



Please sign in!



Fill out the below information, to confirm your attendance at today's training and discussion.

Credible Messenger Programs, Safety & Relapse Prevention Plans

Hosted by EBA

9/3/2021

Company name \*

First name \* Last name \*

Email \*

Job title \*


Service Region \*  
Please select your specific office location

- ☐ Northern
- ☐ Central
- ☐ Western
- ☐ Southern
- ☐ Eastern

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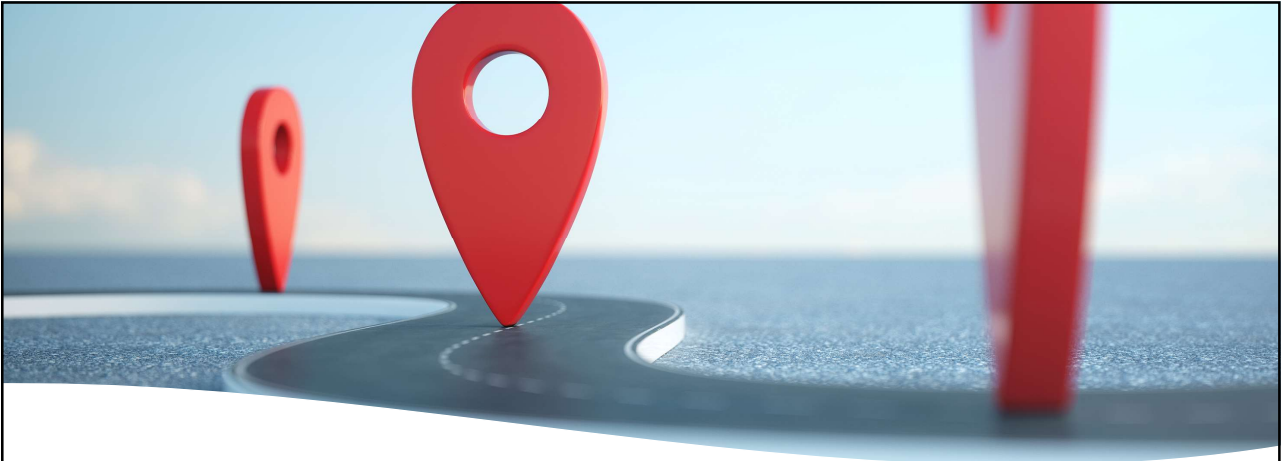
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A background image showing a blue road with white dashed lines curving into the distance under a clear blue sky. Three large red location pins are placed along the road, with the central one being the largest and most prominent.

# Agenda

- Credible Messenger Programs
- Contractual Language
- Purpose – The Why?
- Safety Plans
- Relapse – Sustainability and Transition Plans

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# What is a Credible Messenger?

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<div>EBA Contracted Service Definitions (current)</div>	<div>Casey Life Skills by Credible Messenger* (CM)</div> <div>Casey Life Skills service (see above definition) provided by an adult mentor/coach, specifically trained in the CM model, will be matched with a youth and will utilize their shared, similar, or relevant lived experience to connect with the youth (CMs share a similar background, come from the same community, and often have prior justice involvement). The CM will employ their knowledge of community dynamics and resources to help youth achieve identified goals connected with the primary service. Documentation of CM training (including location, trainer, agenda, etc.) must be submitted and approved by EBA prior to the service enhancement being endorsed; ongoing CM related trainings are required.</div>
	<div>Credible Messenger Healthy Wealthy and Wise Group* (HWW)</div> <div>This group-based intervention is a trauma-informed, culturally relevant, cognitive behavioral therapy (CBT) program specifically designed for high-risk system-involved youth and young adults. HWW consists of a 14 to 16-week group session primarily covering four topic areas: 1) Decision Making, 2) Identity and Purpose, 3) Overcoming Trauma and Pain, and 4) Life Skills and Financial Literacy. Group provided by trained and certified Credible Messenger with ongoing training and fidelity monitoring.</div>
	<div>Credible Messenger Skills Coaching*</div> <div>One-to-one intervention provided by a trained and certified Credible Messenger (a specially trained mentor with relevant life experiences, who can connect with and motivate high-risk youth). Focus is on transforming attitudes and beliefs, enhancing life skills, improving decision making skills, career exploration, and academic guidance to modify individual behavior and strengthen disadvantaged communities and connecting youth with local resources. Ongoing CM training and fidelity monitoring is required</div>

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Common Guiding Principles

- Promote family and community engagement,
- Help families navigate the justice system based on their own involvement and family experiences,
- Connect young people to caring adults in their home communities,
- Enhance city-wide violence prevention efforts,
- Improve services to youth in the community,
- Connect youth to resources and relationships to ensure their success, and
- Create job opportunities for residents that build on the strengths of natural community leaders (Credible Messengers).

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Washington, DC

The Credible Messenger Initiative at the Department of Youth Rehabilitation Services (DYRS)

A transformative, mentoring intervention program for youth committed to the agency, with a restorative justice philosophy for young people in the community at large.

Credible messengers are neighborhood leaders, experienced youth advocates and individuals with relevant life experiences whose role is to help youth transform attitudes and behaviors around violence. They also assist young people and their families in navigating the justice system and accessing other needed supports and services.

The initiative is also a job-creator providing opportunities for formerly system-involved adults to work and build opportunity in their own communities.

<https://dyrs.dc.gov/page/credible-messenger-initiative> .

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New York

AIM Advocate Intervene Mentor	Next STEPS Striving Toward Engagement and Peaceful Solutions	Arches A Transformative Mentoring Program	4As Arches Alumni Academy for Advancement
<ul style="list-style-type: none"><li>• An intensive mentoring and advocacy program for young people on probation who are facing a violation of probation due to chronic absenteeism or chronic unresponsiveness to interventions and engagement strategies. Participants are placed with advocates who provide structure and guidance while connecting them to untapped community resources. Each advocate works with no more than four young people at a time and is available to the youth and their families 24/7.</li></ul>	<ul style="list-style-type: none"><li>• The Next STEPS initiative offers one-on-one and group mentoring designed to help young adults make the attitude and behavioral changes to avoid criminal activity and to reengage with education, work and community. This transformative mentoring program is designed to intervene at a critical point in the lives of young adults who are actively engaged and/or involved in serious violent activity and/or gang-affiliated, who reside in or near targeted NYCHA housing developments throughout New York City.</li></ul>	<ul style="list-style-type: none"><li>• This 6-month program by the New York City Department of Probation uses a curriculum-based group mentoring approach to help people on probation to foster positive change in their decision-making and behavior and expand opportunities for them to move out of the criminal and juvenile justice systems through meaningful education, employment, health services, family engagement and civic participation.</li></ul>	<ul style="list-style-type: none"><li>• The 4As (Arches Alumni Academy for Advancement) program is an initiative that features an intensive leadership development curriculum where participants who have completed programs like Arches can further develop their leadership and mentoring skills. Participants meet twice a week for intensive training on topics ranging from public speaking and group facilitation skills, to system analysis and social justice. Graduates of the 4As program serve on a Leadership Council through which they plan program activities, advise on juvenile/criminal justice policy, and speak to other youth at schools, detention centers, and community-based programs.</li></ul>

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Come from the same communities, same neighborhood and backgrounds, or are formerly incarcerated/ involved in the justice system;

Co-create individualized service plans, connect youth to community resources

Demonstrate integrity and transformation,

Are skilled and trained in mentoring young people;

Common Themes

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CREDIBLE MESSENGER

JUSTICE CENTER

Credible Messenger Institute (CMI)

<https://cmjcenter.org/cmi/>

Northwest Credible Messenger

<https://northwestcrediblemessenger.org/>



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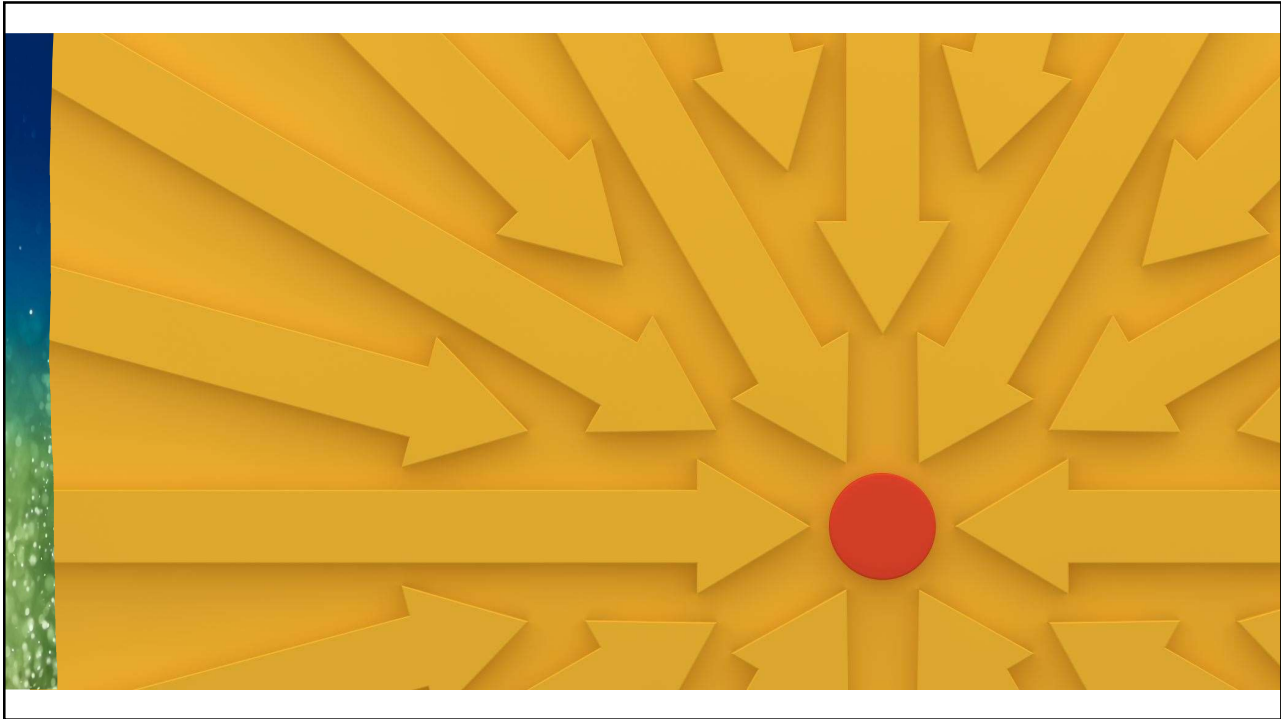
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## Don't get caught up with the new BUZZ...


- Think about your agency's mission..
- What do you do well?
- What are the needs of the community?
- How can you help?
- Reach out to EBA!

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Contract Language

Relapse Prevention Safety Plans

DSP shall develop a functional and collaborative Relapse Prevention Safety Plan (RPSP) with the Youth, DJJ Staff, and parent(s) and/or guardian(s), when applicable, **upon service initiation** or at the development of the Service Plan.

- All RPSPs will be based on DJJ’S RPSP GUIDELINES, taking into account the Youth’s risk level, individual needs, and responsivity to reduce risk, increase safety, and maximize the Youth’s potential for pro-social development. A copy of the RPSP must be submitted to EBA and CSU within the 30 days of initiation of Services. (RPSP reference document available upon request).
- Service Provider shall update and revise the RPSP with the Youth as needed throughout the delivery of Services; a final copy shall be provided to the Youth at the close of services and attached to the Discharge Summary.

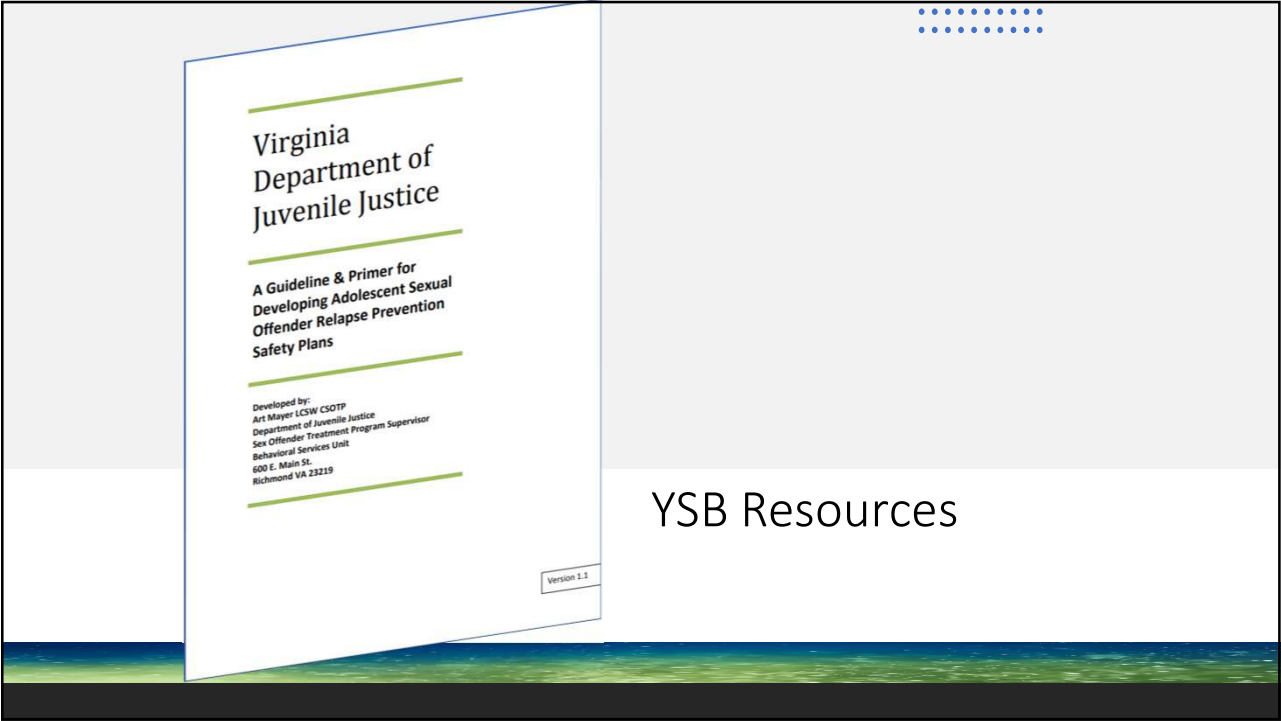
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Contract Language

Safety Plans and Relapse Prevention Plans

- **DSP shall provide youth a mutually developed Relapse Prevention Plan** (e.g., Sustainability Plan or Transition Plan, etc.) **at the close of services to include**, without limitation, **Substance Abuse services**, services for **Youth with Sexualized Behavior**, **Multi-Systemic Therapy** (MST) and **Functional Family Therapy** (FFT).
- Relapse Prevention Plans shall be provided to the Youth and DJJ Staff at the time-of-service termination and to EBA with the final invoice and within 20 calendar days of termination of service.

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### Transition & Relapse Prevention Planning

Relapse Prevention Plans focus on the *individual*.

- Triggers, risk factors, coping skills, supports.

Safety Plans focus on *external* factors.

- Boundaries, limitations.

A strong plan combines the two – Relapse Prevention AND Safety Plan.

Transition Plans for youth returning to the community.

- Plan prior to re-entry and focus on recent behaviors.
- Collaboration with community-level provider.

#### Relapse Prevention Safety Plan Worksheet (Youth Version)

Name \_\_\_\_\_ Date \_\_\_\_\_

List potential high risk situations or triggers (events, thoughts, feelings, behaviors, people, places, things) and what plan and/or coping skills you might use to address them.

High Risk Situations / Triggers	Plan / Coping Skills to Address the Situation

List people in your support system and how you can contact them.

Support People	How to Contact Them

List of short and long term personal goals.

Short Term (within six months)	Long term (longer than six months)

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# Substance Use Relapse Prevention



Triggers

Specific people, thought patterns, scenarios.



Warning Signs

Emotions, thoughts, change in behaviors.



Step-by-Step Action Plan

Supports to contact, distractions.



Preventative Tools

Journaling, exercising, support groups.

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## FFT & MST

### Relapse Prevention & Sustainability Plan

Youth Name: \_\_\_\_\_

Date of Plan: \_\_\_\_\_

Name of Individual's Participating in the Development of the Plan: \_\_\_\_\_

Referral Behavior: \_\_\_\_\_

Positive Behavior: \_\_\_\_\_

BECAUSE: (Include plans for each factor identified that contributed to the negative behavior)

\_\_\_\_\_

\_\_\_\_\_

Steps to keep going

### Sustainability Plan

Date: \_\_\_\_\_ Youth: \_\_\_\_\_

Referral Behavior: \_\_\_\_\_

Positive Behavior: \_\_\_\_\_

BECAUSE: (Include plans for each factor identified that contributed to the negative behavior)

\_\_\_\_\_

Steps to keep going

What could go wrong? (IF...)	Plan "B" (THEN...)
_____	_____
_____	_____

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# High Fidelity Wrap Intensive Care Coordination



## – “Band Aid” Crisis Plan –



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Crisis/Safety Concern: \_\_\_\_\_

Is there a crisis behavior? Describe: \_\_\_\_\_

Triggers (setting events, environment, behavioral, physiological?) \_\_\_\_\_

Function of the behavior? \_\_\_\_\_

What has helped in the past? What might work now? \_\_\_\_\_

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# Safety Plans

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<h1>Key components</h1>	
	<ul style="list-style-type: none"><li>• <b>Person-centered</b><ul style="list-style-type: none"><li>• Tailored to the individual</li></ul></li><li>• <b>Triggers/warning signs</b></li><li>• <b>Interventions</b><ul style="list-style-type: none"><li>• Internal/external coping skills</li><li>• Action steps</li></ul></li><li>• <b>Supports</b><ul style="list-style-type: none"><li>• Participants/emergency contacts</li></ul></li></ul>

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Templates

**Safety Plan**  
If you struggle with suicidal thoughts or urges then complete this form with a mental health professional. The goal is to develop a plan you feel confident that you could use in a crisis.

Ⓢ Warning signs

How will you know when the safety plan should be used?

Things I can do to distract myself and cope...

Ⓢ ...on my own

- If you become suicidal what can you do on your own to help you not to act on your thoughts or urges?

- What activities could you do to take your mind off your problems, even if it is for a brief period of time?

Ⓢ ...with other people / socially

- Who helps you take your mind off your problems, even little while?

- What people or places can help you to distract yourself from suicidal thoughts or urges?

People who I can ask for help during a crisis:

Ⓢ Friends & family

- Among your family or friends, who do you think you could contact for help during a crisis?

- What would you need to tell them?

Ⓢ Professionals / services

- Which mental health professionals should we identify in your safety plan?

- Which services might be able to help if you are facing

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Templates

**Step 1: Warning signs:**

1. Suicidal thoughts and feeling worthless and hopeless

2. Urges to drink

3. Intense arguing with girlfriend

**Step 2: Internal coping strategies - Things I can do to distract myself without contacting anyone**

1. Play the guitar

2. Watch sports on television

3. Work out

**Step 3: Social situations and people that can help to distract me:**

1. AA Meeting

2. Joe Smith (cousin)

3. Local Coffee Shop

**Step 4: People who I can ask for help:**

1. Name Mother Phone 333-8666

2. Name AA Sponsor (Frank) Phone 333-7215

**Step 5: Professionals or agencies I can contact during a crisis:**

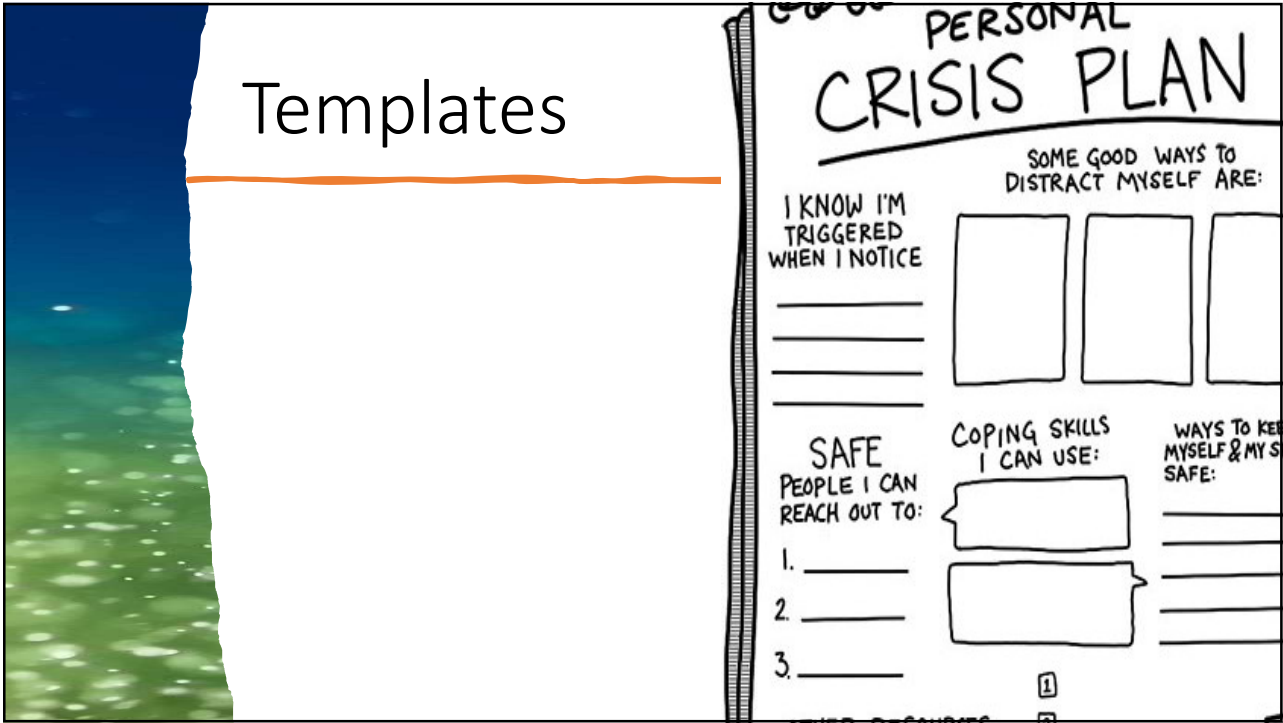
1. Clinician Name Dr John Jones Phone 333-7000  
Clinician Pager or Emergency Contact # 555 822-9999

2. Clinician Name \_\_\_\_\_ Phone \_\_\_\_\_  
Clinician Pager or Emergency Contact # \_\_\_\_\_

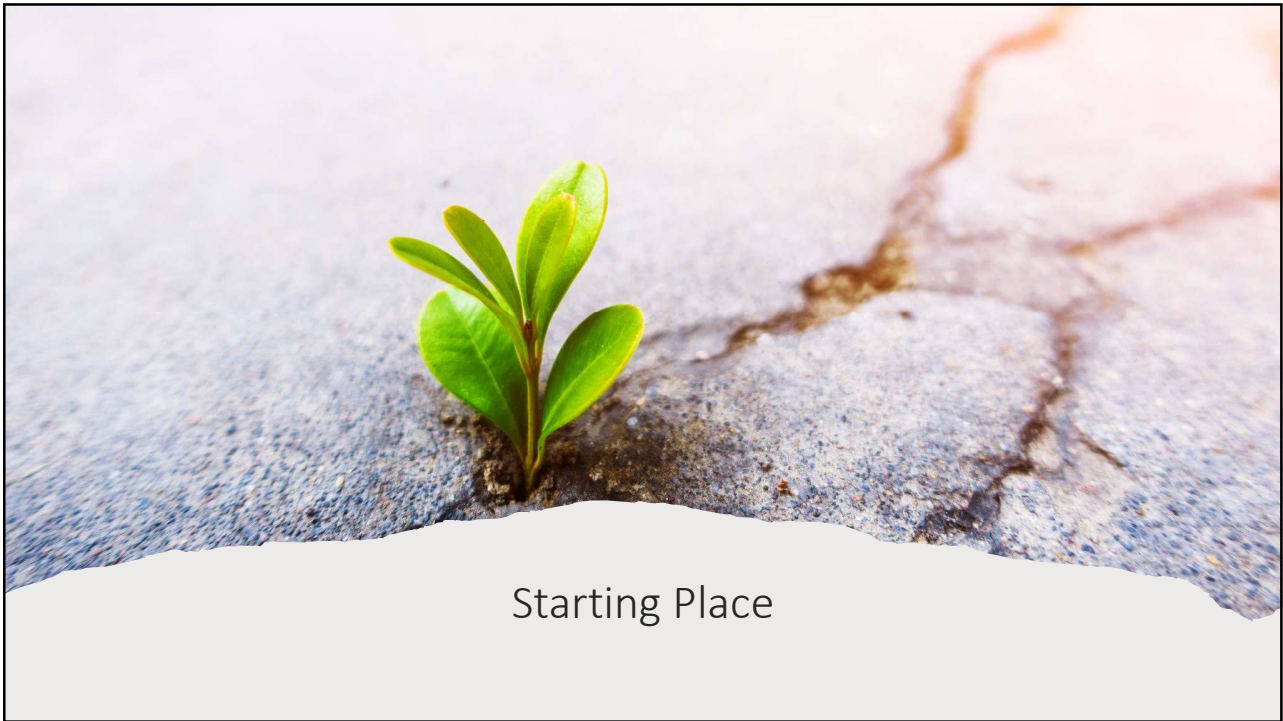
3. Local Hospital ED City Hospital Center  
Local Hospital ED Address 222 Main St

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## Capture the progress

Capture interventions to make them clear and sustainable

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## Building an Effective Relapse Prevention Safety Plan

Tools should be tailored to the youth and family's needs, interests, and lifestyle.

What works for one family may not work for another


Tools are developed during sessions and maintained with practice



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### The Best Tools are added to the Plan



CALL A TIME-OUT

MEDITATE

EXERCISE


TALK TO A TRUSTED FRIEND OR ADULT

LISTEN TO MUSIC

RELAX IN A SAFE SPACE

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### When to use the Relapse Prevention Safety Plan



TRIGGERS

HIGH-RISK SITUATIONS

DEALING WITH COMPLEX EMOTIONS

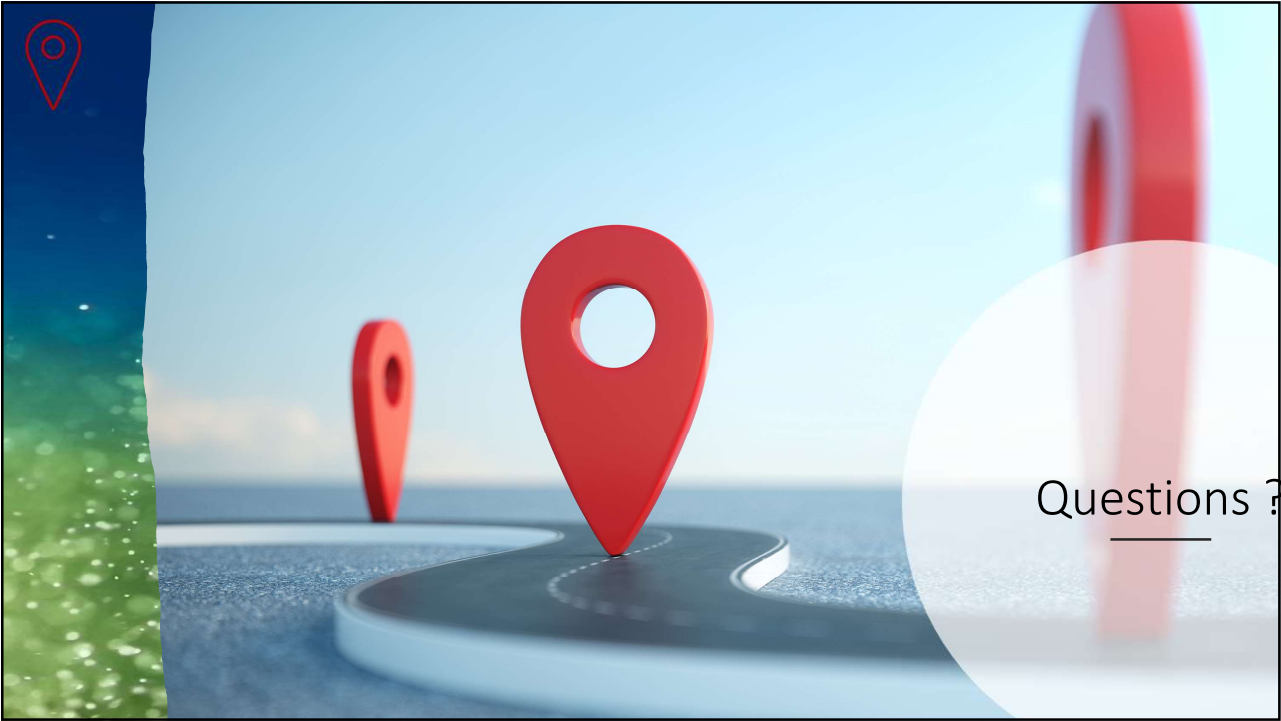
BODY SIGNS AND SIGNALS

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VISUALIZE THE SUCCESS!

