

Case Planning for Sex Offenders

SMART Goals & Tasks

Use these examples as a starting point for developing case plan goals & tasks with a sex offender population.

GOALS (targets for change aimed at addressing probationers' needs and areas of priority)

I will...

- Develop healthy boundaries in my relationships. 6 months.
- Reconnect with my children. 3 months.
- Find stable housing. 2 months.
- Get an approved supervisor for my grandchildren. 3 months.
- Discover new ways of coping with deviant sexual fantasies. 6 months.
- Find employment within 2 months.
- Maintain sobriety for the next 3 months.
- Expand my social circle. 6 months.
- Travel to [state] to reconnect with [family member]. 6 months.

Tasks (realistic, behavioral action steps necessary to get the probationer to successfully complete case planning goals)

I will...

- Speak with my [wife/husband/significant other] about my behaviors. 2 weeks.
- Complete the sexual history disclosure form for review with my PO. 4 weeks.
- Create a list of healthy computer habits. 2 weeks.
- Keep track of my masturbation log to review with my therapist. 30 days.
- Log my internet use for the next 30 days.
- Find 2 new healthy hobbies. 1 month.
- Complete 1 cognitive model for review with my PO. 30 days.
- Attend 3 peer support meetings every week for the next month.
- Keep a log of the people I hang out with for the next month.
- Complete objective 4 homework for review with my therapist and PO. 3 weeks.
- Develop a safety contract for my upcoming family reunion. 4 weeks.