

## **Youth Centered Meetings (YCM)**

The purpose of the Youth Centered Meetings is to engage youth in setting their goals (hopes and dreams) of what they want to achieve while in the program. Best practice indicates that if youth have a voice, using strength based approaches will assist in youth engagement. We also believe that the process of planning for the meetings and the youth taking a lead will help them learn needed organizational and communication skills. Each youth is different and some have a shorter attention span than others. At times another meeting for further case planning may be required. These YCM's are not times to discuss a crisis. If a crisis does arise just prior to the meeting the YCM's might be rescheduled so the youth counsellor, youth and PO can address the issue.

We hope that during the YCM's that the youth can explain their progress, identify some of their strengths and also identify some areas they are struggling in. We hope that the relevant people attending can help in joint problem solving so the youth feels supported in reaching his/her goals.

*Who can attend?*– the youth gets a voice in who they want at their YCM. We let the youth know that it is mandatory that the PO and youth counsellor attends; however, they can have a voice in who else should be invited. We encourage the youth to consider inviting other significant supports to the meeting especially those that will be supports to them at discharge.

*What if you have been invited and want someone else to come as well?* – please call the youth counsellor and they can communicate the request to the youth. If the youth isn't willing to have the person attend perhaps another arrangement can be made that is more suitable for the youth.

*What is done prior to the meeting?* – The PO and perhaps others involved such as the SW or parent will receive the service plan and updated progress report to review prior to the meeting. The youth has worked on the YCM worksheet to get ready for the meeting. This helps identify their accomplishments, goals, needs and supports. The areas they cover are recreation, probation, discharge plan, themselves, school, carehome and work. You will receive an agenda prior to the meeting. If you have something you want on the agenda please talk to the youth counsellor prior to the meeting.

*What is the chair's role* – this can be the youth or someone else if the youth doesn't feel comfortable. The role of the chair is to guide the process and follow the agenda, ensure the youth is the center of the process, that the youth, family and others voices are heard.

*During the meeting* – we want to be strength based but realistic of how things are really going. We want the youth to be acknowledged for their accomplishments. We also want to address some of the challenges the youth may be facing and have a supportive brainstorm to come up with options to overcome these challenges.

*What happens at the end of the meeting?* – The youth counsellor will send out brief minutes that cover any highlights and commitments people have made. The hope is that will aid in follow through by all parties.

*How can I give feedback?* – We like feedback so please talk to the youth counsellor about how you thought the YCM has gone and any suggestions you might have. Or you can call the program manager at 250 286-0222 ext 222.