



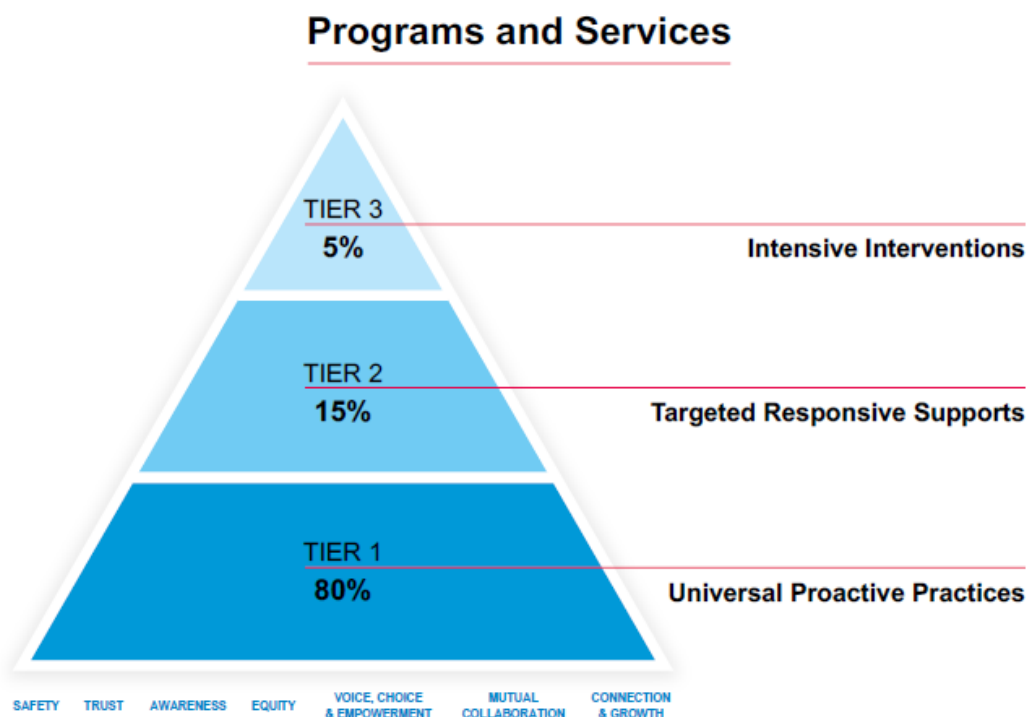
TRAUMA  
**informed**

# Intensive Intervention Guidance

Use this resource to guide your Club's or Youth Center's Tier 3: Intensive Interventions Strategies. Intensive intervention strategies should be rooted in the 7 Elements of a Trauma-Informed Club. Trauma-informed practice is an organizational development approach that involves trauma-informed principles across all aspects of your Club organization and integrating the 7 Key Elements of a Trauma-Informed Club.

## 3 Tiers of Trauma-Informed Approach

Up to 70% of people have experienced trauma, and it is more than likely that those we are working with, and along side have been impacted trauma or toxic stress in their life. Integrating the 7 Elements of a trauma-informed Club is good for all people, not just those who have experienced trauma.



### Tier 3: Intensive Interventions

Tier 3 Intensive Interventions provide support to roughly 5% of the youth and families you serve. Those interventions should:

- Have a defined system in place to refer and/or connect youth with for services
- Reduce barriers to accessing services
- Utilize warm hand-offs when making referrals
- Work with youth, family, and provider to reduce barriers to accessing the services they need

## Tier 3: Intensive Interventions Strategies:

### 1. On-Site Counseling by Club Provider

Hire mental health professional(s) to provide individual, family, and/or group counseling in your organization. It can be developed into a full program of Youth & Family Services and build to having a mental health professional at every site. This can give youth very ready access to professional services. It can grow to your organization having its own outpatient mental health clinic for young people already involved with your Club or Youth Center or as a way to attract new young people to your Club or Youth Center who use the counseling services as an entry-point.

#### *Strengths:*

- *Embedded mental health professional for smooth referrals and access that is part of the organization improves communication and integration.*
- *Provider who learns to really understand Boys & Girls Clubs and Youth Centers.*
- *Your organization decides what is meaningful use of the provider's time, talent, and skills and can leverage on organizational teams such as supporting your Club or Youth Center in becoming trauma-informed or in behavioral support consultation.*
- *Your organization determines the fee schedule, if there is one at all.*

#### *Challenges:*

- *Funding more staff positions and services.*
- *Learning the best practices and procedures of a new field, such as state statues associated with the provision of mental health counseling in your facility (e.g., privacy laws, consent laws, record-keeping laws, etc.)*
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### 2. On-Site Counseling by Third-Party Provider

Partner with a mental health professional or third-party organization by creating a contract or Memorandum of Understanding (MOU) to provide individual, family, and/or group counseling in your organization. A partnership can be tailored to match the demand in the number of days per week needed. It gives youth very ready access to professional services with the third-party provider or third-party organization bearing responsibility to understand the needs of the field.

#### *Strengths:*

- *Embedded mental health professional for smooth referral and access.*
- *More flexibility in terms of adjusting contract to the exact demand needs.*

#### *Challenges:*

- *You might not get to pick the provider who works in your organization.*
- *Often emphasis that provider time is spent doing direct-service that is "billable" to insurance reducing opportunity to leverage provider's time, talent, and skills on organizational teams.*
- *Sometimes limited to those carrying insurance or with certain insurance coverage.*

### 3. On-Site Counseling by Interns

Partner with a local University with Professional Counseling or Clinical Social Work to have Practicum students or Interns complete their Graduate hours providing individual, family, and/or group counseling in your organization. A partnership could involve a Memorandum of Understanding (MOU) that the Graduate Program will assign X-number of interns per school year and/or summer to your organization. A partnership could also involve a MOU that the Graduate Program will incorporate field experience as part of a particular course. For example, each time the Family Systems course is offered, Graduate students in that course will provide family counseling in your organization.

*Strengths:*

- *No cost so funding is not an obstacle to providing support services.*

*Challenges:*

- *Those providing the service are not seasoned mental health providers.*
- *Requires staff capacity to manage MOU with Graduate Program, be the point-of-contact for interns, and meet the terms necessary of the Graduate Program, which often requires having someone licensed on-site during all times the interns are performing associated duties.*

### 4. Case Management Support to Off-Site Services

Create a case management position (e.g., Youth Advocate, Mental Health Navigator, Behavior Support Specialist, etc.) to bridge youth and family needs to services in the community. This can create warmer hand-offs, and increased communications to and from community resources and medical/mental health providers. Dedicated staff capacity to provide consistent communication and support to youth and families and to maintaining relationships with community services and providers.

*Strengths:*

- *Dedicated staff capacity to communicate with youth and families on individualized goals and needs and to communicate with medical/mental health providers on aligning goals and coordinating care.*
- *Active support for youth and families in connecting with and following through on referrals.*

*Challenges:*

- *Obstacles for youth and families accessing off-site services in terms of transportation, hours of operation, and location.*

### 5. Referral to Off-Site Services

Create a list of community resources and medical/mental health providers that align in trauma-informed practices.

*Strengths:*

- *Thoughtfully referring youth and families to services and providers who will be trauma-informed in their approach.*
- *Having referral options readily available to youth and families.*

*Challenges:*

- *No staff capacity makes it difficult for consistent communication, support, follow-through, and coordination of care.*