

SESSION STRUCTURE

PART A: YOUR HOUSEHOLD RULES

Check In

Goals

- Build the relationship
- Prepare for the session by checking for crises (“clearing the fog”)
- Assess recent youth behavior

Activities

- Ask how the caregiver is doing
- Ask what has transpired since last contact
- Ask about progress of youth

Review – Not Applicable

Intervention

Goal

- Understand how to create household rules in a manner that increases likelihood of success

Activities

- Learn criteria for effective household rules
- Identify possible topics for household rules
- Make a plan to change household rules

Assignment

Goals

- Apply the plan to change household rules with the youth

Activity

- Apply the five-step process of changing household rules with youth and assess what went well or not well

DURATION

25 MINUTES

Check-in: 4 Minutes

Review: 0 Minutes

Intervention: 15 Minutes

Assignment: 1 Minute