



# YES Youth Workbook

A tool to help you during the Child and Family Team and/or Wraparound process.

Name \_\_\_\_\_

Date \_\_\_\_\_





yes.idaho.gov  
Youth Empowerment Services

# Introduction

This workbook is designed to help you organize your thoughts about who you are and what you want. As you start working on your very own coordinated care plan, you have the chance to tell all of the people who will help you what you like, what you want to avoid, and how you want to work towards your goals.

Please write all over this workbook, draw on it, add notes, and make it yours. You can always print more copies, or add more pages if you need more room.

If you are unsure how to answer a question, that's OK. Just put down thoughts that are important to you. You can change the question if you don't like it, add details it didn't ask for, or skip the question altogether because the intent of this workbook is to help you be ready to help others understand what you want to help you reach your goals.

## YES Questions or Complaints

1-855-643-7233

Youth Empowerment Services (YES) is prohibited from discriminating on the basis of race, color, national origin, disability, age, sex, religion, or political beliefs.

We provide free services to help you communicate with us, such as text in other languages, large print, or you can ask for an interpreter. To ask for help, please call 211.

Español (Spanish) ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 211.

If you are having a mental health emergency, or you think you are in danger, please contact 9-1-1 or go to your local emergency room.

If you are considering suicide, or just need to talk to someone about how you feel, please call the Idaho Suicide Prevention Hotline at 208-398-4357 (HELP). (24 hours a day, 365 days a year) or text (3 pm - midnight, Monday - Friday)

You can also call the national Suicide Prevention Lifeline at 800-273-TALK (8255) and speak to someone 24 hours a day, 365 days a year.



First Name \_\_\_\_\_ MI \_\_\_\_\_ Last Name \_\_\_\_\_

Preferred Name \_\_\_\_\_ Preferred Pronoun \_\_\_\_\_

Workbook Completed On \_\_\_\_\_ Birth Date \_\_\_\_\_ Age \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Preferred Contact Method:   Email      Text      Cell      Home Phone      Mail



Who would you like to be part of your planning team? Do you have any friends, family members, trusted adults, or community members you would like to have involved? Try to think of at least two people you would like to join your team. Having more people identified will give you options as your needs change.

# Engagement

A vision statement is a sentence or two that describes how you want things to be in your future.

List some strengths you have. Any talents you enjoy, or skills you have that make you unique?

Do you have anything you love to learn about?

List some amazing things about yourself. Do you have any preferred nicknames, unique talents, fun hobbies, personality traits, or personal preferences that you want to share? If you had to pick, what is the thing you do that is most important to you?

If you were to look into the future 5-10 years, what vision do you have for yourself? What does your life look like? Any goals you have reached?

If you are looking to grow your community and circle of supports, you can participate with:

- Local youth organizations focused on mental health and emotional support.
- After school or midday clubs like debate club.
- Volunteer groups at local businesses and/or non-profits.

Getting involved with others may help you increase your support system and find people you share the same experiences with.



What does a typical day look like for you?  
How are your weekends different than your week days?

What does a great day look like for you? Is a great day for you different than a great day for your family? If so, how?

What does a bad day look like? Are there things you can do to change a bad day into a good one?

How do you get along with the members of your family?

Does your family do anything really well? Do they have any traditions or activities you enjoy doing together? Anything you wish they could learn to do?



Who do you enjoy spending time with? Who really helps you? This could be friends, family, people at work or school, a counselor, or people in the community. Write down as many as you can think of. If you have it, add their contact info.

Natural or informal supports are people who are part of your personal social network and help support you.

Do you have a job? If so, what is it and when do you work? If not, do you want one? If so, what kind of job?

#### Examples of Natural Supports

- Friends
- Extended Family
- Coaches
- School Staff
- Neighbors
- Religious Leaders
- Church Members



Formal supports are individuals or organizations that provide paid services for you or family.

# Initial Plan Development

List some goals you would like to reach. These goals can be about anything as long as they are important to you. What goals are most important to you right now? Do you have goals you want to reach later?

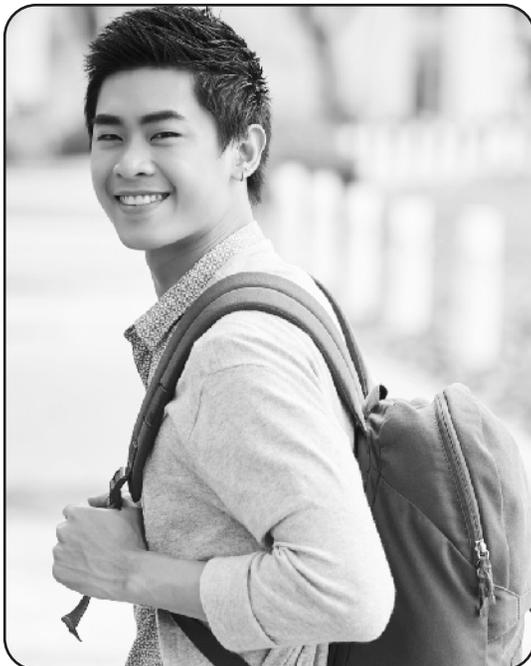
What in your life do you want to stay the same?

Anything about your life right now that you want to change?



Do you ever feel like you need more help than you can get from your family and friends? Do certain situations make you feel like you need more support?

What is the best way to help you feel better if you are overwhelmed or upset? Are there different ways to feel better when you are at home or school?



There are many ways to tell people you need help. Sometimes we use words, and sometimes actions. How do you let people know you need help?

#### Did you know?

Treating a mental health concern is a lot like putting a cast on a broken leg. While the injury is temporary, you still need support to heal. A mental health plan has the information you and your team need to help you feel better.

Do you ever feel unsafe or realize you might be making poor choices after you are upset? Do you want people to help you recognize those choices when you are making them? If so, how?

Do you have people who you trust to tell you when you are making unsafe choices?

Do you have any safe people who help you when you are upset or feel unsafe?



# Plan Implementation

Have you ever had supports that helped you in the past? How did they help?

Were there any supports that didn't help as much and you don't want to try again? Why?



Reaching goals can take time. If you aren't reaching your goals as fast as you want to, how can your support system help you? How will you let people know if you would like to change the things you are working on?

Is there anything you think is important for people to know about you when helping you reach goals? Do you have a learning style that helps you remember things, or do you have any pet peeves that they should be aware of?

# Transition

Are there any big changes coming up in your life that you know about? Any changes at school, at home, or in your activities?

Do you like when things change or do you need a while to get used to the idea?

What is the best way to help you get ready for new things?

How can others help you get ready for changes in your life?

## Did you know?

Transitions happen when you move between different activities, services, or goals. Transitions also happen as you get older and move into different schools, social circles, and life experiences. Planning for transitions allows you to think about your needs and be prepared.

How do you know when you have reached a goal and are ready to move on? Do you need any help to move between goals?

