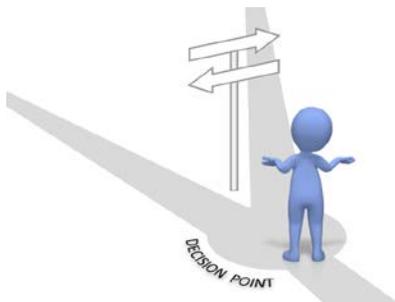


Behavior Targets tools

Behavior Targets tools include the High Risk Situation (HRS) and Triggers and Motivation. This process is called Behavior Targets because it will help you and your case manager identify and “target” your high risk behaviors so you can make choices that will help you avoid future criminal behavior.

The High Risk Situation gives you an opportunity to tell your story of the events that led up to your crime. This interview involves discussing the details of what happened, who was there, and what your thoughts and feelings were during that time. The purpose of this interview is to help you identify decision points where things went wrong and at what point(s) you could have made different choices that might have prevented you from committing criminal behavior. The HRS can also be used as a tool to assess choices leading to infraction/violation or other high risk behavior.

The High Risk Situation tool provides an opportunity for you and your case manager to identify any specific triggers that led to the crime and possible motivations for the behavior. Once identified, that information can be used to help you avoid those things in the future.



BITS (Brief Intervention Tools)

BITS are one-page tools that your case manager may assign to you that will help increase your level of skill in being able to avoid negative behavior and be more successful as a result.

By applying the skills you learn from BITS to your daily life experiences, you deepen your learning and it helps you form new positive habits.

It's important to think of BITS as a positive tool that will help you become more aware of thoughts and actions that are contributing to your level of success.

These tools can help build your confidence in your ability to succeed.



For more information,
please contact your case manager



September 2017 (400-BR006)



Washington DOC Risk Assessment & Continuous Case Plan



What's happening?

The Department of Corrections is moving to a new assessment tool and continuous case management system using the evidence based principles of Risk, Needs, and Responsivity. The system includes a single, individualized and continuous case plan for each individual during their DOC supervision.



The case plan has components that are specifically intended to help reduce recidivism and provide case managers (CCO/Classification Counselor) with information specific to each individual based upon their areas of risk, individual needs, responsiveness to programs and other interventions, and changes in these areas over time. The case plan includes:

- Personal and Collaborative Goals
- High Risk Situation
- Washington ONE risk and needs assessment

You will have an opportunity to state your personal goal as well as provide input into your individual case plan during meetings with your case manager.



Goals and Objectives

Your case manager will talk about two different goals with you. The personal goal is *your* goal. This is a long-term goal you set for yourself that motivates you to do well. The other is a collaborative goal which you and your case manager set together. This may be a long- or short-term goal that you work towards that will help you address your specific need areas and will contribute to your overall success.

Objectives are the specific action steps you will take to accomplish your goal.

The Washington ONE: A New Assessment

In a partnership with Washington State University, a new assessment, the Washington ONE, has been developed. This assessment includes items which will make the assessment more accurate in identifying risk and need areas as well as the risk to reoffend. This assessment has static factors (things that do not change) such as information from your Criminal Conviction Record (CCR). It also has dynamic factors (things that can change) which means your behavior, accomplishments, and level of compliance can increase or decrease your risk level.

Correctional Events

Research shows that negative behaviors like infractions and refusing to program can increase an individual's risk to reoffend. This research also shows that positive events can *decrease* an individual's risk to reoffend. The Washington ONE will take into consideration positive and negative events.

Examples of positive events:

- Completion of a program
- Completion of education
- Participation of in-person visits
- Sustained employment

Examples of negative events:

- Infractions
- Drop out or removal from program
- Drop out or removal from education
- Termination from employment

YOU can make a difference!

While you are required to follow the conditions set forth by the court and DOC, you have the ability to affect the success of your supervision. Things that will increase your level of success are a positive attitude, motivation for positive change, and skills to help you stay successful.

