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/RESTRRAINT 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
RIGOURS 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.