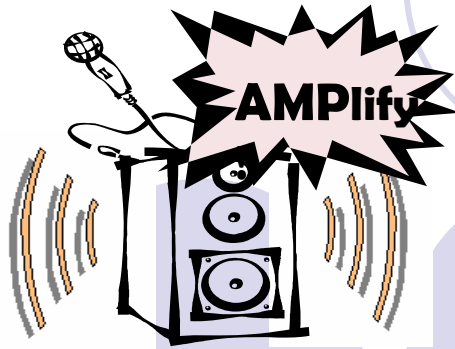


AMP (Achieve My Plan): An Intervention to Increase Youth Empowerment and Participation in Planning



Presented at the
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AMP advisory group

- The AMP advisory team is a group of adults and youth who meet to
 - Help refine the AMP intervention
 - Create and review AMP materials
- The AMP adults helped us write interview questions and do the interviews. You will see these in the following section. The youth were able to begin learning how to plan out meetings
- We learn from each other and have fun!

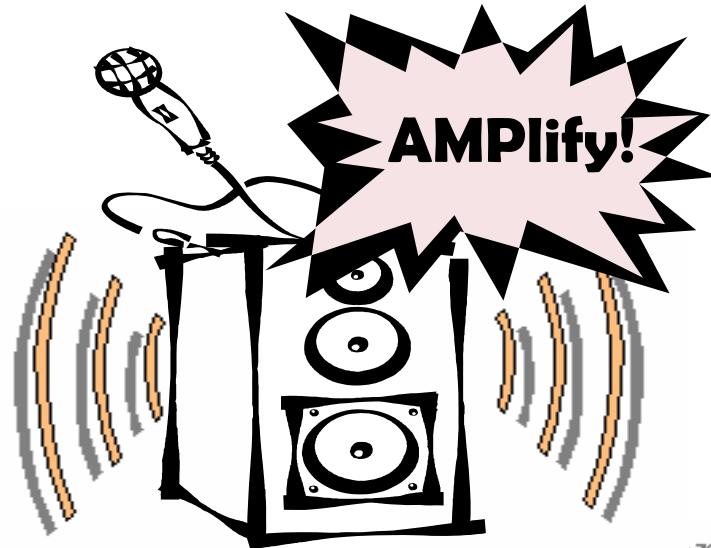


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AMP = Achieve My Plan

- AMP is a process for helping youth have a voice in their planning
 - IEP, wraparound, transition, etc.
- Plug into the process and your voice will be heard



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What exactly is AMP?

An “intervention” that is implemented for youth within an organization/agency/school

- AMP process with youth
PLUS
- AMP organizational intervention
- Goal: to create change with least “burden”



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The AMP process with youth

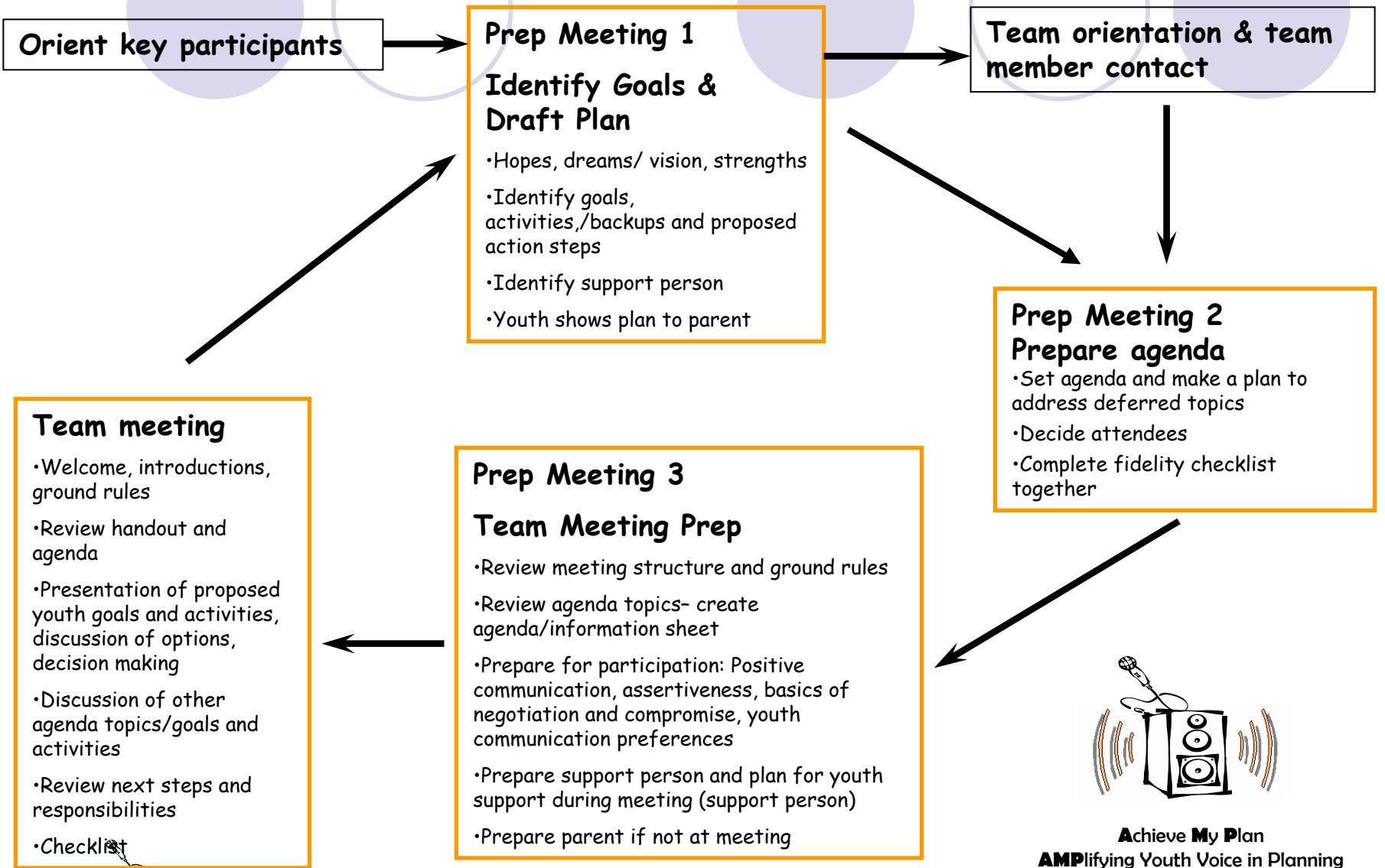
- During the weeks before a team planning meeting, youth has three meetings with a “prep person”
- One meeting also attended by a “support person” chosen by the youth
- Youth communicates with parents about the AMP process



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Steps in the AMP Process



Orient key participants

Prep Meeting 1
Identify Goals & Draft Plan

- Hopes, dreams/ vision, strengths
- Identify goals, activities,/backups and proposed action steps
- Identify support person
- Youth shows plan to parent

Team orientation & team member contact

Prep Meeting 2
Prepare agenda

- Set agenda and make a plan to address deferred topics
- Decide attendees
- Complete fidelity checklist together

Prep Meeting 3
Team Meeting Prep

- Review meeting structure and ground rules
- Review agenda topics- create agenda/information sheet
- Prepare for participation: Positive communication, assertiveness, basics of negotiation and compromise, youth communication preferences
- Prepare support person and plan for youth support during meeting (support person)
- Prepare parent if not at meeting

Team meeting

- Welcome, introductions, ground rules
- Review handout and agenda
- Presentation of proposed youth goals and activities, discussion of options, decision making
- Discussion of other agenda topics/goals and activities
- Review next steps and responsibilities
- Checklist

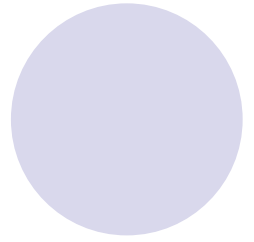
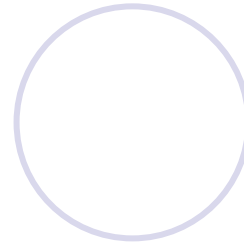
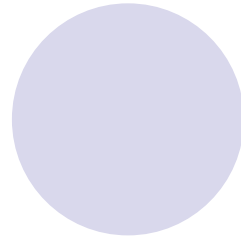
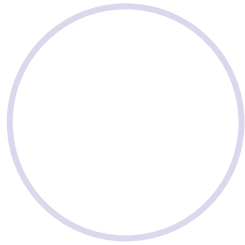
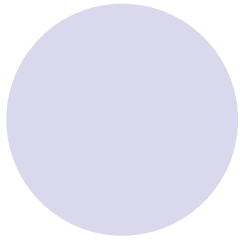


Achieve My Plan
AMPLifying Youth Voice in Planning



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- AMP at the organization/agency/school:
Commitment to creating the climate and opportunities that encourage youth to participate in their meetings
- Training for staff
 - The value of youth participation- all staff training or web-based orientation
 - Role of “prep person”— training and support for staff doing the AMP process with youth
 - How to facilitate an AMP meeting—web-based tutorial on how to handle common problems



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