Strategic Planning Exercise: IYP- East

Outcomes:

1. Staff will have a warm, welcoming disposition. Staff will ensure that all participants are oriented to the program. Staff will introduce themselves to all px’s and explain to px’s that one of our goals is to help them feel better and help them make positive, healthy change when needed.

Staff will follow policy and procedures to ensure px’s physical and emotional safety.

1. Tell the px’s that we value their opinions, individuality, and diversity. Demonstrate this by being an excellent role model.

Ensure that all participants are treated equally and show now favoritism. Complete group activities that promote interaction with both px’s and staff.

1. We will listen and repeat/reflecting listening.

Work the FACE system effectively. Allow px’s to gain benefits/rewards by giving positive feedback and allowing access to the “store” for tangible rewards. Provide incentives for appropriate behaviors such as recreational outings. Provide “Family Fun Days”. Give youth opportunities to demonstrate positive behaviors.

1. Help youth identify their resiliency skills. Identify protective factors in their lives. Teach and encourage px’s to practice coping skills. Identify their strengths and celebrate individual strengths.

Assist px’s in completing written life goals both short and long term.

1. Provide group counseling 5 times per week. Engage participants in group activities that allow them to learn about each other in a safe, non-threatening matter. Allow px’s to “talk at their own pace”. Bring in volunteers or speakers to provide information on current topics of interest. Ask px’s for their feedback or input on which activities they enjoy or most included in the daily activity schedule.
2. Encourage youth to express their view point, value their individuality and diversity.

Have a shelter atmosphere that promotes individuality by having culturally diverse posters and literature that is utilized in shelter.

Listen carefully to participants and engage in reflective listening.

When px’s have conflicts due to various opinions or beliefs, encourage and allow for open discussion in a positive and safe manner.

1. Encourage youth to write their personal goals both long and short term goals. Help them determine the value in both setting the goals and ensuring the goals are “achievable”.

FACE allows for px’s to practice, practice, practice, skills until mastery.

1. Have a clear schedule of daily activities and keep on schedule. That way px’s know what to expect and have an easier time transitioning from fun activities to chores etc. Fun time is more fun when kids know what and when to expect it. Provide enough time in scheduling to allow kids the time for personal space and groups activities.

Have staff participate in the fun events, summer activity schedule, outside sporting activities.

Offer varied leisure activities and opportunities to try new “hobbies” or craft projects. Provide books or magazines at shelter or trips to library to explore new activities or hobbies.

Have counselor complete a group session where px’s are able to identify the difference between healthy risks and unhealthy risks.

We will welcome families and engage supportive collateral contacts.

We will encourage/assist participants to identify healthy supportive contacts.

Get release of information paperwork signed so that we as counselors can actively involve the support persons.

We will explain the benefits of supportive relationships to both participants and support persons.

1. We will assist the participant to verbally identify his/her internal and external supports.

Provide a journal so that px’s can write their identified supports.

Transition plan will be written by counselor and provide a copy to all participants.

Ensure plan is individualized and has viable options in the event of relapse.

We will ensure the counselor is aware of px’s next 6-mos goals/life plans to ensure we are able to identify appropriate supports and prevention/intervention measures.