the highest crime reductions)

- Overreliance on imprisonment as a crime-control strategy

- Evidence-based practices can reduce recidivism by 10-20% based on conservative estimates

- Tribal communities have risks and needs that are specific to that population

GUIDEPOSTS FOR DECISION-MAKING

- Risk Principle
- Need Principle
- Person Principle
- Relationship Principle

PRACTICAL IMPLICATIONS

- Have meaningful conversations about change targets
- Use opportunities to engage in the process
- High risk clients receive more intensive services over a longer time period
- Refer to programs that separate high and low risk clients
- Monitor high risk clients closely – more contacts, visits, more testing
- Separate high and low risk clients – in placement, in treatment
- Support culture (re)connection
- Focus on supporting clients identifying and gaining goods

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Motivational Interviewing

- Empathy
- Curiosity
- Values

- Ambivalence
- Agency
- Change Talk

Good Lives Model

- Strengths-based

- Building capacities and strengths

- Behavior is driven by obtaining a valued outcome

- Therefore, inherently normal, even if misdirected

- Adds to personal functioning

- Not about managing or taking something away

- Emphasizes values and agency

Primary Goods

1. life (including healthy living and functioning)
2. knowledge (how well informed one feels about things that are important to them)
3. excellence in play (hobbies and recreational pursuits)
4. excellence in work (including mastery experiences)
5. excellence in agency (autonomy, power and self-directedness)
6. inner peace (freedom from emotional turmoil and stress)
7. relatedness (including intimate, romantic, and familial relationships)
8. community (connection to wider social groups)
9. spirituality (in the broad sense of finding meaning and purpose in life)
10. pleasure (feeling good in the here and now)
11. creativity (expressing oneself through alternative forms)

What is case management?

- Assessment of client criminogenic risk and need

- Identifying client strengths, triggers, barriers to responsivity and stability factors

- Developing a case plan or roadmap aligned with assessed risk and need

- Delivery of effective services that target risk and need

- Reinforcing positive behaviors

- Regular, meaningful contact to address progress, setbacks, case plan, behavior change

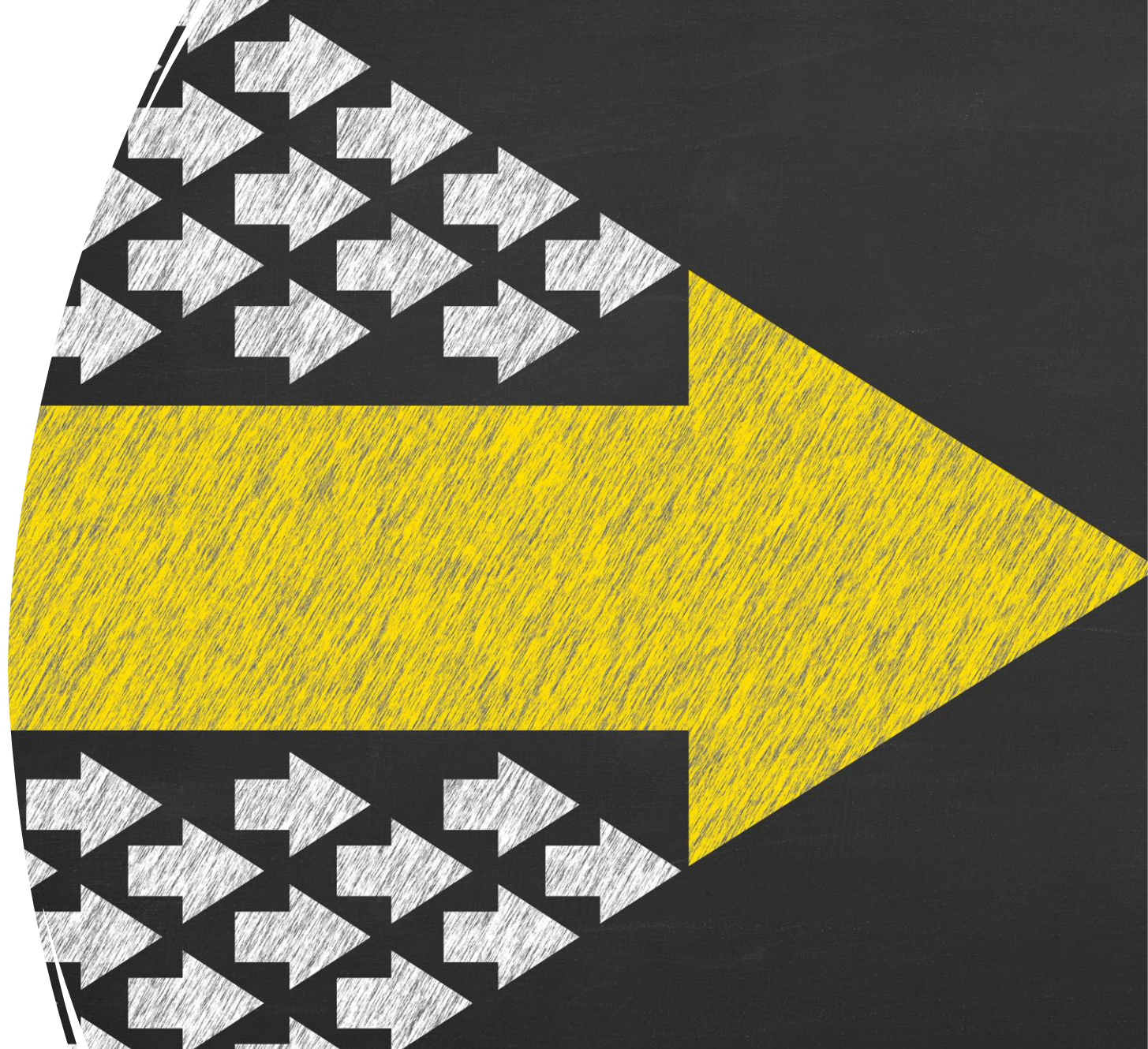- Engaging stakeholders (a team approach)

CASE PLANNING

Partnership

Dynamic document

SMART

Current

Flexible

Proximal and distal

Technical vs. Adaptive

	Defining the problem	Who solves the problem	The solution
Technical	Headache	Expert	Aspirin
Adaptive	Stress	Individual	Diet/ exercise/ lifestyle

Symptom: Headache

Technical vs. Adaptive

	Defining the problem	Who solves the problem	The solution
Technical	Simple	The Expert	Easy and Apparent
Adaptive	Complex and Difficult	The Individual/ Multiple Stakeholders	Unclear and Evolving/Requires new learning

Case Plan Components

- Problem statement

- Goal/Objective

- Steps to achieve the goal

- Dates

- What will be different?

- Incentives/Sanctions