What will it take?

Creating opportunities for healing and managing risk in community-based care

CCC&Y Board Meeting - May 2018
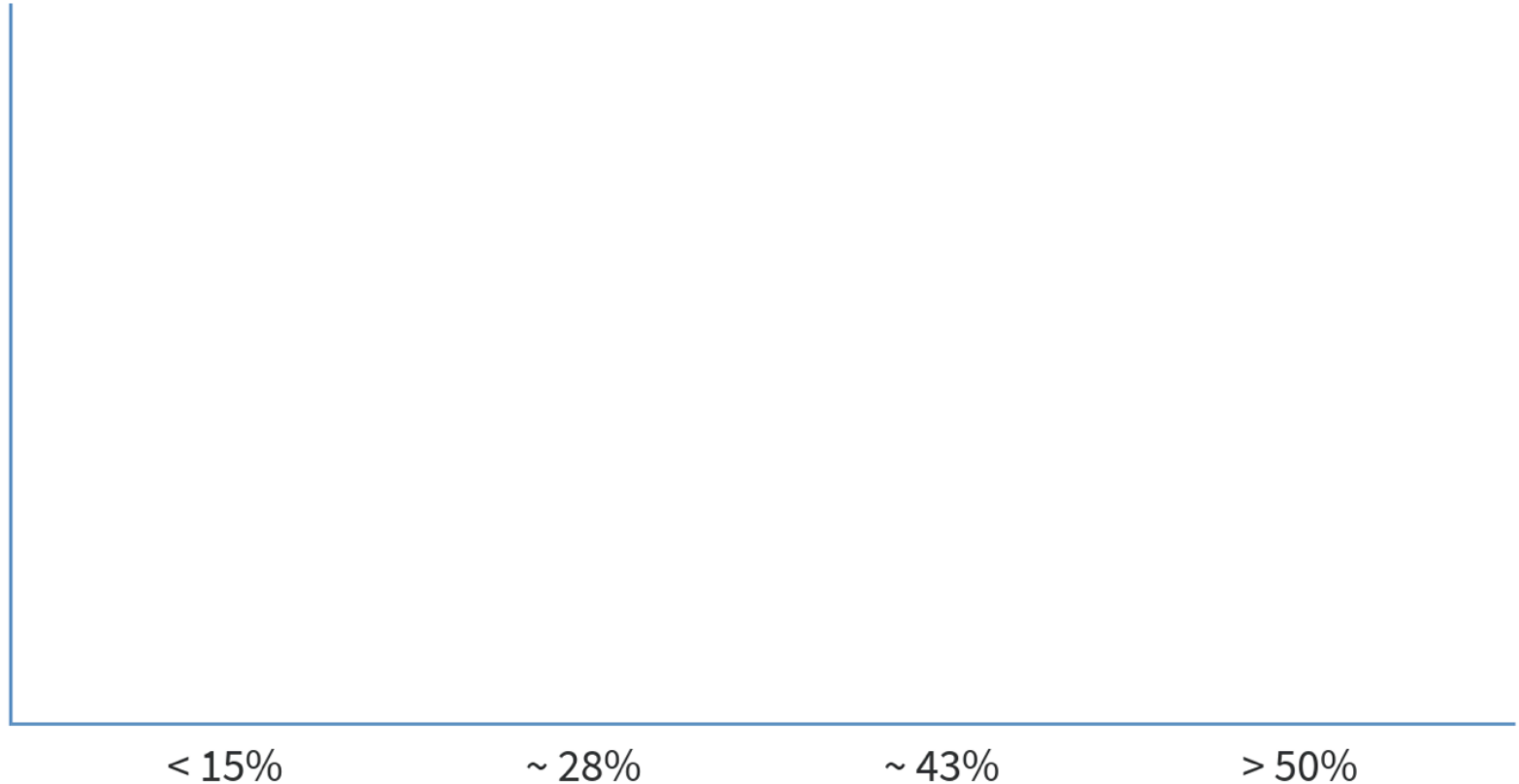
pollev.com/gg325

What prevents kids from staying in Coconino County?

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Collaboration requires daring leadership from everyone on the team. It means having tough conversations, staying curious, and learning how to listen.
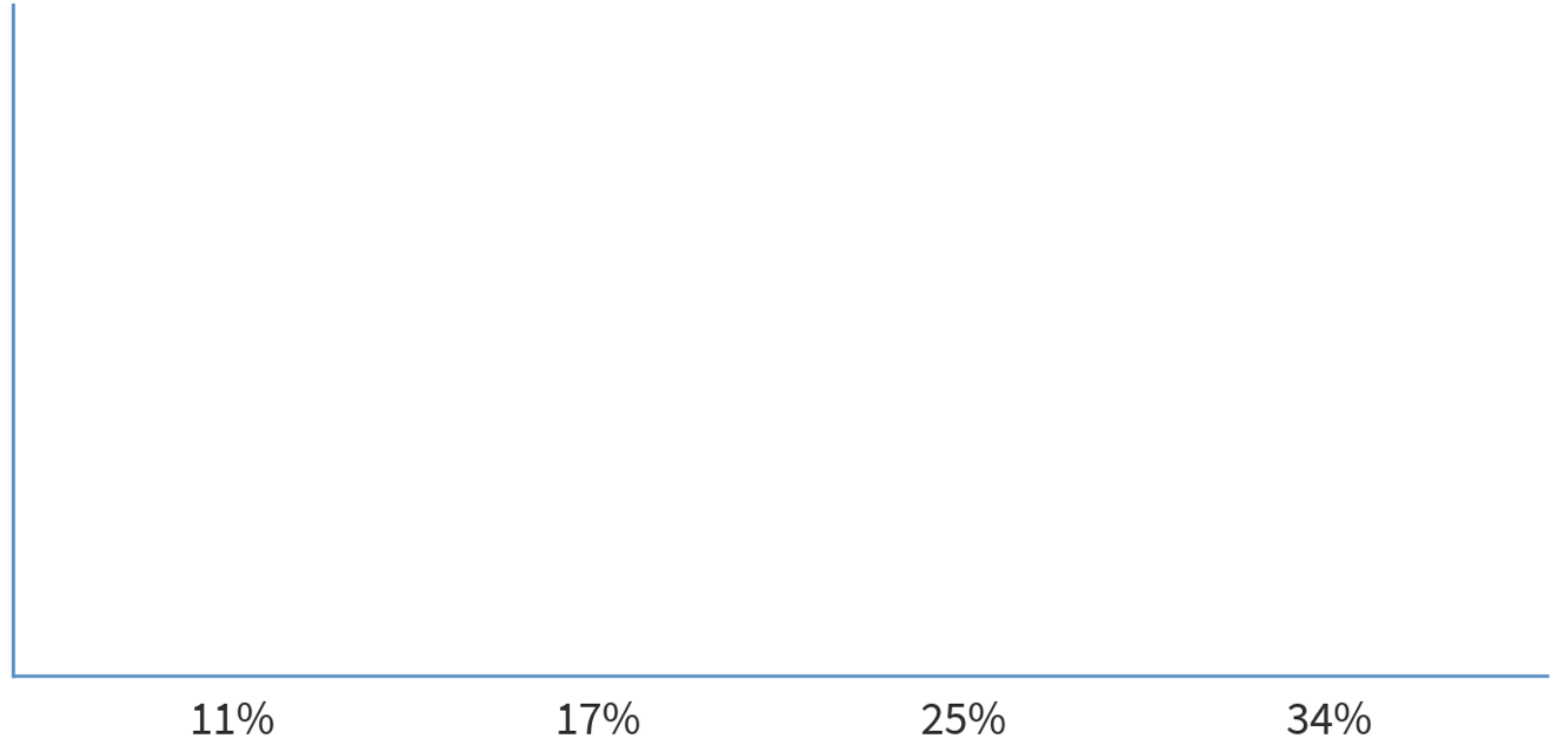
-Brene Brown

What percentage of youth reunify with family after aging out of the foster system?

< 15%   ~ 28%   ~ 43%   > 50%

After aging out of the foster care system,

43% reunify with their family.

Within two years of aging out of the foster care system, how many young people become involved with the justice system?
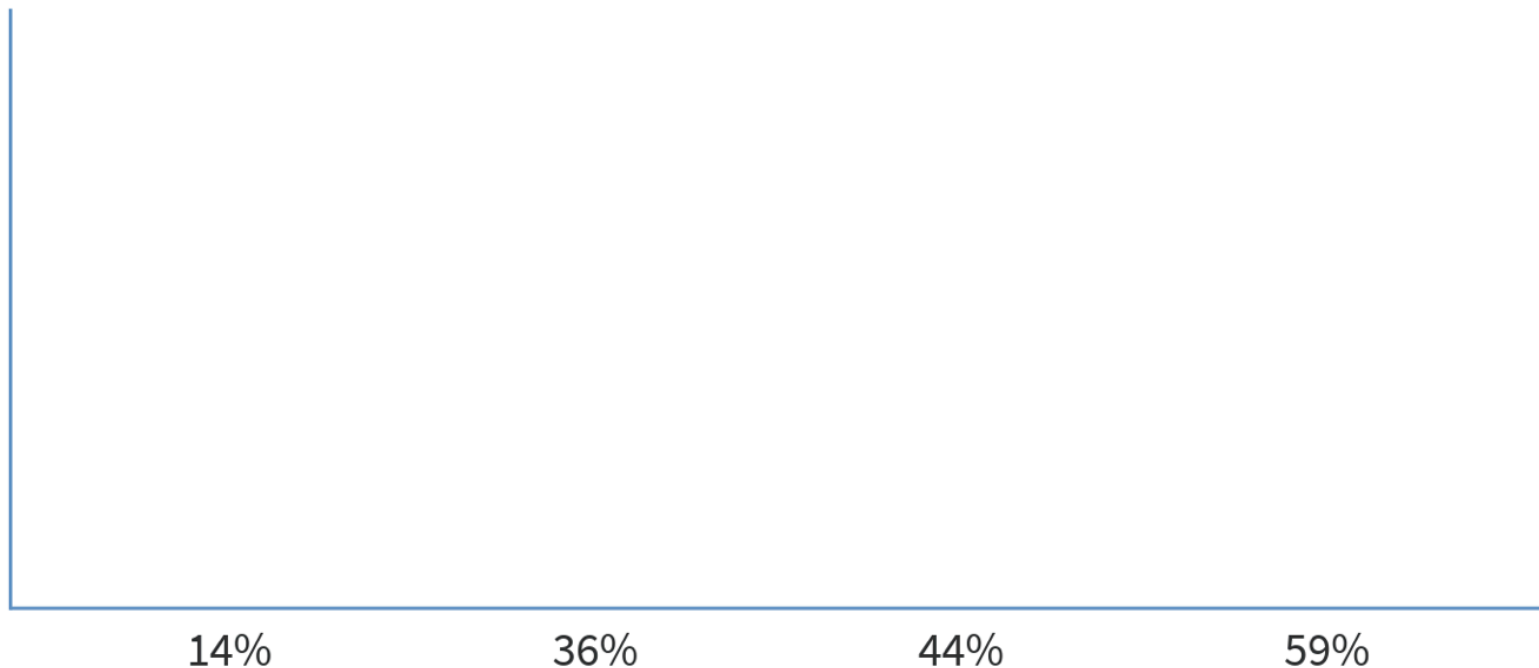
11%   17%   25%   34%

Within two years of aging out
of the foster care system,

25%

of young people become involved
with the justice system.

Within three years of discharge from residential treatment, what percentage of youth are readmitted or incarcerated?

14%   36%   44%   59%

After discharging from residential treatment,

59%

are incarcerated or readmitted to a residential treatment facility.

One-fourth of the national funding on children's mental health is spent on residential treatment.

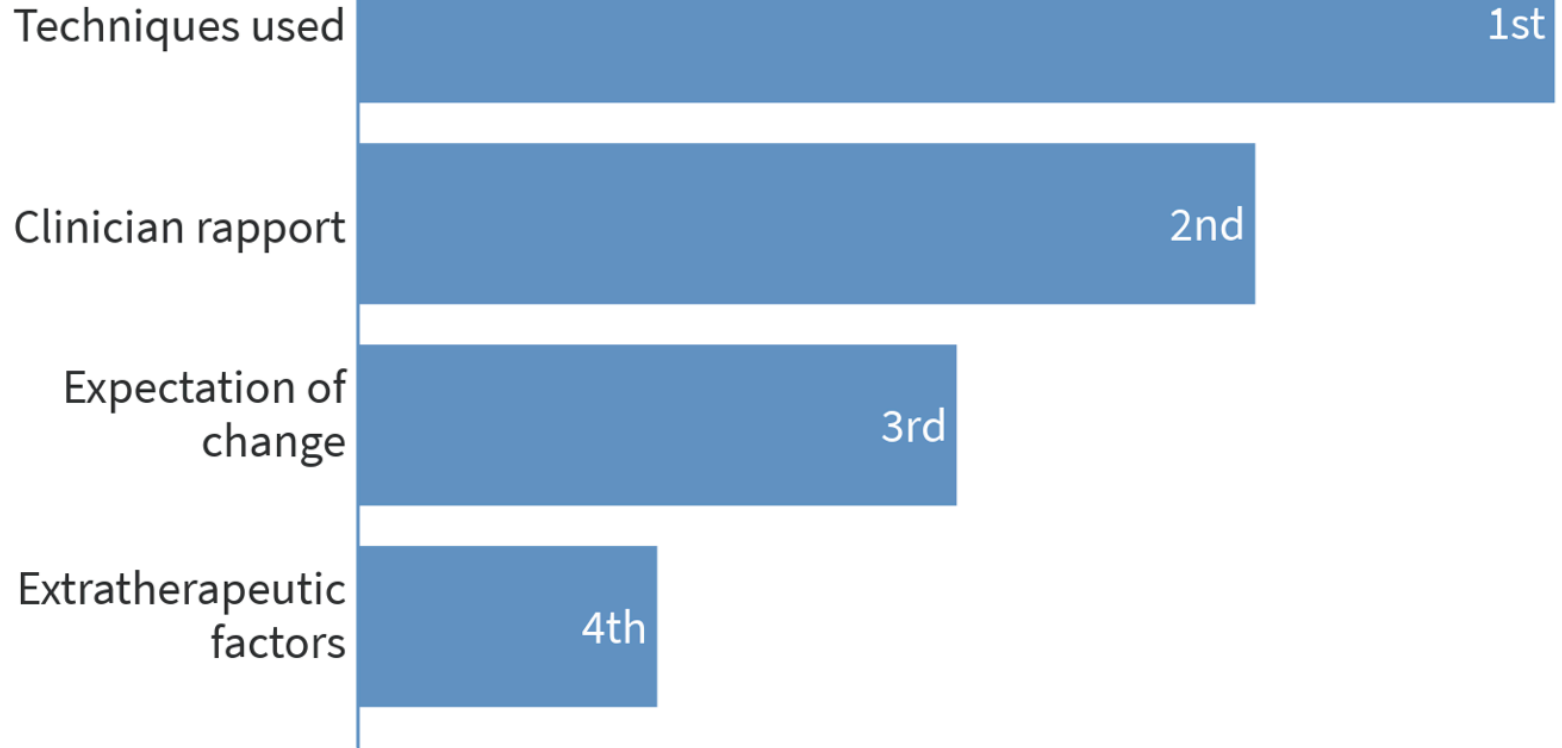-US Surgeon General's Report, Kiser, Ringiesen, & Schoenwald, 2001

Youth in residential treatment often make gains between admission and discharge, but many do not maintain improvement post-discharge (Burns, Hoagwood & Mrazek, 1999). Similarly, any gains made during a stay in residential treatment may not transfer well back to the youth's natural environment, creating a cycle where children are often repeatedly readmitted (Mercer, 2008).

Where do you believe kids belong?

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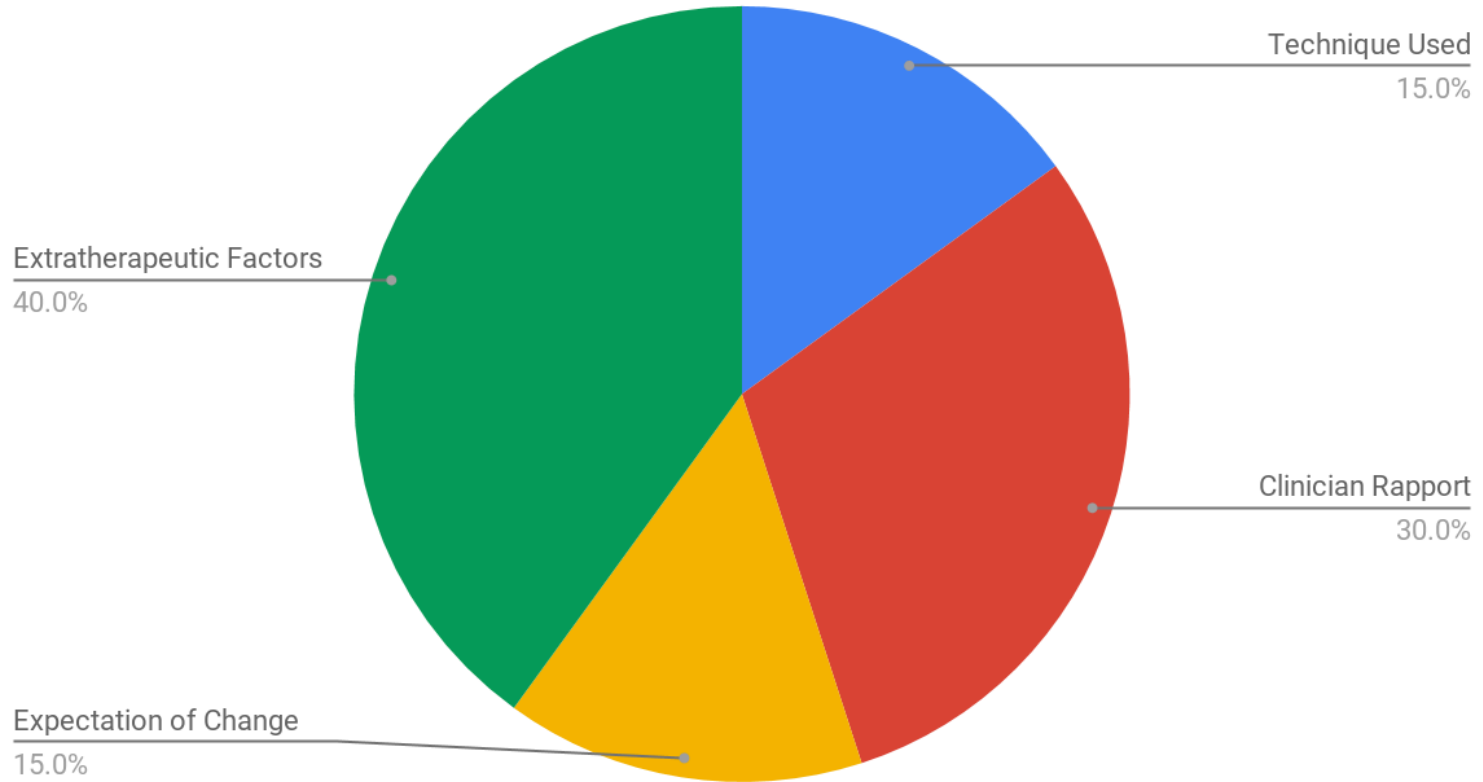
If we don't change the direction we're going, we're likely to end up where we're headed

-Chinese Proverb

Rank the following factors in terms of their importance in clinical outcomes:

Techniques used — 1st

Clinician rapport — 2nd

Expectation of change — 3rd

Extratherapeutic factors — 4th

Factors Related to Change in Counseling

Technique Used
15.0%

Extratherapeutic Factors
40.0%

Clinician Rapport
30.0%

Expectation of Change
15.0%

Hubble, M., **Duncan**, B., and **Miller**, S. (Eds.) (1999). The heart and soul of change. Washington: American Psychological Association Press.

We all need access to:

Hope

and the pursuit of our dreams

Relationships

that inspire us and supports to count on through life's ups and downs

Skills

to navigate life as well as skills that match our passions

Physical Wellbeing

to promote healthy minds and bodies

Enjoyable Activities

that allow us to build memories of moments

External Assets

Support
1. Family support
2. Positive family communication
3. Other adult relationships
4. Caring neighbourhood
5. Caring school climate
6. Parent involvement in schooling

Empowerment
7. Community values youth
8. Youth as resources
9. Service to others
10. Safety

Boundaries & Expectations
11. Family boundaries
12. School boundaries
13. Neighbourhood boundaries
14. Adult role models
15. Positive peer influence
16. High expectations

Constructive Use of Time
17. Creative activities
18. Youth programs
19. Religious community
20. Time at home

What Teens Need to Succeed

40

DEVELOPMENTAL ASSETS!

Internal Assets

Commitment to Learning
21. Achievement motivations
22. School engagement
23. Homework
24. Bonding to school
25. Reading for pleasure

Positive Values
26. Caring
27. Equality and social justice
28. Integrity
29. Honesty
30. Responsibility
31. Restraint

Social Competencies
32. Planning and decision making
33. Interpersonal competence
34. Cultural competence
35. Resistance skills
36. Peaceful conflict resolutions
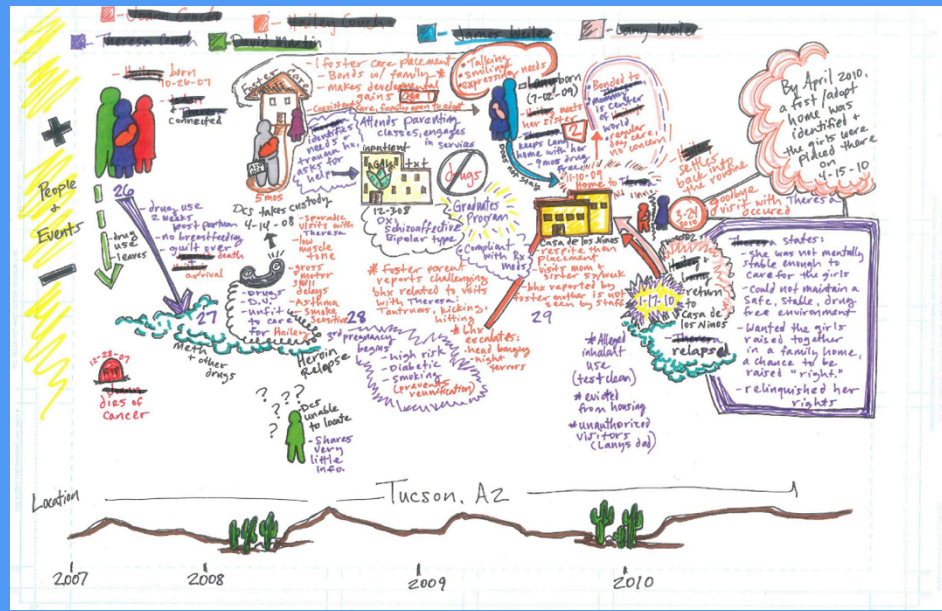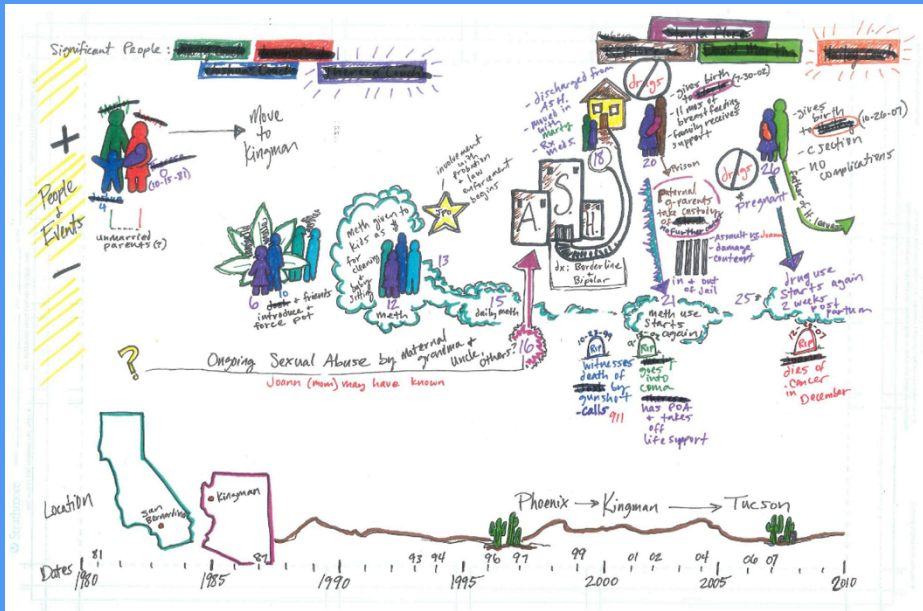
Positive Identity
37. Personal power
38. Self-Esteem
39. Sense of purpose
40. Positive view of personal future

People begin to heal the moment they start to feel heard.

WHAT WOULD IT TAKE?
RETHINKING TREATMENT APPROACHES

- Empathy

- Curiosity about the story

- Refocusing behavioral health interventions

- Assessing values

- Creating new team dialogue

- Psycho-education for CFT members

- Shared interventions for safety and risk

- Early engagement with family

- Wrap-around services

- Record reviews

- Family finding / Family tree

- Life lines and youth/family interviews

- Narrative storytelling

- Youth and family Voice at CFTs

- Flexible funding

- Visit coaching and transition support

- Family meetings

- Using technology

Understanding a child's journey

PROJECT CONNECTIONS

- FAMILY FINDING AND OUTREACH

- RECLAIMING AND RETELLING CHILD AND FAMILY STORIES TO UNCOVER CONNECTIONS AND BUILD A POSITIVE IDENTITY

- PROMOTING MEANINGFUL CONNECTIONS TO PEOPLE, PLACES, AND THINGS

- FACILITATING PARTNERSHIPS THROUGH CHILD AND FAMILY TEAMS TO RESOLVE BARRIERS AND IMPLEMENT RELATIONSHIP-BASED INTERVENTIONS