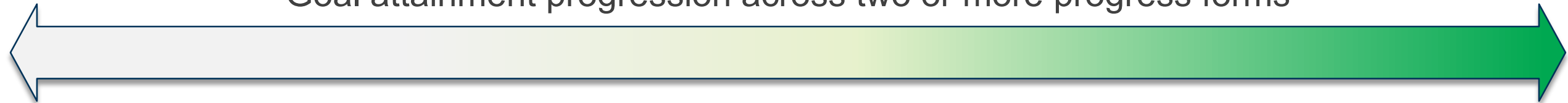


# Goal attainment scaling and recovery navigation

## Guidelines for Community Mental Health Program

Goal attainment scaling is an indicator of whether change and recovery are occurring over time. It is still important to consider the person's functional level by attending to severity of symptoms and level of impairment. The trends in goal attainment can be used to inform recovery navigation.

### Goal attainment progression across two or more progress forms



#### Goals not met as expected\*

- **Consider** if further progression is a reasonable expectation or if progression has plateaued. Take appropriate action such as requesting an extension of treatment, alternate modality or cease treatment
- **Consider** other treatments for the person, including recommendation for more intensive interdisciplinary care or to psychiatry assessment that may be accessed through our specialty programs
- **Convey** rationale to the WSIB for the person's lack of progress, including main recovery barriers in written report and through phone calls as appropriate
- **Consider** workplace factors that may be barriers to recovery and return to work such as employer relationship, organizational factors and request assistance from the WSIB on how to address

\* met partially/function unchanged or worse than baseline

#### Goals met as expected or goals met better than expected

- **Consider** readiness for inclusion of occupational and return-to-work goals in treatment
- **Articulate reasons in reports** if progressive goals are not yet occupational or return-to-work focused
- **If not ready for occupational goals, develop a plan for the person** to continue treatment to progress toward return-to-work goal with a timeframe in mind
- **Request** further resources or treatment as needed with rationale
- **Consider** readiness for step-down to less intensive care or discharge from treatment
- **Consider** workplace factors that may be barriers to recovery and return to work such as employer relationship, organizational factors and request assistance from the WSIB on how to address