



## Youth and Support Preparation for YCPRT: Quick Guide

**Goal:** prepare youth and supports before and after permanency meetings to achieve the best possible outcomes.

**BEFORE YCPRT:** prep sessions are designed to set aside a specific time to focus on discussions and action steps needed for meetings to have productive outcomes.

- Goals of All Prep Sessions:
  - Create a safe environment in which youth feel empowered to participate in assessment and planning for their current and future safety and well-being
  - Education and growth in the understanding of legal and relational permanency
  - Identify and engage supports

<b>Prep Session 1:</b>
<ul style="list-style-type: none"> <li>● Introduce the youth to YCPRT Meetings           <ol style="list-style-type: none"> <li>1. Give their YCPRT binder (YCPRT Brochure, <i>Getting Solid- Foster Club</i> Book, etc)</li> <li>2. Review Brochure (option: show them the YCPRT video)</li> <li>3. Solicit and answer questions</li> <li>4. Discuss meeting setting: virtual or location (discuss room and snacks if in person) and meeting phases</li> </ol> </li> <li>● Complete Circles of Support (Reinforce the importance of supports in YCPRT meetings)           <ol style="list-style-type: none"> <li>1. Fill out the Circles of Support document in real time (goal of 20 supports minimum) Strategies: Naturally connected questions, Placement Trails, Mobility Mapping, etc.</li> <li>2. Encourage the youth to keep thinking connections and questions they may have.</li> </ol> </li> </ul>
<b>Prep Session 2:</b>
<ul style="list-style-type: none"> <li>● Review Action Plan           <ol style="list-style-type: none"> <li>1. Discuss strategies and explore youth’s comfort/acceptance level Strategy: Scaling questions: Yes, Maybe, No- If it’s a maybe or no (Unpack the no)</li> </ol> </li> <li>● Outreach for supports           <ol style="list-style-type: none"> <li>1. Revisit Circle of Support – update as needed</li> <li>2. Discuss plans to reach out to supports (phone calls, texts, emails, letters- do these in real time)               <ul style="list-style-type: none"> <li>● Safe identification: Ask youth how they want to be referenced during reach out, specific to each support – clarify name &amp; pronouns</li> </ul> </li> </ol> </li> </ul>
<b>Prep Session 3:</b>
<ul style="list-style-type: none"> <li>● Review YCPRT Meeting Objectives           <ol style="list-style-type: none"> <li>1. Explore expectations for the YCPRT meeting               <ul style="list-style-type: none"> <li>● Safe Identification: Share who all will be at the meeting and confirm how the youth wants to be referenced during the meeting – clarifying name &amp; pronouns</li> </ul> </li> <li>2. Discuss relational and legal permanency Strategy: Bob Lewis questions (youth asks the worker)               <ul style="list-style-type: none"> <li>● Why am I still in foster care?; What are you doing about it?; What can I do about it?</li> </ul> </li> </ol> </li> <li>● Wrap Up Prep           <ol style="list-style-type: none"> <li>1. Review attending supports – update as needed</li> <li>2. Review action steps again</li> <li>3. Answer any other questions</li> </ol> </li> </ul>

- **Process Timelines**

- Ideal: Prep Session 1 → PRT → Prep Session 2 → Prep Session 3 → YCPRT
- Alternatives: PRT → Prep Session 1 & 2 → Prep Session 3 → YCPRT  
PRT → Prep Session 1, 2 & 3 → YCPRT
- Avoided: PRT → YCPRT

- **Pre-Meeting Communication**

- Youth Prepper (Assigned Worker, Independent Living Staff, WWK, etc.) communicates to Facilitator who the supports are that said they would attend.
- Facilitator contacts the supports a week prior meeting to introduce themselves and ensure their attendance.
- Communicate with YCPRT Team prior to meeting about the youth’s input and specific requests to modify and adjust meeting approaches (ie: location, snacks, sensitive strategies/action steps, etc.)

**AFTER YCPRT:** *Ongoing engagement of youth and their supports is critical to a youth’s permanency and the success of YCPRT meetings. Continued partnership with youth and supports should occur after the first YCPRT meeting takes place and before every subsequent YCPRT.*

- Goals of All Ongoing Sessions:
  - Importance of engaging youth in making placement and permanency decisions and eliciting their ongoing feedback continually to make progress, adapt, and shift approaches as needed
  - Importance of continued engagement of supports to foster connections and rebuild relationships to develop a network for the youth

**YCPRT Meeting Debrief and Ongoing Prep with the Youth**

- Highlights and lowlights of meeting
  1. Open discussion: Be prepared to celebrate, reflect, encourage, or approach difficult conversations.  
Strategy: Use a feeling word bank (ie: judged, happy, sad, excited, disappointed, hopeful, angry, confused, anxious, don’t care, so-so, fabulous, etc.) and have the youth circle how they felt  
Strategy: Suggested questions
    - What do you wish we talked about, but we didn’t?
    - What do you wish we avoided, but didn’t?
    - If you were running the meeting, what would you have done differently?
    - Bring up observations when applicable.
- Review New Action Plan
  1. Discuss strategies and explore youth’s comfort/acceptance level  
Strategy: Scaling questions: Yes, Maybe, No- If it’s a maybe or no (Unpack the no)
  2. Explore engagement  
Strategy: Is there anything you would like to discuss about the Action Plan that you were not comfortable talking about in the meeting?
  3. Continue to develop understanding and engagement of YCPRT meetings and process (framework, managing expectations, understanding relational and legal permanency, etc.).
- Update Circle of Support
  1. Reconsider additional supports or removing supports (Reach out to new supports in real time)

**YCPRT Meeting Debrief with Supports**

- Discussion
  1. Highlights and lowlights of meeting
  2. Address any difficult conversations
  3. Discuss spectrum of involvement
  4. Ask about additional supports they think should be invited
- Engaging Additional Supports
  1. As ongoing preparation continues with youth and their supports, newly identified supports or additional supports the youth is comfortable engaging in their YCPRTs should emerge. These supports should be communicated with the in ways reviewed earlier in this training. The youth should be asked what they are comfortable sharing with each support for safe identification.

- **Youth Driven Adaptations:** Reflect on the youth’s feedback and engagement then consider youth driven modifications. Intentionally partner with other team members in efforts to be youth driven through the modification and adjustment of meeting approaches based on youth’s input