

# My Life My Plan

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Opening the Area

**R**DEHUMANIZING

Why We Do What We Do

What do you think of when we say,  
"Youth Led Transition Planning?"

What does it mean to you?

# Youth Led Transition/Reentry Plan

And What It Means To Us

# Overview of the Elements of a Missouri Model Self-Care Plan

- ▶ Support Team
- ▶ Personal Growth
- ▶ Family Dynamics
- ▶ Home Life (Rules and Structure)
- ▶ Social Interaction
- ▶ Spirituality
- ▶ Education Goals
- ▶ Career Development
- ▶ Personal Health Assessment

# Support Team

- ▶ The support team is essentially the collective group of people the youth can rely on for advice, encouragement, and guidance - a wholesome support.
- ▶ Depending on the individual's circumstances, they may choose to include their family, friends, mentors, teachers, coaches, etc.
- ▶ Potentially present a life timeline, genogram, eco map, and or anger cycle to their support team to give their support team a more comprehensive understanding of what the young person will or may require from them

# Personal Growth

- ▶ Strengths
- ▶ What they have learned about themselves
- ▶ Progress towards treatment goals
- ▶ Goals for life/dreams
- ▶ How they met their needs before and how they plan to meet their needs upon release
- ▶ Triggers
- ▶ Warning signs
- ▶ How they will cope with/address their triggers
- ▶ Safe places and people

# Family Dynamics

- ▶ Most proud about their family
- ▶ Identified role in the family
- ▶ What they have learned about their family
- ▶ What their family has learned about them
- ▶ What they are going to do to be helpful at home
- ▶ Challenges as a family before
- ▶ Challenges as a family after



# Home Life (Rules and Structure)

- ▶ Where they used to live and how that shaped them
- ▶ Where they will live after and if this will present any challenges
- ▶ Who will live in the house aside from them
- ▶ Their responsibilities at home
- ▶ Rules/expectations (check-ins, chores, curfews)

# Social Interactions

- ▶ Who they identify as their friends
- ▶ What they need from their friends to meet their own goals
- ▶ Identify friends that may not help them meet their own goals
- ▶ How they will deal with friends that will not help them meet their own goals
- ▶ How they support their friends
- ▶ Appropriate setting to productively interact with their friends

# Spirituality

- ▶ Express whether they have either strengthened or developed a sense of spirituality
- ▶ Discuss any adherence to a particular religion, belief system, or other sense of a higher purpose and how they intend to use such a sense of spirituality to guide the hold them accountable, and/or motivate them
- ▶ Explain why their spirituality is important, or not, to them when it comes to their goals

# Education Goals

- ▶ Identify their education goals
- ▶ What they have done while in the system to advance their education goals
- ▶ What they will continue to do to advance their education goals after release
- ▶ Identify needs in order to continue to pursue their education goals

# Career Development

- ▶ Sectors in which they are interested/eligible for obtaining employment
- ▶ Self-perceived work ethic
- ▶ Skills/assets they can contribute to an employer
- ▶ Identify how any vocational training, education goals met, certificate programs, or any other job readiness programs will help in navigating employment

# Personal Health Assessment

- ▶ Identify health concerns emotionally, mentally, and physically
- ▶ What they are going to do to remain holistically healthy
- ▶ Resources needed for emotional health (friends, therapists, etc.)
- ▶ Resources needed for mental health (medications, psychiatrists, etc.)
- ▶ Resources needed for physical health (gyms, sports, etc.)

# Youth Led Transition/Reentry Plan

And The Roles In Developing  
One

# Youth's Role In Development

- ▶ Put effort in creating the actual plan itself, whether paper or digital
- ▶ Identify any of the elements listed in the overview as presented in the previous slides, or more dimensions if relevant
- ▶ Organizing the information they have identified into a presentable and effective document



# Family's Role In Development

- ▶ Keep the young person updated on the home dynamics and possibly inform them of any changes since they left
- ▶ Assist the young person in taking first steps to meet the goals the young person has set for themselves (possibly even set goals together - family goals)
- ▶ Be aware of young person's triggers and high-risk situations to monitor potentially harmful behavior
- ▶ Support the decisions, hopes, and autonomy of the young person

# Probation Officer's Role In Development

- ▶
- ▶
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