



Helping Youth Thrive

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Agenda

1

Understand the **Youth Thrive Framework**

2

Build Your Capacity to Promote Adolescent **Well-Being:**

- Changes in Practice, Policy & Systems

3

Introduce the new **Youth Thrive Survey**

- Measuring Protective & Promotive Factors



Mission

CSSP works to achieve a racially, economically, and socially just society in which all children, youth, and families thrive.



Think about when you were an adolescent.....





Youth Thrive

An initiative of CSSP

THEORY OF CHANGE

INCREASE PROTECTIVE & PROMOTIVE FACTORS

- Personal Resilience
- Social Connections
- Knowledge of Youth Development
- Concrete Support in Times of Need
- Social, Emotional, Behavioral, Intellectual and Moral Competence in Youth

REDUCE RISK FACTORS

- Psychological Stressors
- Inadequate or negative relationships with family members, adults outside youth's family and peers
- Insufficient or inadequate opportunities for positive growth and development
- Unsafe, unstable, inequitable environments

DYNAMIC OUTCOMES

- Hopeful, optimistic, compassionate, curious, resilient identity
- Supportive family and social networks
- Ability to form and sustain caring, committed relationships
- Success in school and workplace
- Service to community or society

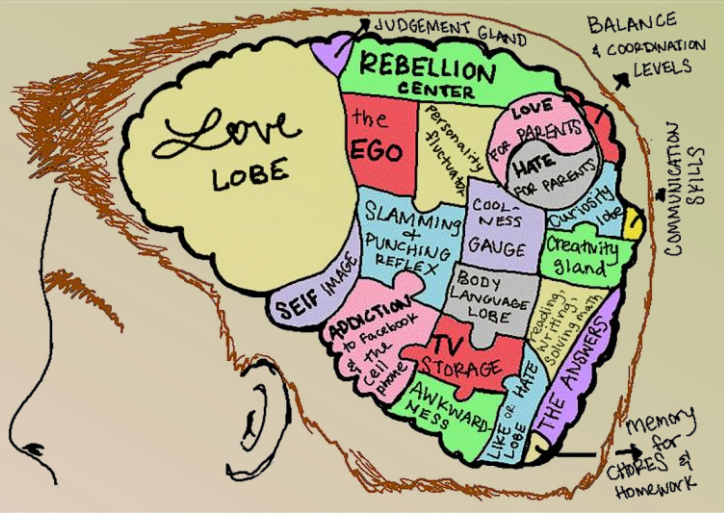


A Protective and Promotive Factors Approach



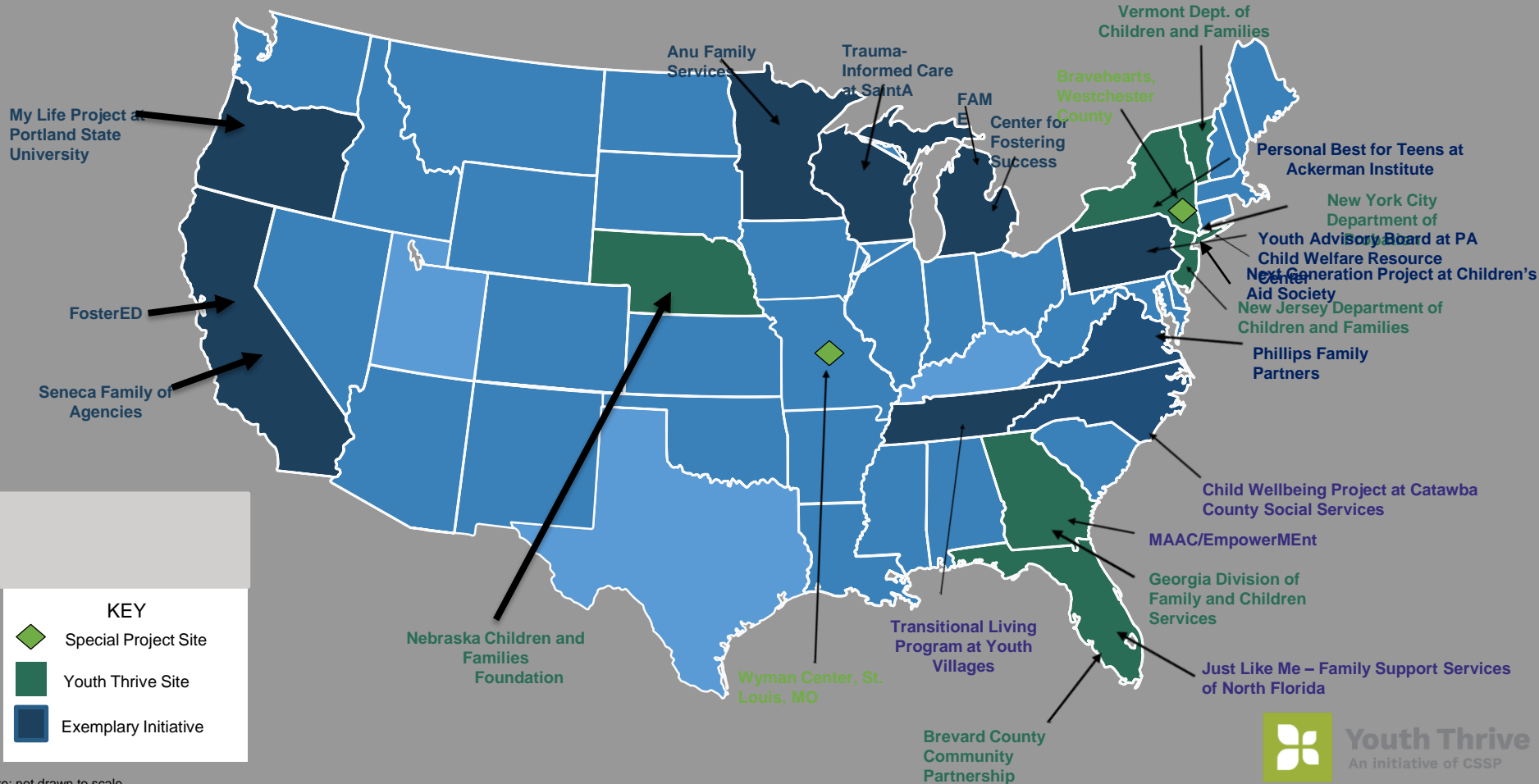
- **Risk Factors**: conditions, events, or circumstances that increase chance of poor outcomes
- **Protective Factors**: conditions or attributes that mitigate or eliminate risk
- **Promotive Factors**: conditions or attributes that actively enhance wellbeing

An Approach, Not a Model



- Research-based & evidence-informed
- Applied in any setting that serves youth & young adults, age 9-26
- Implemented through small but significant changes in policies, practice, licensing, contracting and training

2019 Youth Thrive National Network



Note: not drawn to scale



Protective and Promotive Factors

Child & Adolescent
Development

Social Connections

Cognitive & Social-
Emotional
Competencies

Concrete Supports in
Times of Need

Resilience

Guiding Premises



Guiding Premises Activity

- Read the Premise in your small group
- Discuss:
 - What does the Premise mean to you
 - Do Wraparound services support this premise
- Share a few key points with all



Guiding Premises

Young people are best supported by practitioners who understand and recognize the importance of self-awareness and self-care in their own professional practice.



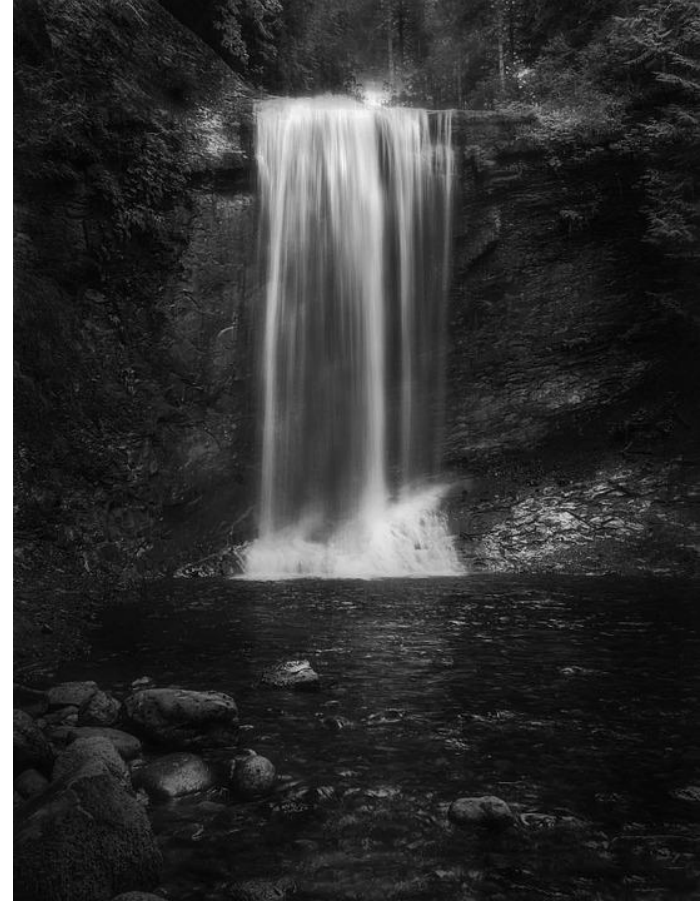
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**Center for the
Study of
Social Policy**
Ideas into Action

Guiding Premises

Young people are best supported by practitioners who are **aware of the impact of traumatic stress and understand the need to use trauma informed methods**. Trauma informed practice is a paradigm shift that focuses on trauma resolution through building resiliency. It is most concerned with what has *happened* to the youth and the subsequent impact to development rather than the youth's behavior.



Guiding Premises

Young people are best served by practitioners who focus on assets and use **strengths-based approaches** with an **awareness of current research regarding neuroscience and adolescent development.**



Guiding Premises



Young people are best supported by practitioners who understand that **attachments, connections, and relationships are a primary source of growth and learning**. It is in relationships and through the use of relationships that we experience ourselves, learn, practice new skills, and grow as humans.

Young people are best supported by who **understand the role of race, racism and bias, and the ways in which race, other identities, privilege, and power shape the young person's life, as well as the practitioner's own life.**



Guiding Premises

Guiding Premises

Young people are best supported by practitioners who understand and **provide culturally responsive services**. Being culturally responsive means we **take into account our culture**, the culture of those individuals we serve, of the larger community, and the culture that is created within our programs and organizations.





Understanding Adolescent Development



Social Connections



Concrete Supports



Cognitive & Social Emotional Competence



Resilience

**YOUTH THRIVE
5 PROTECTIVE &
PROMOTIVE FACTORS**

Youth and adults need to understand:

- adolescent bio-psycho-social development with particular attention to brain development
- ways to promote healthy development
- the impact of trauma and toxic stress



**KNOWLEDGE OF
ADOLESCENT
DEVELOPMENT**

Brain Development

Cortex

- Abstract Thought
- Concrete Thought
- Affiliation

Limbic

- Attachment
- Sexual Behavior
- Emotional Reactivity

Mid Brain Motor Regulation

- Arousal
- Appetite
- Sleep

Brain Stem

- Blood Pressure
- Heart Rate
- Body Temperature



**Prefrontal
Cortex**



**Limbic
System**



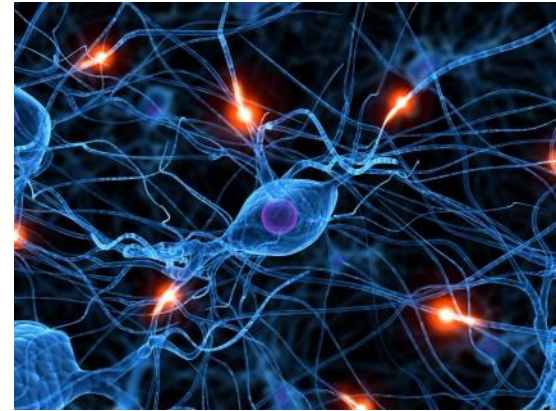
Pruning in Adolescence

- Pruning accelerates in adolescence
- Eliminates infrequently used neural connections
- Strengthens frequently used connections

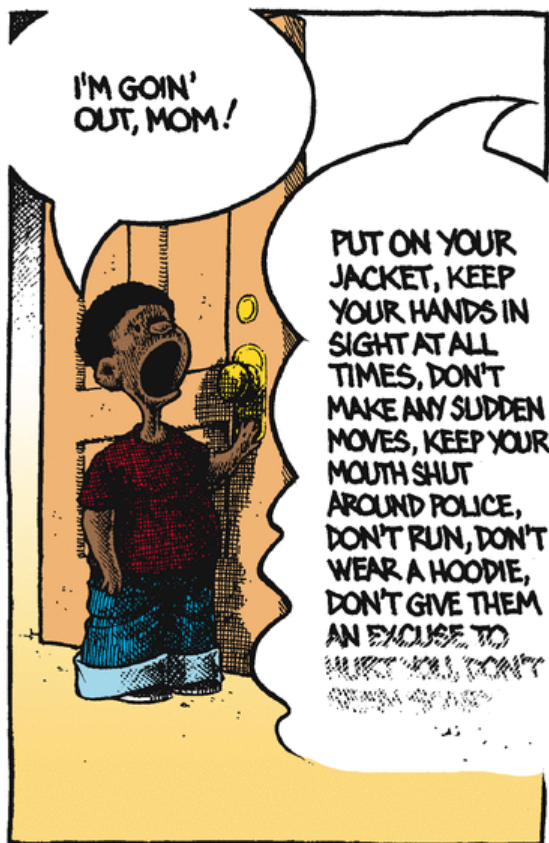


Experience Shapes Development

- Brain wires itself (create connections between neurons) based on its experience of the environment
- Causes a unique brain to develop created specifically in response to the environment
- Form templates to interpret experiences



STILL TWO AMERICAS





Impact of Trauma is NOT Permanent

- Brain cells and connections can be rewired (neuroplasticity)
- Positive relationships and experiences are critical to build new neural pathways to reach a calm and connected response state.
- Youth can rework the template they use to view the world
- Healing Centered Engagement shifts perspective from “what is wrong with you” beyond “what happened to you” to “what is right with you” - Dr. Shawn Ginwright
- There is NO point of no return – children and youth can thrive!



Healthy, sustained relationships with people, institutions, the community, and a force greater than oneself that promote a sense of trust, belonging, and that one matters



**SOCIAL
CONNECTIONS**



COGNITIVE & SOCIAL EMOTIONAL COMPETENCIES



EXECUTIVE FUNCTIONING

planning,
thinking ahead
controlling impulses



POSITIVE EMOTIONS

joy, love, hope,
optimism, trust, faith
compassion



PERSONAL AGENCY

Taking responsibility for self &
decisions
confidence to
overcome obstacles



SENSE OF SELF

growing understanding
about of developmental
history and needs



CHARACTER STRENGTH

curiosity, gratitude, grit,
optimism, self-control,
social intelligence & zest





CONCRETE SUPPORTS IN TIMES OF NEED

Not as Easy as It Seems

- Hard to ask for help
- History of services/systems not listening; not meeting their needs
- Need to provide opportunities to learn and practice important skills

Promote Help Seeking

- Coordinated support and services
 - Individually focused
 - Culturally responsive
 - Grounded in respect and trust



Resilience is the process of managing stress and functioning well even when faced with challenges, adversity and trauma.



RESILIENCE



Personal Resilience Involves...

- Close, supportive connections with ***trusted*** adults
- Opportunities to communicate about feelings and needs
- Practice managing impulses and making choices
- Chance to learn from mistakes
- Skills to solve problems and ask for help

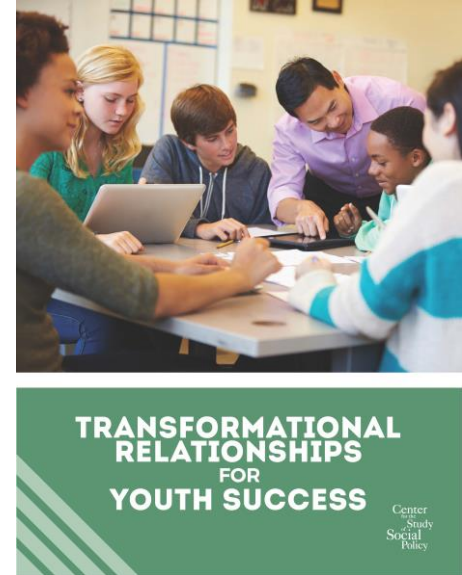
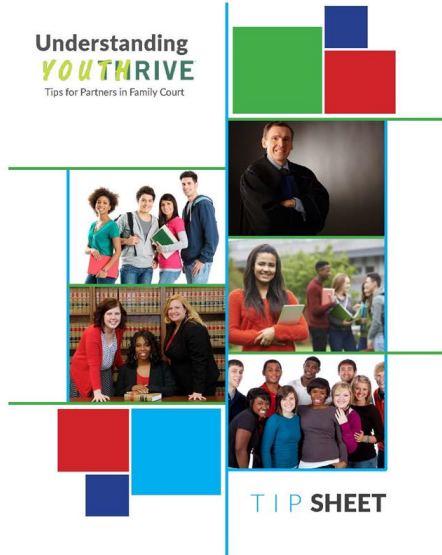
**CROSSWALK
of
Youth Thrive
with
Wraparound
and other related services**





Youth Thrive Tools

- *Youth Thrive & Families Thrive* Training
- Tip Sheet for Court Partners
- Transformational Relationships Paper
- Coaching Tool
- Youth Thrive for Youth





How Do We Measure That?





Youth Thrive™ Survey

- **Valid and reliable**
- **Youth self-assessment**
 - 12 to 26 years of age
 - 11 background questions
 - 66 Items
 - Web-based instrument
- **Takes less than 15 minutes to complete**
- **Measures positive constructs**
- **Multiple uses**
 - Assessment
 - Evaluation
 - Continuous quality improvement



Approach

Outcomes

Framework

Partners

Survey Instrument

Resources

Youth Thrive Survey

The Youth Thrive™ Survey is a valid and reliable web-based instrument that measures the presence, strength, and growth of the Youth Thrive™ Protective and Promotive Factors as proxy indicators of well-being. Co-designed with youth and young adults and taking less than 15 minutes to complete, the survey can be an effective tool for informing case planning and practice, evaluation, and continuous quality improvement (CQI) purposes. The Youth Thrive™ Survey provides reports and a full array of data visualization options. Organizations will have complete access to the instrument free of charge, cost underwritten by CSSP through October 2019. Learn more [in our one-pager](#).

Existing Survey participants [may log in here](#).

[Click here](#) to access the Youth Thrive Survey User Manual.

To obtain a log in, please click one of the following links:

[Organizational User Registration](#)

[Independent User Registration](#)

Youth Thrive Survey Examples of Items

Youth Resilience: Managing stress and functioning well when faced with stressors, challenges, or adversity; the outcome is personal growth and change.

Response Options: Not at all like me, A little like me, Sort of like me, A lot like me or Very much like me

Item	Construct
I believe I will be okay even when bad things happen.	Optimism; Coping skills
When I have a problem, I come up with ways to solve it.	Cognitive flexibility; Problem solving skills
Failure just makes me try harder.	Persistence; Determination

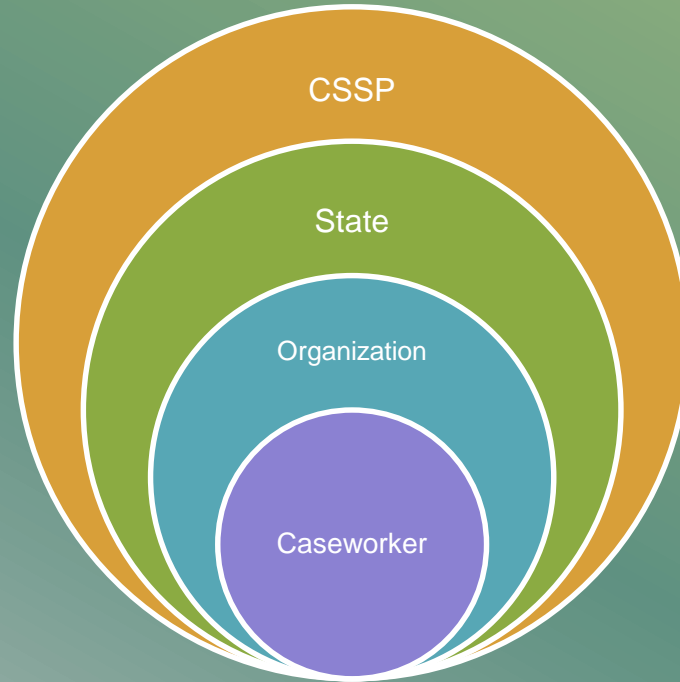
Youth Thrive Survey Examples of Items

Social Connections: Having healthy, sustained relationships with people, institutions, the community, and a force greater than oneself.

Response Options: Not at all like me, A little like me, Sort of like me, A lot like me or Very much like me

Item	Construct
My spiritual or religious beliefs give me hope when bad things happen.	Spiritual Connectedness
There is an adult family member who is always there for me when I need them (for example, my birth or adoptive parent, spouse, adult sibling, extended family member, legal guardian, non-biological chosen family).	Family social support; Healthy relationships with significant adults
I do things to make the world a better place like	Constructive engagement; Contribution to community

Levels of Access to Youth Thrive™ Survey Data





Using the Reports: Accessing Survey Results

- Survey Summary
- Individual Scores Over Time
- Comparing Scores from Pre to Post
- Cross-Demographic Analysis
- Data Download

Questions & Comments



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**Center for the
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Ideas into Action



Strategies for Implementing Youth Thrive

- NYC Department of Probation, Juvenile Division embedded the Youth Thrive Protective and Promotive Factors within its Individual Action Plans
- New Jersey's Department of Children and Families modified their Transitional Living Plans to incorporate youth voice
- Vermont incorporated Youth Thrive language into contracts for services statewide
- Nebraska trained 800 community providers in the Youth Thrive approach
- Brevard, Florida developed a Youth Leadership Council to inform policy and practice decisions



What YOU Can Do!

Help Youth:

- Understand what's happening with them developmentally
- Navigate risks
- Build and sustain healthy relationships
- Problem-solve & face challenges
- Make productive decisions during challenging times
- Share their voice and make choices
- Take responsibility for actions & consider consequences
- Decide when and how to get help
- Make self-care & well-being a priority