Advanced Topics in Interpersonal Practice:
Strengthening Engagement and Retention Skills Among High Need Youth

SW 790-008—3816 SSWB
1 Credit Mini Course
Dates: 06/13/14 – 06/14/14—9:00 am to 5:00 pm
Instructor: Sandra L. Momper, MSW, PhD; Office 2734
Co-Instructor: Amelia Cromwell Mueller-Williams, MSW, MPH
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I. Course Description:
This mini-course aims to build students' knowledge and skills around working (engaging and sustaining therapeutic alliance) with high need/at risk youth. This course will emphasize racial and ethnic minority youth with mental and behavioral health problems living in impoverished urban areas.

II. Course Objectives
a. Learn about Evidence-Based Practices and Practice Based Evidence techniques to engage youth and young adults in the therapeutic relationship and process.
b. Learn about strength-based strategies for positive youth development.
c. Learn about issues related to youth retention in Social Work services and how to combat them.
d. Learn how to apply and practice knowledge gained in this course to better serve racial and ethnic minority youth and their families living in impoverished areas that have mental health and behavioral health problems.

III. CSWE Competencies
a. Identify as a professional Social Worker.
b. Apply ethical principles of Social Work practice.
c. Apply critical thinking and professional judgments.
d. Engagement of diversity and difference in practice.
e. Advance human rights and economic justice.
f. Engage in research-informed practice and practice-informed research.
g. Apply knowledge of HBSE.
h. Engage, assess, intervene, and evaluate with individuals, families, groups, organizations, and communities.

IV. Course Format/Instructional Methods
As part of the learning process, this class will include didactic instruction, Power Points, lectures, videos, exercises, role-plays, and a guest speaker presentation. Students will practice skills by interacting and discussing with each other.
V. Plan for Class 06/13/14
   a. Introductions—students fill out survey and discuss
   b. Introduction to class—review Syllabus
   c. What is youth engagement?
   d. Who are high need youth in impoverished urban environments?
   e. Impact of the Environment: Ecological Systems Theory
      i. Activity—get a case scenario and in groups of 4 draw the ecological system for
         the youth in the case. Use handouts as guides. Explain your drawing and how you
         would address the issues (at macro, meso, micro levels) in the context of the
         therapeutic environment and relationship—present to the class.
   f. Introduction to Theoretical Perspectives
      i. Therapeutic Alliance.
      ii. Exercises (One, Two,)
   g. Guest Speaker from Ozone House-Brad Palmertree
      i. Exercise (Three) TA

VI. Plan for Class 06/14/14
   a. Review of previous day
   b. Introduction to Theoretical Perspectives
      i. Behavior Modification, Brief Strategic Family Therapy Model, Strategic
         Structural Engagement Model, Motivational Interviewing.
      ii. Videos on MI
      iii. Activity—Get into groups of four and choose roles for each person. Then interview
         the youth or family members and try to engage them or him/her in services
         with you as the counselor. Role play this for the rest of the class. You will utilize
         Behavior Modification, the Brief Strategic Family Therapy Model, Strategic
         Structural Engagement Model or Motivational Interviewing techniques depending
         on the scenario.
      iv. Interview exercise: Get into groups of two. Each of you gets a case scenario and
         has the opportunity to role play the youth in the scenario. The other person
         interviews you as a counselor utilizing techniques of the Therapeutic Alliance and
         Motivational Interviewing. Then you switch roles. Each interview should be 10 to
         15 minutes and your goal is to engage with the youth, find out what the issue is,
         and then work with the youth to find out where he/she is in terms of wanting to
         change his/her behavior (see Handout on Stages of Change). Once the interviews
         are over review them and critique for strengths and weaknesses. Then upload
         them into M box for me to review and provide feedback.
   c. Course feedback and evaluation

VII. Assignment: Paper.
   a. Do a Self Reflection paper on your experiences as a young person. First address what did
      not work for you as a young person when you were having a hard time. Then address
      what worked or what would have worked for you during that time period. Was it sports,
      was it friends, being close to a family member, etc? What advice would you give to a
      counselor to engage and retain a youth in services?
      i. The Paper: 2 pages, double-spaced, 12pt Times New Roman.
      ii. DUE DATE: 06/27/14 BY 5PM
         SUBMIT VIA CTOOLS ASSIGNMENT TAB
Introduction Survey

Name: ___________________________________________________________

Year in the Program & track length: ___________________________________

Are you a Clinical Scholar (circle one): YES NO

1. Why did you want to take this course?
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________

2. Where is your field placement: ___________________________________

3. Do you have experience with high need/at risk youth (circle one)? YES NO

4. If you answered “yes” to question 1, please explain:
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________

5. What do you think “works” to keep high need/at risk youth engaged with a Social Worker?
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________

6. When you were younger, what kept you engaged in positive youth development activities?
   ______________________________________________________________
   ______________________________________________________________