

Module 10:

Using Evidence-Supported Practices and Individualizing Interventions

Objectives

1. To locate, adapt, and incorporate new knowledge to build services that are evidence-based.
2. To understand the distinctive and common features of best practices based on positive youth development.
3. To adapt services based on cultural preferences and individual circumstances of emerging adults.
4. To develop knowledge and skills to evaluate and improve programs in partnership with young people.

Training Video



Promoting Recovery 2



View the video at YouTube:
<https://youtu.be/huMvflh26eE>

Video Discussion Questions

A young person fills out a questionnaire about her recovery as part of a transition program. A service provider facilitates this process. After viewing the video segment, address the following questions:

1. When she says she wants to be in therapy, what might the service provider ask her to more fully understand this answer and to help her examine it?
 2. There is a brief discussion of a medication decision in this video segment. What questions might the service provider ask to explore ways the young person might collaborate with health care providers to make health-related decisions?
 3. What would you do to help the young person to look more closely at her answer to the question, “How do you want to feel in three years?”
 4. The young woman reveals that she would like to “go away for a day” with no outside contacts. What might you ask to follow up that statement and learn more about how that might add to her recovery?
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Module 10 Questions

Here we offer questions to guide your thinking about how module 10 content could be applied in your work with the young people you serve in your community:

1. What evidence-based approach(es) have you received training in? How have you been able to apply this approach in your local context or with a youth or family from a culturally-specific group?
2. What have you found to be common features of how you successfully work with young people and/or families of transition aged youth? Make a list of your preferred strategies and consider examples. How could you improve?
3. How have you asked for feedback from youth on how helpful you have been? What specific feedback did you ask for? Did you use a specific tool for checking on outcomes? How did you respond to their positive and negative feedback?
4. Has your program engaged in a program evaluation and if so, how did you/could you involve young people and/or their families in evaluation?
5. What roles for engaging young people in system or program change exist at your organization? In what ways have you seen services improving in response to youth input?