**Implementation Goal Template**

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| **Characteristics of Useful Goals** |
| **Specific:** | The goal should be **specific—** detailed and focused on one area of performance and stated exactly on what is being accomplished. |
| **Measurable:** | The goal must be **measurable** so that your practice can assess the progress as the implementation stage begins. |
| **Attainable:**  | The goal should be realistically **attainable** with consideration given to timeframes and available resources.  |
| **Relevant:** | The goal should be **relevant** to practice goals to enhance job performance. How will the results make a difference and to whom? How do the goals fit into the overall goals of the agency and organization? |
| **Time Bound:**  | The goal should be **time bound**—with a firm but realistic completion date for each goal specified, consistent with the sense of urgency communicated by leaders. |
| **Aim** | **Goal** | **Priority or ranking****(high, medium, low; or 1, 2, 3; or phase 1, 2, 3)** | **How will this be measured** |
| 1. Provide psychoeducation, destigmatize perinatal mental health conditions, and help engage women in treatment using a strength-based and culturally responsive approach.
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| 1. Implement screening for depression, anxiety, and PTSD twice during pregnancy (at prenatal care initiation and later in pregnancy) and at postpartum visits.
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| 1. Implement screening for bipolar disorder at initiation of care or at least once after a positive depression screen.
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| 1. When a perinatal mental health screening tool is positive, assess the patient and determine a treatment approach.
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| **Aim** | **Goal** | **Priority or ranking****(high, medium, low; or 1, 2, 3; or phase 1, 2, 3)** | **How will this be measured** |
| 1. Develop and use a repository of mental health resources and treatment referral source.
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| 1. Refer patients who screen positive for psychotherapy, group therapy, or other treatment.
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| 1. Start medication treatment when indicated.
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| 1. Follow up and monitor perinatal mental health conditions care once treatment is initiated.
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| 1. Ensure mental health care is ongoing until at least one year postpartum with transition to primary care or another provider as applicable
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