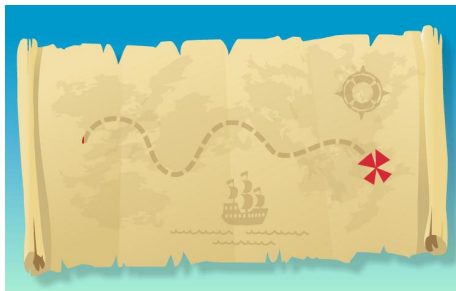




Your Needs on this Journey



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The Family's Journey: Family Feelings



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GROUP ACTIVITY

HOW DO YOU ENGAGE YOUR YOUTH AND FAMILIES?



1. Work as a team
2. On flip chart paper note some of your successful engagement approaches, strategies and tools
3. Be prepared to share with larger group

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Introduction to the Engagement Toolbox

Creating Journey Comfort
Strengths Tools
Compassion Dust
Compass of Responsibility
Finding Your Way Back



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CREATING JOURNEY COMFORT

1) The Actual Room



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GROUP ACTIVITY

**WORK AS A TEAM - YOU HAVE TWO MINUTES
TO DESCRIBE THE MOST ENGAGING
ENVIRONMENT...MAKE A LIST.....GO**

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CREATING THE SAFE JOURNEY ENVIRONMENT

2) Opening Awareness and Creating Safety


Motivational Interviewing	Trauma-Informed Lens
<p>MOTIVATIONAL INTERVIEWING</p> <p>R RESIST trying to tell them what to do. Avoid telling, advising, or convincing your client about the right path to good health.</p> <p>U UNDERSTAND their motivation. Seek to understand their values, needs, desires, motivation and potential barriers to changing behaviors.</p> <p>L LISTEN with empathy. Seek to understand their values, needs, desires, motivation and potential barriers to changing behaviors.</p> <p>E EMPOWER them. Work with your clients to set achievable goals and to identify techniques to overcome barriers.</p>	<p>What is Trauma-Informed Care?</p> <p>Behavioral Health Services that incorporate:</p> <ul style="list-style-type: none"> An appreciation for the high prevalence of traumatic experiences in persons who receive mental health services A thorough understanding of the profound neurological, biological, psychological and social effects of trauma and violence on the individual. (Lennings, 2004) We need to presume the clients we serve have a history of traumatic stress and exercise "universal precautions" by creating systems of care that are trauma informed. (Pope, 2005)

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GROUP ACTIVITY

MOTIVATIONAL INTERVIEWING TECHNIQUES – PRACTICE TO HELP YOU ALONG THE WAY



Open-Ended Questions

Affirmations

Reflections

Summaries

1. Think of a goal you currently have that you may have challenges with; or something you wish you could get yourself to do
2. Choose a Partner; Partner 1 define your goal; Partner 2 listen
3. Partner 2 practice using the MI techniques with Partner 1
4. Switch places
5. Discuss

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STRENGTHS TOOLS

Strengths Bucket

Newspaper

Strengths, Needs, Culture Discovery

Resource Tree



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COMPASSION DUST

Creating space in your heart for someone else

Giving Grace

Understanding Needs



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GROUP ACTIVITY

PRACTICE COMPASSION

Every person has a "pirate" in their life

1. Choose one of the "pirates" in your mind
2. Use the worksheet to describe what you could do to elicit compassion for this person
3. What do you call upon inside you to elicit compassion?




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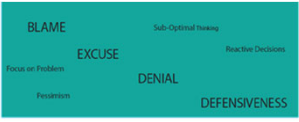

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Compass of Responsibility

Build Up



Tear Down

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Creating Partnerships

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GROUP ACTIVITY

BUILD UP, TEAR DOWN ACTIVITY

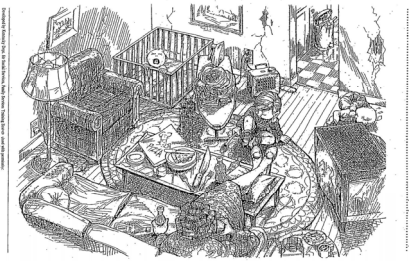


1. Choose a Partner. Partner 1: share a recent short incident in your life
2. Partner 2 respond first with a tear down comment
3. Partner 2 then respond with a build up comment
4. Reverse roles
5. Discuss

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What Do You see?




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Finding Your Way Back

- Remerging to do what you believe
- Monitor your drift
- Take care of yourself
- Use your team to put you back on the path when needed

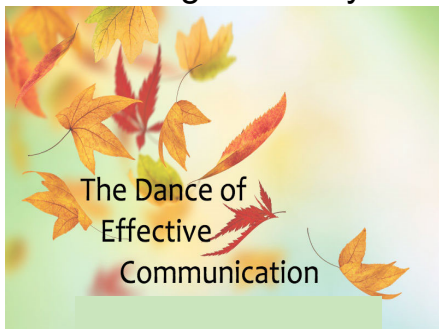


Some beautiful paths can't be discovered without getting lost...

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Finding Your Way



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The Communication Dance

Virginia Satir

You are face to face with me. Your senses take in what I look like, how I sound, what I smell like, and, if you happened to touch me, how I feel to you. Your brain then reports what this means to you, calling on your past experiences, your book learning. Depending on your brain reports, you feel comfortable or uncomfortable, your body is loose or tight.

Meanwhile, I am going through something similar. I too, see, hear, feel something, think something, have a past, and have values and expectations and my body is doing something...

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Practice More Skills for Engagement



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GROUP ACTIVITY TEAM THINK TANK - INTEGRATION

1. Think of a challenging engagement example and be prepared to share
2. Take turns sharing with the larger group
3. Class takes turns, using all that has been talked about today, suggesting strategies and/or role playing strategies to assist in successful engagement

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Thank You
Questions, Comments, and Feedback

NEVER
Give
Up!



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