

Sample Youth Scenario and Action Plan



Youth Scenario

Youth's Name: Alex

Age: 17 ½

Brief Case History:

Alex has been involved in the child welfare system since he was 12. His journey started when his family faced some tough times—his mom has had ongoing mental health challenges that made it difficult for her to care for Alex and his younger sister, Sophie (now 10). His father hasn't been in his life, and extended family haven't been in a position to step in consistently.

Since entering care, Alex has lived in a few different foster homes and is currently in a group setting that supports older youth. These moves have often been related to adjusting to different environments and managing the impact of past experiences. Like many teens who've been through a lot, Alex has sometimes found it hard to connect with people and build trust.

Current Situation:

Now at 17 ½, Alex lives in a residential program for older youth. He's pretty independent and tends to keep to himself. He's expressed that he's looking forward to turning 18 and starting life on his own. While he's not currently interested in participating in programs like counseling or mentoring, Alex is very clear about wanting to make his own decisions and build his future on his terms.

Alex has made it through 11th grade, which is a big milestone. He's had some ups and downs with school attendance and motivation, but he's on track to graduate around his 18th birthday. Right now, he hasn't shown much interest in planning for college or work, but his caseworker is working with him to explore options that fit his interests and goals.

Future Goals & Support:

Alex has said many times that he values his independence and doesn't feel the need for a traditional family or long-term adult connections. He's focused on being self-sufficient and shaping his own path. While his team respects his perspective, they're also helping him think about what support might look like in the future, even if it doesn't come from a conventional place.

The goal is to support Alex in preparing for adulthood in a way that honors his strengths—like his independence, self-awareness, and resilience—while gently helping him consider how a supportive network (formal or informal) can make his transition smoother.

Action Plan

INSTRUCTIONS: Please fill in all columns below for each recommended action plan strategy.

Strategy #1: Build supportive relationships

Actions <i>(List specific tasks)</i>	Anticipated Barriers to Implementation	Plan to Overcome Identified Barriers	Target Completion <i>(month/year)</i>	Person Responsible
1. Complete a Tree of Life with Alex	Alex may not want to do it	Let Alex not do it; if not, ask people familiar to share from their knowledge	Within 1 month	Caseworker
2. Alex to take lead in co-designing next meeting (location, budget, agenda)	Getting clarity on budget, knowing what goes into setting a plan agenda	YCPRT will provide budget form and follow ups to work through steps	Start in 2 weeks – complete before next YCPRT	Alex, YCPRT Facilitator
3. Explore Alex's desires around connection with his mom and younger sister; and any former foster parents - how he wants this to look for his future	May need to navigate feelings around this	Creative ways to explore this; can't be a "counseling" session – Alex doesn't want this	Before next roundtable	James, LSW - Community Care Coordinator from <i>Youth Thrive</i> – Alex okay with meeting him at their site
4. Explore peer mentorship, that allow Alex to be the mentor as part of the process	Limited options available	Explore virtual communities as well	Within 1 month	Alex, with support of Youth Navigator Network
5.				
6.				
7.				
8.				

Action Plan (Continued)

INSTRUCTIONS: Please fill in all columns below for each recommended action plan strategy.

Strategy #2: Explore Choices Around Permanency: Talk More with Alex about “Real Life” Support His Way

Actions (<i>List specific tasks</i>)	Anticipated Barriers to Implementation	Plan to Overcome Identified Barriers	Target Completion (<i>month/year</i>)	Person Responsible
1. Alex to create a “Ready to Launch” checklist utilizing the <i>Permanency Pact</i> that covers what he knows he needs at 18 (housing, ID, phone plan, job leads, etc)	Overwhelm or avoidance	Break it down into weekly items, recognize this is how he proves he’s ready	Starting next week, reviewed monthly	Alex, with support from Caseworker, & Independent Living
2. Alex to identify relationships with people that will support any of the above steps and his “Ready to Launch” plan - Utilize the Permanency Pact to have a plan around specific scenarios: Ask real-life “what if” questions like: “What would you do if you lost your job?” or “Who would you call if you were really sick?” - Tease out with Alex the types of support he <i>would</i> accept (e.g., someone to call for advice, help with car repairs, someone to text when he gets good news) and identify adults who could fill those roles without pressure. – Use Getting Solid book for ideas. - Explore the idea of a “Check-in Champion” – informal supportive adult(s) who can offer low-pressure, occasional support that respects Alex’s independence and boundaries.	Alex is confident about doing things on his own.	Having Alex identify the people, and listening to what is realistic and natural supports	Ongoing, starting during all conversations	Alex, with support from best friend, Jade and her mother; Assigned Worker and Facilitator during youth prep sessions
3. Connect Alex with young adults who’ve aged out and built their own support networks and accessed aftercare supports.	Alex may feel hesitant to connect	Allow this to be peer/youth led – not a lecture; support initial connection- whether that means being there for the discussion or however it feels best	Within 6 weeks	Kinnect YNN program – contact through facilitator

Action Plan (Continued)				
<p>4. Help Alex explore what “chosen family” can look like through the following:</p> <ul style="list-style-type: none"> - Share short videos or podcasts showing how adults (e.g. Alex’s favorite musicians) rely on others. - Offer a journaling or discussion activity: <i>“What does being strong actually look like?”</i> or <i>“When is it okay for adults to lean on others?”</i> 	Alex needs to want this	Allow Alex to decide on which activities make the most sense	Within 4 weeks	Alex, with support from assigned worker, residential case manager/care coordination team – dedicated time for this
5.				