



**Future in Mind Team**

Leicester City CCG  
St John’s House  
Phone: 0116 295 0750

**Other useful links:**

Child Outcomes Research Consortium (CORC)[www.corc.uk.net](http://www.corc.uk.net)

Goal Based Outcomes (GBOs) by Duncan Law

**Goal Based Outcomes (GBOs)**  
**Evaluating our work with Children & Young People**

GBOs are a way to evaluate progress towards goals during clinical work with children & young people, their families and/ or carers.

They can be used to establish how a young person feels at the start of their treatment or an intervention compared to when they reach the end of their care.

**Future in Mind**

- Promoting, protecting and improving our children and young people’s emotional, mental health and wellbeing (Leicester, Leicestershire & Rutland)

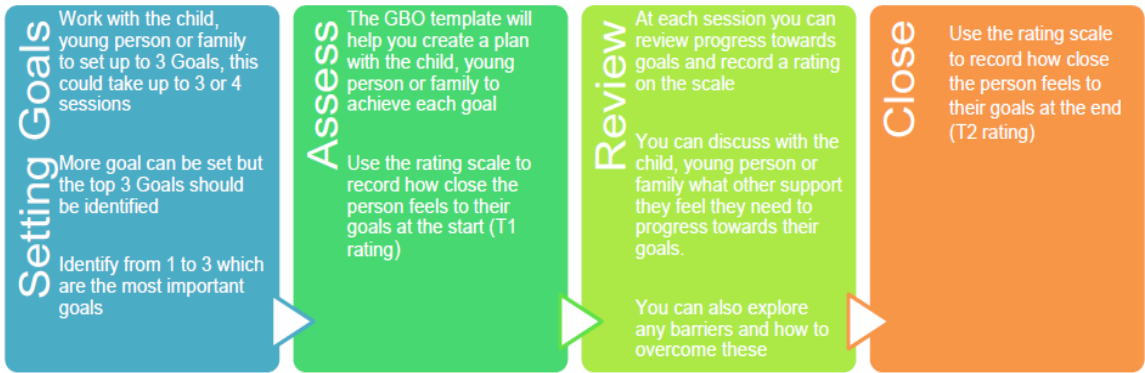


**Using GBOs in Practice**

GBOs can be used with all ages and practitioners are encouraged to use the tool throughout the intervention.

The GBO template will help you create a plan with the child, young person or family around their goals and what they need to work towards achieving these.

The GBO rating scale will enable you to review progress at each session.



# Setting Goals

By setting goals in partnership with a child, young person or family you will be facilitating shared decision making.

This can lead to better engagement with care and/or therapy interventions and will led to better experiences and improved outcomes of care.

Some people will be very clear about what goals they want to achieve and others will need more support around identifying potential goals.

L	I	S	T	E	N
Listen	Involve	Stay Safe	Time	Encourage	Next
Hear their story	What goals are important for the person  What might change if they were given 3 wishes?  Choice & Consent	Discuss safety and any action needed.  Safeguarding  Assessment	Be clear on how long each session will be	The person setting the goal should be doing the work— It's their goal!  Encourage them to seek help if they need it.	Be clear on next steps  Complete GBO Plan  Use rating scale

## LACK OF PROGRESS

If there is a genuine lack of progress towards goals think about revisiting the goals with the child, young person or family.

### ASK

- Are the goals still relevant?
- Have the goals changed?
- Are the goals realistic?
- Are the goals focussed enough?
- Does the person understand how the intervention or care will help them reach their goals?

## CHANGING GOALS

Don't worry if goals change during the course of care and interventions. Reassess the goals with the child, young person or family to make sure they are still meaningful and helpful

## SUPERVISION

Practitioners should use clinical supervision to explore GBOs. Information from goal progress charts, and other feedback can help share progress that the child, young person or family are making towards achieving their goals as a result of the care or intervention being delivered.

Reflect on whether the care plan is appropriate or the changes needed to meet the person's needs

