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