

# Intervene

Engage, Team, Assess, Plan, Intervene  
Monitor & Adapt, Transition



*“My worker partnered with me in everything- he was really great about asking my opinion and involving me in decisions about my life instead of just you know telling me after a decision was already made- that helped...”*

*Former Youth in Foster Care*

Identifying interventions is one of the keys to building and sustaining a collaborative partnership with youth, families, and vulnerable adults. Effective intervening improves engagement, increases likelihood of individual and family participation in services and results in greater likelihood of achieving success related to placement stability, reduced length of stay, improved well-being and timely permanence/independence. Intervening involves how we approach and engage children, youth, adults and their families to achieve change.

- Individual and family participation and success in services occurs more often when interventions selected are led by the individual and family, based on strengths and needs as defined in their collaborative assessment and consistent with the individual and family’s desired goals for safety, permanency, stability, independence and well-being.
- Successful interventions are intended to enhance strengths and build skills to bolster individual and family safety, feelings of security and foster healing, growth and resilience.
- Interventions, while often thought of as formal services, include positive time and interaction with informal (family/natural) and community supports and services.

Our **GOALS** for intervening with the youth, parents, vulnerable adult and family are to:

- Meet with the youth, parents, vulnerable adults and family to ensure the services are 1) directly connected to their needs and strengths as identified in the assessment findings, and 2) consistent with their desired goals.
- Support all parties in having a clear understanding of the reasons for selecting services, expectations for completion and a plan for sharing challenges and feedback.
- Help youth, vulnerable adults and family connect to known and potential supports, including extended family and/or family of choice, social and recreational supports, and community providers.
- Allow youth, parents, vulnerable adult and family’s led the selection of services, providers, and the scheduling services
- Address safety concerns and/or barriers immediately when they arise, with the youth, parents, vulnerable adults and consult with your supervisor.

## Our Principles in Action: We Demonstrate

- We are **Family-Centered** when we partner with children, youth, adults and families to identify and select services and supports that meet their identified needs and goals, and support and facilitate their participation in services.
- We are **Trauma-Responsive** when we consider how the youth, vulnerable adults and family’s trauma history may impact their ability to understand and participate in services, including informal activities and when we support the development of practical behavioral skills to address past trauma through positive coping mechanisms, building confidence and self-mastery by connecting them to trauma-informed providers who use trauma-responsive (evidence-based) services.

- We are **Individualized & Strengths-Based** when we make sure chosen services/interventions build on the youth, vulnerable adults and family's strengths, talents and capabilities, and listen to them when they express or demonstrate concerns or reluctance to participate in a particular services or activities (such as shared parenting, visits, team meetings, etc.). We problem-solve with youth, vulnerable adults and families to address their feelings and concerns and resolve conflicts when they arise.
- We are **Culturally & Linguistically Responsive** when we identify and contract with a network of providers that can successfully deliver services that meet the individual and family's cultural, spiritual, identity, religious and language needs. At the time of referral, we provide service contractors with information related to the individual and family's language, culture, religion/spirituality and identity.
- We are **Outcomes-Driven** when we make sure youth, vulnerable adults, and families understand the reason for the identified services and interventions and explain how progress and success will be measured. We coordinate with providers to ensure they have the needed background information about the individual/family and reason for referral.
- We are **Community-Focused** when we connect individuals and family members to providers and resources within their community, and partner with the youth, vulnerable adults and family to build their individual and family network of social-emotional and concrete supports.
- We are a **Safe, Engaged and Well-Prepared Professional Workforce** when we make sure identified services and service providers are well-matched to the individual and family's history, needs and strengths, and we ensure individuals and families are aware of how (and have opportunity) to express grievance or concerns about their experiences while in care, and when we respond to and address the individual and family's concerns timely.

## Reflective Prompts: Have I routinely...

- Reviewed the reason(s) for recommended services with the youth, vulnerable adults, family and chosen providers to ensure their understanding and agreement?
- Allowed the youth, vulnerable adults, family to lead the decision making related to needed services and providers to which they will be referred?
- Prepared the youth, parents, vulnerable adults and family for recommended services by assessing their motivation, addressing their concerns about participation and making sure they have transportation?
- Maximized the youth, parents, vulnerable adults and family's participation in services by consulting with them in advance when selecting a provider and scheduling services?
- Consulted with the youth, parents, vulnerable adults, family and providers to make sure individuals and family kept their first appointment and that they were satisfied with the recommended providers?
- Addressed and resolved with the individual, family and/or provider all barriers and challenges to their participation with recommended services?
- Regularly met with the individual and family to ensure their participation and satisfaction with services and make adjustments as needed?

