Video Briefs as a Training Modality for Busy Transition Service Providers

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https://www. pathwaysrtc.pdx.edu/pathways-transition-training-partnership

ABSTRACT

Based on priorities identified in a national training needs survey, we created ten video briefs, each accompanied by a resource list and discussion questions. Training participants rated total video briefs and clips of peer support specialists as most helpful, followed by online resources, service provider clips, and discussion questions. Total training and component ratings were significantly associated. Video briefs offer strategies for sharing skill-based practice tips with transition service providers individually or in agency settings.

INTRODUCTION

Using YPAR,[1] Pathways researchers and young adults from Youth MOVE National collaboratively developed and implemented a national survey of transition service providers to guide the development of training materials.[2]

Survey participants reported "moderate" training needs across a range of competencies and skills needed for effective transition services and indicated heavy workload and limited time as barriers to engaging in training.

Responding to survey participants' reported areas of training need, we created and tested the **Pathways Transition Training Video Brief** series (See crosswalk in Table 1).

METHOD

Using available content from video-taped interviews,[3] we developed ten 5-7 minute video briefs (VBs).

Participants reviewed the VBs on the Pathways website and replied to an online evaluative survey, rating VBs and components on a 5-point helpfulness scale.

Of the 29 pilot study participants, the majority were female (89.6%), Latinx (62.1%), under 40 years of age (93.1%), and held college degrees (89.7%); they had some experience providing youth services (*M* = 3.73 years, **SD** = 4.22).

1. Video Briefs & Training Need Ranks

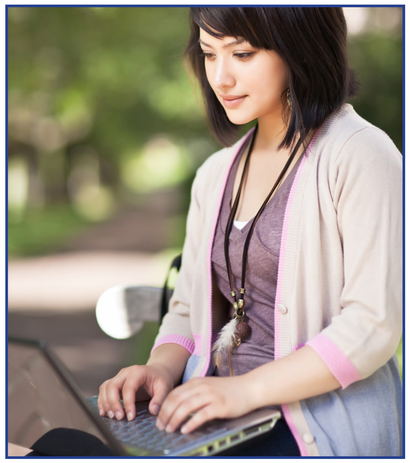
Video Brief Title	Rank of Training Need in Survey
1. Trauma Informed Care	1. "Employing Trauma Informed Principles"
2. Understanding Youth Culture	2. "Understanding Youth Culture"
3. Engaging Youth in Treatment	2. "Understanding Youth Culture"
4. Promoting Family Support	3. "Promoting Natural Supports"
5. Shared Decision Making	7. "Supporting Youth Empowerment"
6. Working with Native American Youth	4. "Using Culturally-Responsive Practices"
7. Working with LGBTQ Youth	6. "Applying Positive Youth Development"
8. Supporting Healthy Adult Relationships	5. "Helping to Navigate Transitions"
9. Collaborating with Peer Support Providers	9. "Collaborating with Peer Support Providers"
10. Supporting Young People in their Advocacy	2. Skills training need: "Supporting Young People in Advocacy"

Note. *N* = 254 service providers completing *Supporting You in Supporting Youth* survey. VB 1-9 have competency training needs ranked; VB 10 has skills training needs ranked.

2. Correlations of Helpfulness Ratings for Pathways Transition Training Video Briefs and Components

	Video Briefs	Peer Support Clips	Other Service Provider Clips	Discussion Questions	Online Resources
Video Briefs					
Peer Support Clips	.410*				
Other Service Provider Clips	.506**	.896**			
Discussion Questions	.541**	.630**	.766**		
Online Resources	.157	.747**	.706**	.727**	
Helpfulness Scale Mean	4.655	4.517	4.414	4.33	4.462
Standard Deviation	0.814	1.089	1.053	0.961	0.948

Note. * $p < .05$; ** $p < .01$. *N* = 29 pilot participants. Scale ratings ranged from 1 = "very unhelpful" to 5 "very helpful."



FINDINGS

Pilot participants rated the VB series and the clips of peer support providers as very helpful (Table 2), rating other components between somewhat helpful and very helpful.

Helpfulness ratings were generally significantly correlated each other.

Qualitative responses of participants underscored the significance of the topics addressed.

trauma-informed care: "Talking about the important of safety, and the biology behind feeling safe, was very helpful."

respecting youth culture: "...communicating to youth that services are for them and making easy changes in the environment to make them feel more comfortable and empowered."

shared decision making: "Empowerment through including youths in decisions being made about them."

CONCLUSION

Pilot findings confirm the helpfulness of targeted video-based trainings that address topics identified as crucial by service providers working with young people facing mental health challenges.

Video training briefs and accompanying tools have potential utility for enhancing transition providers' skills.

Offering these video trainings as part of team-based workforce development activities[4] and as a resource for staff discussions may improve transition services.

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