

For Youth

Developed by Youth for Youth

Always a work in progress



Alaskan Families' Voice on Children's Behavioral Health

<http://www.ayfn.org>

Who, What, Where, and Why

- Who
 - Alaska Youth and Family Network
 - Mental Health and substance abuse concerns
- Why
- What
 - Youth and Family Driven Curriculum
- Where
 - Volunteers, Schools, Treatment Facilities

For Youth Works

- Easy to make, use, and change
- Youth develops plan for themselves
- Teaches youth to advocate for his/her goals without aggression
- Directly address the youth concerns
- Encourages the youth to take power and control over his/her emotions, feelings, and behaviors

Getting Started

It is important that each youth develops his/her own plan

- Confidentiality
- Ground Rules
- Check in
- Binder and Quotes
- Dividers and Tabs

TABS

- It's all about me!
- What ticks me off
- Danger Will Robinson
- Crashing
- Help Me Now!
- Now What?

If the youth would like to make a different name for a section let them! It is their plan!

It's all about me!

- Collage
- Worksheets
- My Circle
- Desert Island
- Keeping a Whole Heart

The Perfect Day

- Morning
- Afternoon
- Evening
- Goodnight

Realistic day

- Morning
- Afternoon
- Evening
- Goodnight
- Goals to make it a perfect day

What ticks me off

- Word Search Puzzle
- Complete work sheet
- Make your own movie
 - Lights: Physical feeling
 - Camera: Thinking
 - Actions

Re-writing the Script

- What can I do better
- Re shoot movie
 - Let others edit
- You can always modify your plan.

Danger Will Robinson

- Identifying Caution Signs
- My Space page
 - Blog
 - Favorite Things
 - Chat
- How do you handle conflict
 - Win-win
 - Win-lose
 - Lose-lose
 - Compromise

Danger Will Robinson

- Responding to Caution Signs
- Stress management
 - Progressive relaxation
 - Journal
 - Exercise
 - Pick and share favorite music
 - Other

Crashing

- Identify signs of Crashing
- Tagging your box/can
 - What do you look like to other people
 - What do you look like on the inside
 - How do you accept what is on the inside
 - Goals

Or

- T- Shirt Message
 - Who put the message and do you want to keep it

Crashing

- Make a plan
 - Stop
 - Drop
 - Roll
- Practice the plan
- Modify the plan

HELP ME NOW!

This is the only part of For Youth that is shared with the inner circle

- How do others know that you are OK.
- How will others know that you need help now!
- Review the circle
 - Who is in your life boat
 - How do you want your circle to respond

Help Me Now!

- Hospital and medication
- Feeling better
- Share with your life boat
 - Practice talking with supporters

Now What?

- Scavenger Hunt
 - Mental health and substance abuse services
 - Health care
 - Budget
 - Housing
 - Employment
 - School
 - Church
 - Transportation

Now What?

- Daily Schedule
 - Healthy eating
 - Sleeping pattern

Great Job

- Celebrate
- Give each youth a poster
- Get Feedback from youth
- Remember modification
- Look for youth navigator and facilitators
 - Youth teaching other youth

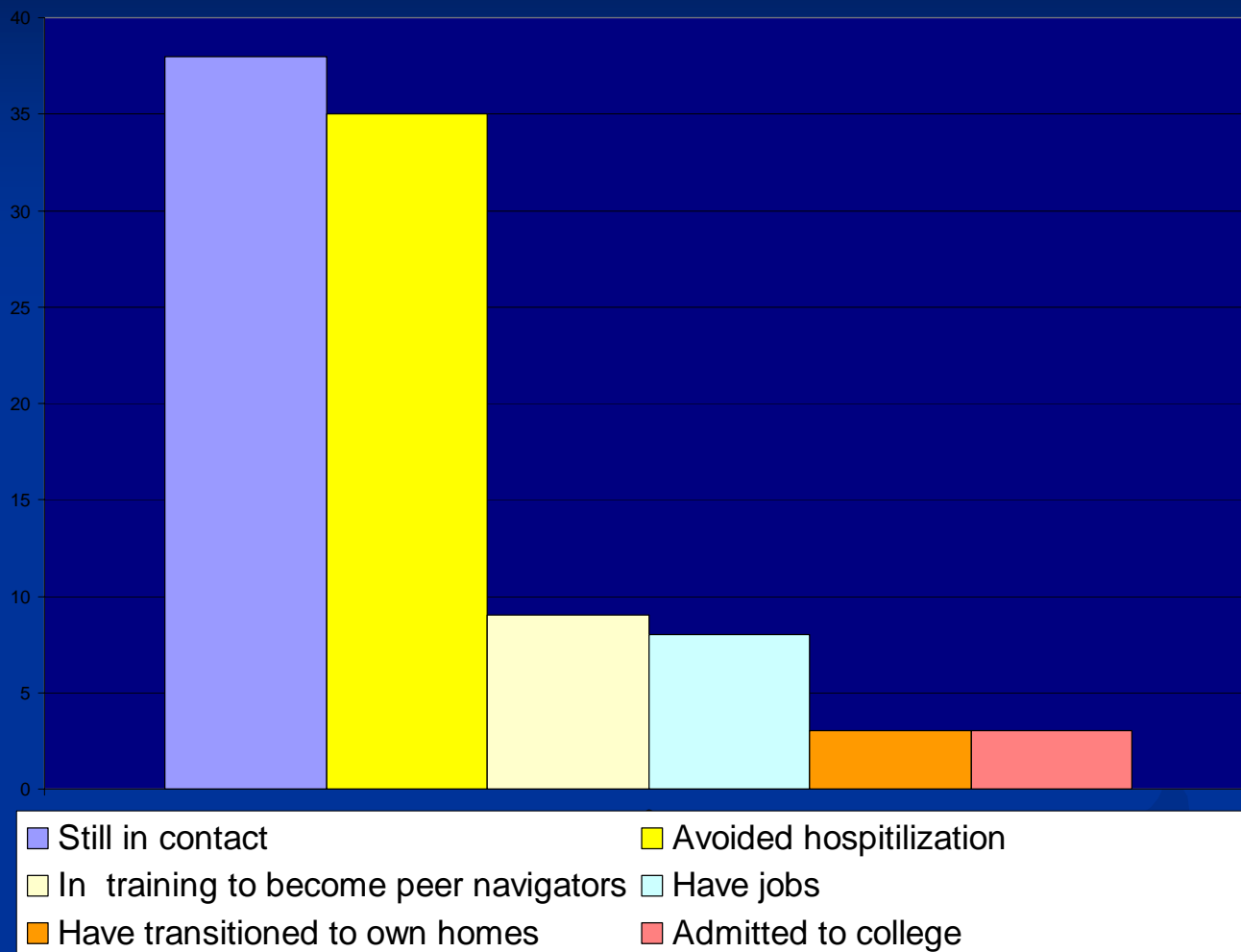
Role of Facilitator

- Do not judge answerers or responses
- Remember that the plan are the youth's
- This curriculum is for every youth
- Always refer back to My Space
- It is important to share personal experience but not “over share” as the facilitator
- Make sure everyone has equal time if they want to share

Results

- Thirty-eight youth have completed the curriculum
- Thirty-five youth have not been re-hospitalized
- Nine are being trained to be peer navigators
- Eight have found jobs in the community
- Three have transitioned into own homes
- Three have been admitted into college
- All of the youth are still in contact with a peer navigator

Results



References

- Copeland, Mary E. Action Planning for Prevention and Recovery A Self Help Guide. Rockville, MD. 2003