

Run Prevention

Tips for Staff

What you can do

Engage, encourage, support and listen to the youth in what *they* want for their future.

Create a Youth Run Prevention Plan with the youth:

- Identify their strengths
- Brainstorm and list calming activities
- Discuss and create awareness of possible triggers

Discuss with the youth what is needed to help reduce their reasons to run:

If the youth runs to see friends:

- Work with the caregiver to increase the youth's freedom
- Increase amount of time allowed to spend with friends
- Look into possible placement with friends' family

Ensure youth's Independent Living Plan is:

- Created with the youth
- Includes their goals
- Up to date
- Provided to youth's IL provider

Review youth's level of engagement in current placement:

- Work with youth and caregiver to alleviate issues
- Look at other placement options
- Ask youth where they would like to live

Let youth have a voice and choice:

- Empower the youth to:
 - Say what they want or need
 - Express their opinions
 - Learn new things
 - Take responsibility
 - Make decisions for themselves whenever possible

Provide sense of purpose and movement:

- Incorporate the youth's goals in their case plan
 - Break down the goals into time-limited and attainable activities
 - Provide support as needed
 - Help ensure success

Case information:

- Build trust
- Share all appropriate information with youth
- Help youth understand what is going on

Create Transition Plan with the youth that:

- Includes their goals
- Lists what they need to work on
- Identifies who will help them along the way

Safety Plan:

- Create a plan and provide youth with contact information for:
 - Shelters/HOPE Programs/CRCs
 - Drop-in centers
 - Food resources
 - Medical providers

Work with caregivers to:

Provide a sense of normalcy:

- Treat all youth in the home the same
- Encourage youth to participate in activities of interest
- Allow youth to hang out with their friends
- Attend school and community events

Support a sense of belonging and safety:

- Include foster youth in all family activities
- Have clear house rules that apply to all youth
- Talk with youth about their feelings

Provide meaningful activities, opportunities and life skills:

- Show that you are invested in their life and future
- Possible life skills you could teach the youth are how to:
 - Cook
 - Grocery shop
 - Do laundry
 - Maintain a car
 - Budget
 - Find resources

Set clear limits:

- Youth need guidance
- Involve them in setting house rules
- Consequences should be related to the behavior
- Be consistent
- Be fair

For more information, visit:

www.dcyf.wa.gov

