

Overview of Promising Path to Success



INTRODUCTION

- The children's system of care (CSOC) was awarded a federal grant in 2015 to implement Promising Path to Success.
- This initiative involves all youth residential providers across the state of New Jersey.
- Currently beginning Phase 5 of the grant.
- Expectation that YCS will sustain Promising Path to success.



GOALS OF PROMISING PATH TO SUCCESS

- Reduce/eliminate the use of seclusion and restraint.
- Reduce the percentage of youth who re-enter treatment in Out of Home(OOH) placement after initial time in OOH.
- Reduce the length of stay in OOH to 9 months.

CULTURE CHANGE

- Reducing the use of seclusion/restraint requires a culture change at the organizational as well as program level in the way we provide treatment.
- It requires looking at the way we currently interact and engage youth, families and each other.
- Reframing “what’s wrong with you” to “what happened to you.” Using a trauma lens when working with children/youth/families.
- Providing trauma informed care . Use of Trauma informed principles. TIC does not include coercion, seclusion, or use of restraint.
- Involves adopting best practices as identified in the Six Core Strategies

PROMISING PATH TO SUCCESS

- Key components of PPS:
 - Six Core Strategies
 - Nurtured Heart Approach

SIX CORE STRATEGIES (intro)

- Evidence based practice designed to reduce the use of seclusion and restraint by utilizing seclusion/restraint reduction tools, using a sensory approach to assist in sensory modulation and emotion regulation and creating environments of care that are therapeutic and healing.
- The Six Core strategies provides a framework for organizational change at all levels starting with Leadership.

SIX CORE STRATEGIES

- Leadership toward organizational change.
- Use of data to inform practice.
- Workforce development.
- Full inclusion of youth and family voice and choice.
- Use of seclusion/restraint reduction tools
- Rigorous Debriefing



LEADERSHIP TOWARDS ORGANIZATIONAL CHANGE

- Policy to address Restraint and Seclusion Reduction.
- Executive Leadership present at each kickoff call, initial meetings and monthly program implementation meetings.
- Quarterly Quizzes to increase knowledge.
- Annual mixer to highlight an aspect of PPS.



USE DATA TO INFORM PRACTICE

At YCS, the Quality Assurance/Program Integrity Department assists us in tracking and collecting data to inform our programmatic practice.

- Monthly Youth Stat Report
- Use the data to :
 - Monitor progress
 - Identify areas for improvement
 - Identify knowledge and skills needed for workforce development.



WORKFORCE DEVELOPMENT

- Comprehensive 6 day Orientation
- Annual Summer Training Institute
- Ongoing training in trauma informed care, sensory integration, vicarious trauma, etc.
- Person Centered Approach/Customer Service
- Caring for the Caregiver



NURTURED HEART APPROACH

Nurtured Heart Approach is a relationship, strength based , trauma informed approach that includes strategies to help build the Inner Wealth of children/youth, families and each other.

The Core Methodology of Nurtured Heart Approach are the 3 stands: Absolutely No, Absolutely Yes, Absolutely Clear utilized systematically, consistently and is therapeutic.



FULL INCLUSION OF YOUTH AND FAMILY VOICE AND CHOICE

- Families have a role in decision making in the treatment their child/youth are receiving.
- Create environments that are welcoming, friendly and encourage family and youth to partner in treatment, policies/procedures, evaluation of program through satisfaction surveys. Use of person centered language.
- Youth remain connected and in contact with family members.
- Contacting families when things are going well not just negative behavior/challenges.
- Families are connected to supports in the community.



SECLUSION/RESTRAINT REDUCTION TOOLS

- Strategies for promoting self-regulation
- Safety/Soothing plans
- Range of sensory modulation items and approaches to help with regulation .
- Environment of Care (create environments that are calming and healing).
- Individualized Care

USE OF SECLUSION/RESTRAINT PREVENTION TOOLS

- Relaxation Station
- Calming Corner
- Sensory Boxes
- Nurtured Heart Mixers
- Soothing/Calming Plans
-24/7 accessibility
- Sensory Room
- Yoga/Art
- (Aromatherapy
- Creative Arts Therapy

RIGOUROUS DEBRIEFING

- Not to lay blame.
- To determine what happened and what we can do to prevent restraint/ incident from occurring in the future
 - This process is to assist children/youth and staff identify what led to the incident
 - Determine if alternatives were considered and used. Why or Why not?

Rigorous Debriefing (con't)

- To reverse or minimize the negative effects of the use of restraint.
 - Evaluate the physical and emotional impact on all involved in the incident
 - Identify the need for counseling and support of all children/youth and staff involved for any trauma that may have resulted or emerged from the incident.

Rigorous Debriefing (con't)

- Holistic Review:
 - What was going on in the child/youth's life that could have contributed to his/her response. (i.e. stress , peer conflicts, medication changes, restraints in previous settings)
 - What situation occurred that the youth did not have the skill to manage?
 - What skill is underdeveloped.
 - How can we teach or reinforce the skill?

Debriefing Techniques

- Revised client and staff debriefing forms.
- Client and Staff debriefing used as an evaluative tool .
- CCQI Behavior Management and DDD workgroups review data to implement performance improvement initiatives and provide better outcomes for youth