

# OKSA HOPE FOR TOMORROW GOAL SETTING PLAN



The *OKSA Hope for Tomorrow Goal Setting Plan* is a tool designed to help youth reflect on their goals and develop specific pathways to achieve those goals. This goal setting tool is meant to be used as a guide for conversation between the youth and supportive people identified by the youth. The Hope Plan should be initiated within 60 days of a youth's 14th birthday or within 60 days of the youth entering care after the age of 14. This plan should be reviewed and updated at each monthly visit by having conversations with the youth and placement provider, helping youth identify how they continue to work toward their goals, and exploring strategies to help them when they encounter barriers.

## INITIATE THE HOPE PLAN

- Prepare for the planning meeting with the youth.
  - Complete the *OKSA Hope for Tomorrow Youth Assessment* with the youth.
  - Discuss the purpose of the planning meeting.
  - Determine a location, date, and time for the meeting.
  - Invite supportive connections identified by the youth.
  - Prior to the meeting, download an electronic copy of the Hope Plan to your computer, or print a copy if necessary.
  - Print or download a copy of the youth's Hope Assessment
  - Access the Hope Plan on our OKSA website: [OKSA.ou.edu](http://OKSA.ou.edu) or by contacting the OKSA Helpline at 800-397-2945 or by email at [OKSA@ou.edu](mailto:OKSA@ou.edu).
- Meet with the youth and their supportive connections.
  - Review the youth's Hope Assessment.
  - NOTE: A youth may only have one goal on their plan initially.
  - Complete the fillable version of the Hope Plan when possible; use a printed version when necessary.
  - Use the *OKSA Hope for Tomorrow User Guide* to assist with initiating the Hope Plan.
- Provide original copies of the initial Hope Plan to the youth.
  - Email a completed copy to our OKSA Helpline email ([OKSA@ou.edu](mailto:OKSA@ou.edu)). OKSA will document completion and save the results for you in OnBase.
  - In addition to the youth, others who should have copies of the Hope Plan include the placement provider, workers, OKSA Specialists, and other supportive adults who will be assisting the youth with their transition to adulthood.
  - Remember, you should review the youth's Hope Plan at every monthly visit, assist them in overcoming challenges, and provide encouragement to nurture their motivation.

**If you need assistance, email [OKSA@ou.edu](mailto:OKSA@ou.edu).**  
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