

500-10

## Positive Youth Development Intervention

### Introduction and Program History

This section of the AFLP Policies and Procedures (P&P) is only applicable to those agencies designated to implement the Adolescent Family Life Program Positive Youth Development (AFLP PYD) intervention.

In September 2010, Maternal, Child, and Adolescent Health (MCAH) received a grant award of \$2 million per year for three years through the Affordable Care Act Pregnancy Assistance Fund (PAF) administered by the U.S. Department of Health and Human Services, Office of Adolescent Health. This grant was used to develop and implement a standardized, evidence-informed intervention, and conduct subsequent evaluation to strengthen AFLP. This intervention, known as AFLP PYD, was initially piloted in 11 AFLP agencies. In July 2013, MCAH was awarded a second round of OAH funding of \$1.5 million per year for four years to expand implementation of the PYD intervention to additional AFLP sites and to conduct a comprehensive evaluation. This funding builds on AFLP PYD pilot with the plan to continue to implement and evaluate an evidence-informed, standardized case management intervention statewide.

AFLP PYD pilot agencies were funded from State Fiscal Years 2011-12, 2012-13, and 2013-14. The pilot agencies and additional agencies across the state are funded for the state fiscal years 2013-14, 2014-15, and 2015-16.

### Funding Period Description

AFLP PYD is aimed at increasing the capacity of communities to efficiently and effectively serve expectant and parenting teens. This project supports the development of a standardized case management model based on positive youth development principles with integrated life planning to meet the AFLP program goals.

This project focuses on building organizational capacity and integrating standardized evidence-informed approaches. Throughout the project, MCAH is assessing the amount of time needed, intensity of services, and key intervention components that will ensure program effectiveness and progress towards achieving the program goals. As a result of this project, formative evaluation, and subsequent outcome evaluation, MCAH will develop revised AFLP standards and policies and procedures.

## **Local Activities of AFLP PYD**

**Intervention Overview** The local activities of AFLP PYD agencies focus on the individual case management needs of the expectant and parenting clients served by the local agency and the evidence-informed approaches piloted as part of this project. The activities are maintained through adherence to the AFLP P&P and Scope of Work (SOW), unless otherwise noted.

The AFLP PYD intervention is founded on a research-based positive youth development resiliency framework that emphasizes building protective factors and supporting teens in developing strengths in order to achieve goals and improve outcomes. Research suggests that for teens, protective factors promote resiliency and result in improved youth outcomes. The AFLP PYD intervention is implemented through four program phases and is supported by standardized tools and processes designed to intentionally foster resilience and build youth strengths.

The AFLP PYD intervention integrates additional evidence-informed strategies related to life planning and self-regulation and use of motivational interviewing techniques to help teens envision a better future and become increasingly motivated to positively change behaviors and achieve goals.

**Standards** Each AFLP PYD agency will adhere to the AFLP standards, including any updates to standards developed throughout the project. The AFLP PYD project will inform updates to the AFLP standards and will ultimately lead to the creation of new standards to be implemented statewide.

**Scope of Work** Each AFLP PYD agency will adhere to the AFLP SOW, including Goal 6. All agencies participating in the federal evaluation will adhere to the AFLP SOW Goal 7.

**Months of Service** As of July 2015, MCAH has eliminated the requirement for months of service (“MOS” also referred to as “Client Slots”). MOS is no longer used to determine or negotiate allocations for any AFLP or AFLP PYD sites. From July 2011 through June 2015, the State MCAH Division funded AFLP PYD agencies to conduct an AFLP that serves the needs of expectant and/or parenting teens and to pilot and implement the AFLP PYD intervention. During this time, AFLP PYD agencies were excluded from the MOS requirements. PYD funds were

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specifically designated for program development, professional development, staff training, implementation of the AFLP PYD intervention, and evaluation. Funds were not intended to increase the number of clients served. Local agencies are advised to refer to this policy in the event of an audit.

<b>Participation in Conference Calls</b>	The AFLP Director and/or designee at each AFLP PYD site must attend scheduled calls with MCAH.
<b>Participation in Evaluation</b>	All agencies receiving AFLP PYD funding must participate in MCAH/UCSF evaluation activities as outlined in the SOW. Participation in the federal evaluation is required (if applicable) following Goal 7 of the SOW.
<b>Use of the Intervention</b>	The AFLP PYD intervention must be utilized with all new and existing clients whose primary language is English or Spanish. AFLP PYD agencies may not make any changes to the intervention tools and forms without prior approval from MCAH.
<b>Contacts Per Month</b>	Clients receiving the AFLP PYD Intervention will receive a minimum of two one-hour face-to-face case management contacts per month. Case managers may need to provide additional support to youth experiencing multiple stressors or other crises. The frequency of contacts, beyond the minimum required contacts, is also determined in consultation with the supervisor and youth/family needs and preferences. Please refer to the Program Phases document for guidance on the frequency of visits.
<b>Caseload</b>	An average caseload of 20 to 25 active youth per full-time equivalent case manager with a maximum of 25 active youth for any individual case manager is the standard of practice in order to implement the AFLP PYD intervention. Programs should determine the caseload depending on the complexity and intensity of youth and family needs, travel distances, and to ensure adequate planning is done by the case manager. Programs shall use discretion in caseload assignments when youth are entering and transitioning out of the program and placed on outreach status.
<b>Required AFLP PYD Case</b>	The AFLP PYD intervention follows a similar case management structure as AFLP but also includes standardized, evidence-informed, positive youth development approaches, activities and case

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management tools. The following standardized AFLP PYD case management tools, activities and forms will be utilized with all youth receiving the AFLP PYD intervention:

- AFLP Youth-Program Fit and Prioritization Assessment (“Screener”)
- Signed consent which includes state data linking language
- Federal Evaluation Baseline Survey (if applicable)
- Comprehensive Baseline Assessment (CBA)
- Acuity Scale
- Care Plan and My Goal Sheet
- Service Matrix
- My Life and Me Activities
- My Life Plan
- Contact Log
- Fidelity Log
- Youth Outcome Assessment (YOA)
- Pregnancy Outcome (if applicable)
- AFLP PYD Chart Note (recommended, optional)

Please refer to the Implementing PYD with Fidelity document, AFLP PYD Program Phases document and Visit Guide for a narrative overview of the AFLP PYD case management process and further guidance regarding the utilization of these tools. The PYD Data Collection Schematic provides details about the data and program documentation requirements.

#### Care Plan and My Goal Sheet\*

The Care Plan is used for each youth at every visit to:

- Document key information related to the life planning process
- Document key information related to the program priorities and progress
- Track each youth’s personal goals and progress at each visit

\* For AFLP PYD Agencies the Care Plan replaces the ISP. The creation of the Care Plan meets the SOW 5.3 requirement

The content of the Care Plan must be:

- Goal oriented
- Developed in collaboration with the client in the client’s primary language, when possible
- Discussed in every face-to-face contact with client
- Utilized for documentation at every visit

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#### related to the ISP.

- Consistent with the My Goal Sheet

When the Care Plan document pages are filled, add an additional Care Plan page. A copy of each Care Plan, signed by the case manager, will be in the case file.

The My Goal Sheet is a document developed specifically for youth to identify priorities and work through the goal setting and life planning process. At least one goal on the My Goal Sheet is formally completed and documented in Phase 1 and Phase 4; however, the My Goal Sheet can be utilized throughout the program when working on life planning and goal setting.

#### AFLP PYD Program Phases

The AFLP PYD Intervention: Program Phases and Activities document provides guidance on the key goals and activities of the PYD case management intervention as well as the frequency of visits associated with each phase. The four phases include:

1. Engagement, Initial Assessment and Plan Development
2. Fostering Strengths and Sense of Purpose
3. Empowerment and Implementation of Life Planning and Goal Pursuit
4. Transition and Program Exit

#### AFLP PYD Training

Case Managers can refer to the AFLP PYD Intervention: Program Phases and Activities Guide and the Visit Guide documents for additional details about each program phase.

Prior to implementation, all case managers and supervisors involved with implementing AFLP PYD will complete the mandatory training following MCAH protocol.