

Understanding Case Plans & Treatment Plans in Problem-Solving Courts



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Training Objectives

- Define treatment plans and case plans
- Identify key differences
- Understand roles
- Apply through scenarios

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Discuss at your table and decide together what the goal is for the people in our programs.

Write the goal in one sentence on the paper in the middle of the table.

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Why This Matters

- Clear roles improve outcomes
- Different strategies for the same overall goal
- The focus of each goal is different
 - Therapeutic Needs
 - Criminogenic Needs
- Reduce duplication
- Support team-based courts

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What is a Case Plan?

Developed by probation

Targets criminogenic needs

Reduces recidivism

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What Drives Case Plans?

Antisocial Thinking

Antisocial Personality (lack of skills)

Peers/ Support

Substance use

Employment

Family

Leisure/ Recreation

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What is a Treatment Plan?



Developed by clinical staff



Based on a mental health diagnosis



Focus is on behavioral/ mental health needs

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What Drives Treatment Plans?



Mental health diagnosis



Substance use



Trauma



Coping skills

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Key Differences

Treatment:
Clinical

Case:
Criminogenic

Different roles:
Same end
goal

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Simple Way to Understand



TREATMENT PLAN =
WHY BEHAVIOR
HAPPENS



CASE PLAN = HOW
TO REDUCE
CRIMINOGENIC
BEHAVIORS

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Case Plan Goals



REDUCE
RECIDIVISM



TARGET RISK



INCREASE
PROSOCIAL
BEHAVIOR

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Treatment Plan Goals



STABILIZE
SYMPTOMS



BUILD
COPING



SUPPORT
RECOVERY

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How They Work Together



PROBATION
TARGETS
RISK



CLINICIAN
TREATS
CAUSES



SHARED
GOAL:
BEHAVIOR
CHANGE

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Example: Tony

- Tony is 29 years old and is currently in Phase 2 of Drug Court. He has a long history of drug use, starting when he was 11 years old. He has been sober for 3 months. He has been compliant with all requirements but seems to be just doing the minimum and is guarded with team members. He struggles with anger, maintaining employment, and frequently finds himself with old using friends with whom he has gotten arrested in the past. He tells team members, "I know I need to change, but I really don't know where to start. I have tried so hard in the past and always end up back in jail."

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**Clinicians: What would
you focus on in Tony's
treatment plan?**

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**Probation Officers: What
would you focus on in
Tony's case plan?**

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Different plans disconnected plans



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What Is the Dosage Principle?

The goal is not simply more contact. The goal is the right amount of effective intervention, matched to the person's risk and criminogenic needs.



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BEHAVIORAL CHANGE

Dosage asks: How much intervention is likely to be needed to produce meaningful behavior change?

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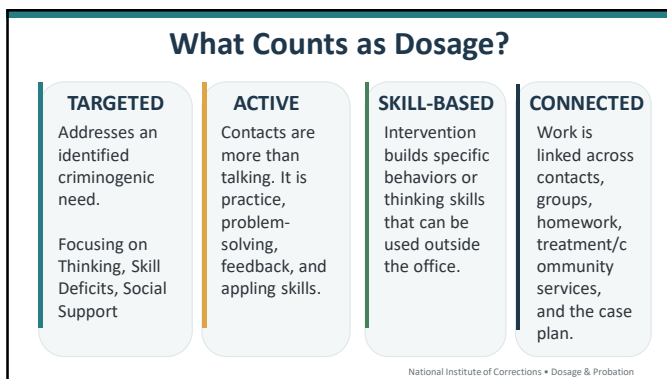
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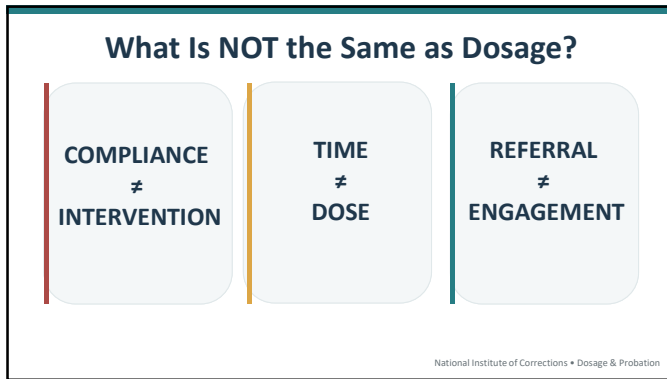
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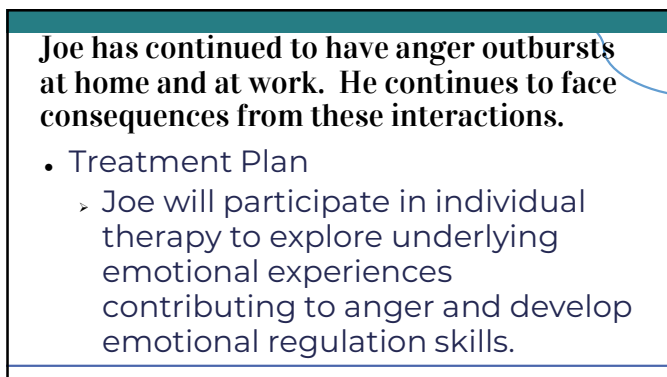
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Joe has continued to have anger outbursts at home and at work. He continues to face consequences from these interactions.

- Case Plan
 - ❖ Joe will identify situations that trigger aggressive responses and practice two strategies that he learned in treatment for responding appropriately when frustrated.

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Tina hopes to repair her relationships with her family, but she also knows she needs to set boundaries with them.

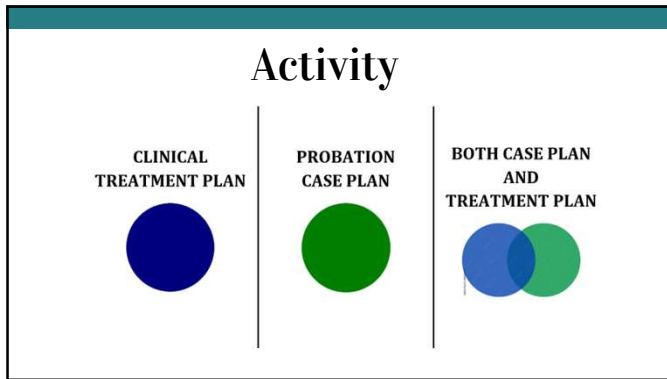
- Treatment Plan
 - Tina will explore patterns of family relationships and develop healthier interpersonal boundaries.

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Tina hopes to repair her relationships with her family, but she also knows she needs to set boundaries with them.

- Case Plan
 - ❖ Tina will practice using 3 communication strategies that she has learned in treatment to reduce conflict with family members.

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Key Takeaways

- Different roles
- Same goal
- Collaboration is critical



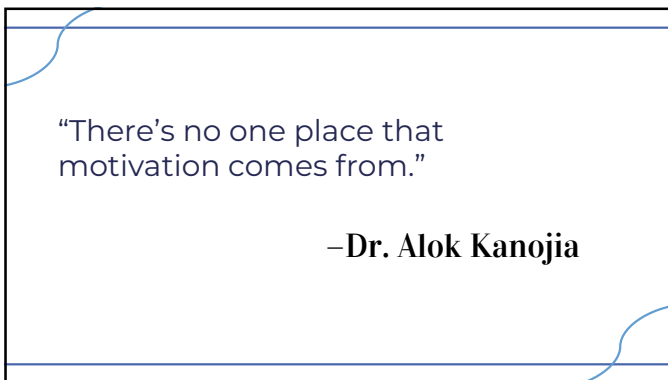
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