



Infusing Recovery Principles Into Home-Based Services for Youth

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Learning Objectives

- To further develop an understanding of the benefits of intensive intervention in a timely and comprehensive manner
- To develop a capacity to share with families and staff the way in which recovery principles apply to home-based services for youth
- To increase capacity to provide skills training in a home setting to families with youth in need and support staff in this task

Recovery as a Construct

“Recovery does not mean cure. Rather recovery is an attitude, a stance, and a way of approaching the day’s challenges. It is not a perfectly linear journey. There are times of rapid gains and disappointing relapses. There are times of just living, just staying quiet, resting and regrouping. Each person’s journey of recovery is unique.”

Patricia Deegan, 1995

Recovery Principles

- Renewing hope and commitment
- Redefining self
- Incorporating life challenges
- Being involved in meaningful activities
- Overcoming effects of discrimination
- Assuming control
- Focus on strengths
- Becoming empowered
- Being supported by others

Davidson, O'Connell, Sell & Staecheli, 2003

Renewing Hope and Commitment

- Initial call/contact with center
- Orientation Materials and Discussion that reflects possibilities and opportunities
- Linking to youth and family advocates
- Determining needs, goals and preferences of both youth and caregivers
- Acknowledging past experiences and inviting feedback about preferences, needs and concerns
- Referring to the future and what this can look like

Redefining Self

- Assisting both youth and caregivers in identifying how they see themselves
- Offering a fresh look at the “whole person”
- Challenging and reframing a negative sense of self
- Mapping out a course for who a youth and family want to be

Being Involved in Meaningful Activities

- Create opportunities and skills in caregivers for linking youth to positive activities
- Eliminate disparity and teach youth skills for meaningful involvement
- Acknowledge challenges and strengths to leaders and other youth facilitating success
- Listen carefully for interests and opportunities for involvement

Focus on Strengths

- Facilitate a Child and Family Strengths and Cultural Discovery
- Include and use strengths of all members of a child and family team
- Identify and build upon functional strengths
- Utilize strengths in interventions and find ways for family to naturally begin to replicate the use of strengths in other situations

Critical Concepts

- Families can and do find ways to function in a healthy and productive manner
- True recovery can occur without “talk therapy” or processing feelings verbally
- Family dynamics are best supported/restructured within natural settings and in the here and now
- Nothing is more important to a child than the adults that they interact with on a regular basis
- Interventions must include a family focus

Intensive and Early Intervention

- Families and youth defeated by lack of progress or failures in interventions
- Intensive intervention facilitates relationship through which change occurs
- Intensive intervention offers opportunities to teach, support the family in how to make use of services and what to expect
- Evidence to show that mental health issues in young children do not just go away

Phases of Service Delivery

- Orientation
- Assessment
- Planning
- Implementation
- Transition and Follow Up

Determining a Team vs. Individual Treatment Approach

- Use of a Child and Family Team Approach to direct services
- Determine service needs of family/youth and how an individual/team approach best meets needs
- Distinguish role of clinical supervisor, case manager, therapist, crisis interventionist and clarify in plan

Role of Clinical Supervisor

- Oversee that services are meeting needs of youth and family
- QMHP oversight
- Promote recovery oriented services and transition planning
- Design recommendations for child and family team to consider in planning stage (Treatment Needs and options for addressing)

Development of Supervision Plan

Utilize a Strengths and Needs Assessment for Staff to develop plan:

Knowledge: Empowerment, Recovery and Resilience, Concepts, Child Development, Adult Learning Theory

Skills: Listening, Demonstrating Empathy, Giving Feedback, Designing Interventions

Work Behaviors: Time management, Organization, Use of supervision, Work/life balance

Designing Interventions

- By CANS need determine priorities and culturally appropriate, family driven, youth guided and strengths based interventions
- Complete Functional Behavioral Assessment
- Interventions are family-focused
- Address the strengths and needs of all members of the family
- Services occur in the natural environment
- Design a sequence of components that need to be addressed

Designing Interventions

- **Further Assessment of the Need**
- **Review of Strengths and Cultural Discovery**
- **Development of Training Plan**
- **Educational Needs of Youth**
- **Educational Needs of Caregivers**
- **Educational Needs of Siblings/Other Family Members**
- **Skills Needed in Youth**
- **Skills Needed in Caregivers**
- **Skills Needed in Siblings/Other Family Members**
- **Crisis Management**
- **Skills Needed to Maintain Recovery**
- **Resources**
- **Development of IICP**

Example School/Relations with Teachers

Skills Training Components

Teach youth and family how relationships with teachers are important to youth

Teach youth and family how negative relationships with teachers may interfere with functioning

Teach youth how to interpret and understand a negative relationship with teacher

Teach parent how they may determine a youth is having problems with a teacher

Teach parent how to intervene when problems arise

Teach parent how to best interact with teachers and principles in regards to issues

Example School/Relations with Teachers

Develop activities to develop skills in problem areas

- Discuss
- Rehearse
- Practice
- Role Play

Review and Questions

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For more information a book is available through
Civic Research Institute at [www.
civicresearchinstitute.com](http://www.civicresearchinstitute.com)

Home-Based Services for High Risk Youth:
Assessment, Wraparound Planning and Service
Delivery