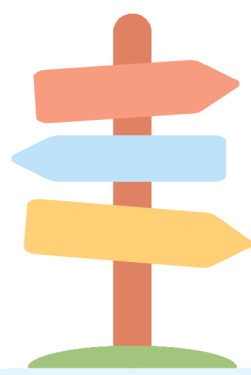


# Goal-Based Outcome Monitoring (GBO-M) Principles and Practices



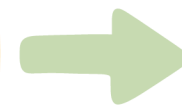
## Where do you want to go?

### Summary

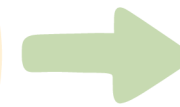
The GBO-M project (2023-2026) was a multi-national, multi-phase research initiative that developed the first evidence-informed set of principles and practices for working with goals with youth in community mental health and addictions services.



**PHASE 1**  
**Literature Reviews**  
Scoping review (k = 116) and narrative review (k = 53) of goal-oriented practices and approaches in youth mental health



**PHASE 2**  
**Lived Expertise & Clinical Perspectives**  
Interviews and focus groups with youth (N = 29), caregivers (N = 10), and clinicians (N = 9)



**PHASE 3**  
**Expert Consensus**  
16 researchers and clinicians refined and finalized the principles and practices

## 7 Principles for Working With Goals With Youth in Mental Health and Addictions Services

1

### Prioritizing Youth Voice

Actively supporting young people as the primary decision-makers in identifying and creating goals that serve both clinical and personal functions.

2

### Practicing Cultural Safety and Humility

The meaning and relevance of each young person's goals are shaped by intersecting aspects of identity, lived experience, and social and cultural contexts.

3

### Collaboration and the Role of Support Persons

Caregivers can support work towards goals, but their involvement must be transparent, collaborative, and guided by youth preference and consent.

4

### Ongoing Review and Adaptation

Youth priorities evolve; goals should be used as a dynamic process, regularly reviewed and adjusted if needed to reflect changing needs, barriers, non-linear change, and growth.

5

### Using Inclusive Language

Use accessible, values-based language that reflects how young people articulate their own priorities and changes rather than clinical terminology.

6

### Timing of Introducing Goals

Clinical judgment of readiness and youth preference are needed to decide when to work with goals. Use trust-building, motivational, and exploratory strategies to introduce goals.

7

### Semi-Structured Methods for Setting and Tracking Goals

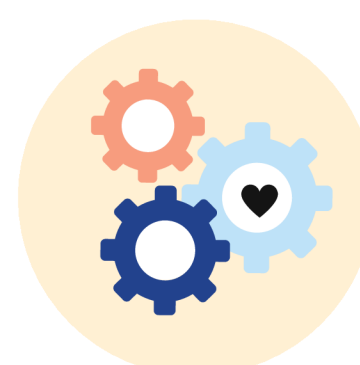
Use both standardized tools and creative, individualized approaches to make working with goals a routine yet personally meaningful part of care.

## Impacting Youth Mental Health and Addictions Services At Every Level



### Clinical Impacts

Adaptable guidance for integrating goals into clinical practice and therapeutic relationships in ways that support trust, shared decision-making, and both clinical and social outcomes.



### Systems Impacts

The principles and practices and the process of their development call for services to embed culturally safe, context-responsive, and equity-centred clinical guidance and service structures.



### Policy Impacts

Foundation for future national and international guidelines and clinical training supports that better centre youth voice, adaptable approaches to care, and cultural safety as standard of care.

1. Wozney, L., Law, D., Jacob, J., Chorney, J., Khan, A., Nugent, M., & Cooper, M. (In Progress). Principles and practices for working with goals in youth mental health.  
2. Burchell, D., Khan, A., Nugent, M., Jacob, J., Chorney, J., Clark, S., Law, D., Cooper, M., Lane, J., Emberly, D., & Wozney, L. (Under Review). Working with goals in youth mental health treatment: A mixed methods study of youth and caregiver perspectives.  
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4. Jacob, J., Wozney, L., Oddli, H. W., Duncan, C., Chorney, J., Emberly, D., Law, D., Clark, S., Heien, S., Boulos, L., & Cooper, M. (2025). Goal-oriented practices in youth mental health and wellbeing settings: A scoping review and thematic analysis of empirical evidence. *Psychology and Psychotherapy: Theory, Research and Practice*, 98, 431–477. 10.1111/papt.12564

This research was supported by a CIHR Grant, #186495



Canadian Institutes of Health Research  
Instituts de recherche en santé du Canada