Conditions for Return Examples

SMART Goal Framework

- Specific – the condition is specifically related to an identified impending danger threat.
- Measurable – the condition is clear about what behavior needs to change.
- Achievable – it is clear how progress will be made and how it is evaluated and success is determined.
- Realistic – the condition is understood by the parent/caregiver, it is least intrusive, and culturally competent.
- Timely – the condition is workable, there are no barriers, and the parent/caregiver can begin to work on the condition properly.

*These examples were developed for the Tailored Dispositional Orders Project. This list is not meant to be exhaustive but rather to provide counties with behavioral examples to consider incorporating into their current conditions. Furthermore, these examples are not intended to be included in every case and should be modified for each parent based on the individual circumstances of the case and the impending danger threats.

Substance Use Disorder (SUD)

1. If you are prescribed medications, follow your doctor's orders and directions on how to take them.
2. Show that you are using treatment providers, community drug or alcohol support groups, and friends and family to stay sober (reach recovery/sobriety).
3. Show/recognize how your use of drugs or alcohol affected your child.
4. Identify situations and people who trigger you to use drugs or alcohol. Create a recovery/relapse plan with the support of professionals, community supports, friends and family.
5. Work with professionals to review recommendations from AODA assessment and make a plan about what needs to be done for sobriety.
6. Show that you can manage your sobriety so that you can safely parent your child.
    - *Define parenting behavior to explain what safely parenting means – supervision, violence, unsafe people in the home, etc.
7. Follow drug and/or alcohol testing requests as part of treatment plan to show that you're managing your sobriety. A refusal is considered a positive result.

Parenting:

1. Show that you can meet your child's needs.
2. Work with providers and school personnel to meet your child's needs.
3. Name and use people to watch your child and keep your child safe, when unavailable.
    - OR - Do not leave your child with unsafe people or take them to unsafe places.
4. Use positive and safe discipline to parent your child.
    - If physical abuse case - Do not harm your child.
5. Provide a safe environment for your child without unsafe items within the child's reach.
    - If the safety concern was the environment for the child, then be specific such as knives, guns, drugs, etc.
    - Provide a safe environment free of violence and criminal activity.
6. Use skills learned from providers to safely parent your child.

Mental Health:

1. If you are prescribed medications, follow your doctor's orders and directions on how to take them.
2. Show that you are using treatment providers, community support groups, and friends and family to manage impulsivity/emotions/anxiety/mental health symptoms.
3. Show/recognize how your mental health affected your child.
4. Identify situations and people who trigger you to be overcome with emotions. Create a recovery plan to use healthy coping skills with the support of professionals, community supports, friends and family.
5. Work with professionals to review recommendations from mental health assessment/psychological evaluation and make a plan about what needs to be done to manage your mental health/emotions.
6. Show that you can manage your mental health and emotions so that you can safely parent your child.
    a. *Define mental health so parent understands what safely parenting means – impulsivity, emotions, emotional control, anxiety, depression, OCD, bipolar disorder, mental health symptoms, etc.

Incarcerated Parent:

1. Maintain at least monthly written contact with your child by sending the letters to the caseworker to send to your child.
2. Maintain at least monthly contact with your worker by phone or in writing. Notify the case worker if you are transferred to another correctional facility.
3. Ask your caseworker how your child is doing and for specific updates about your child.
4. Manage your behaviors so you are available to participate in services within the institution and maintain contact with your child and caseworker.
5. Sign up and participate in programming that would support your ability to be a safe parent.
6. Show attempts to get involved in programming, if waitlists exist.
7. Participate in phone meetings/appointments when able to do so.

Visitation – include if concerns about parenting and visit conditions are tied to parenting

1. Keep in contact with your child.
    a. Have a commitment to your child.
    b. Have quality contact with your child through age appropriate letters, calls, and/or visits.
    c. Engage with your child.
    d. Follow family interaction plan to increase visitation and/or decrease supervision.
2. Participate in the development of a family interaction/visitation plan, cooperate with the established plan and associated rules regarding family interaction/visitation.
3. Work together with the child's caregiver through shared parenting to support the child in their placement.

Domestic Violence

1. Show that you understand how the domestic violence incidents / violent behavior has affected your child.
2. Take action to protect your child.
3. Work with providers to determine what support(s) the child may need to address their exposure to violence.
4. Identify and implement techniques to avoid abusive relationships.
5. Show that you can use non-violent actions to interact with others.
6. Take responsibility for past abusive behaviors towards the child and partner.

General Conditions Ordered for Every Parent:

1. Sign releases so social worker can determine if safety can be managed in the home.
2. Keep in contact with social worker and tell the social worker the truth so safety can be assessed.
3. Update your address and phone number with social worker so s/he can communicate with you.
4. Take advantage of all opportunities to be a part of child's daily activities (visits, appointments, etc.).
5. If related to reason why the department is involved:
    a. Housing/living arrangement for yourself and your child.
    b. Money (resources/benefits necessary) to support yourself and your child.

The county agency must make reasonable efforts to provide the following services to the mother to help her meet conditions for return:

1. Case Management
2. Visitation
3. Psychiatric Assessment
4. Family therapy
5. Basic home Management
6. Parenting classes
7. AODA Assessment
8. Mental Health Assessment
9. Psychological Evaluation

*This list of services would be specific for each parent.