

SMART Re-Engagement Plan: Rebuilding Family Involvement After a Pause

Objective: This worksheet helps clinicians and clients collaboratively identify what must change in order to resume family involvement safely and productively. Grounded in the SMART framework, this tool encourages co-created expectations and outcome clarity.

Step 1: Identify Barriers & Opportunities

Prompt: What led to the pause in family involvement? What signs would indicate a safer or more productive return?

Step 2: Set SMART Goals

Specific

- What specific behavior, boundary, or agreement would indicate readiness to resume family sessions? e.g., “Father will allow teen to speak without interrupting for 10 consecutive minutes.”

Measurable

- How will we know this behavior is happening or not happening?
- What observable signs or client-reported shifts would count?

Achievable

- Is this realistic for this family or person, given the current climate?

Relevant

- Why does this matter to the client’s treatment?
- Does it align with safety, autonomy, or therapeutic goals?

Time-bound

- When will we reassess family engagement?
- After how many sessions or at what milestone?

Step 3: Write Down Your Goals

Template: Provide families with a template to write down their SMART goals. Each goal should have a section where clients can detail the specifics of each SMART criterion.

Template Example:

- Goal: [Write your specific goal here]
- Specific: [Detail what you want to achieve]
- Measurable: [Describe how you will measure progress]
- Achievable: [Explain how you will accomplish this goal]
- Relevant: [State why this goal is important to your recovery]
- Time-bound: [Set a deadline for your goal]

Step 4: Clinical Reflection Prompts

- If goals are not met, what is the alternate plan for supporting the client?

- What backup supports can be offered to the family separately?

SMART Goals Template

Goals: [Write your specific goal here]

1. Specific

What exactly do you want to achieve? [Detail what you want to accomplish. Be clear and specific about the outcome you desire.]

2. Measurable

How will you measure progress toward this goal? [Describe how you will know when you've achieved your goal. What metrics will you use to track progress?]

3. Achievable

How can you achieve this goal? [Explain how you will accomplish this goal. Consider any steps or resources you need to make it happen.]

4. Relevant

Why is this goal important to your recovery? [State why this goal matters to you and how it aligns with your broader recovery objectives.]

5. Time-bound

When will you achieve this goal? [Set a deadline for your goal. Be realistic but also set a timeframe that creates a sense of urgency.]

Notes:
