

# **FASD & Group Facilitation with Youth & Young Adults**

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MCDANIEL YOUTH PROGRAM**

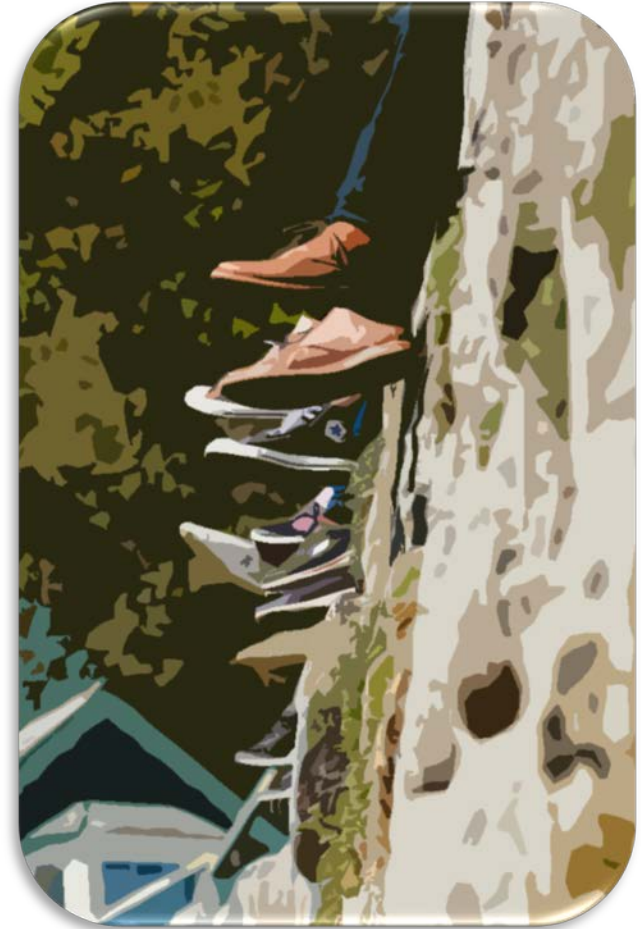
# Learning Objectives

- As a result of attending this presentation, learners will be able to summarize the benefits of providing groups services to youth and young adults with FASD, and how they can complement the one-to-one mentorship.
- As a result of attending this presentation, learners will be able to describe the four distinct groups programs offered by the McDaniel Youth Program
- As a result of attending this presentation, learners will be able to apply core facilitation skills and modifications learned by the McDaniel Youth Program into their own practice.

# FASD & Group Facilitation with Youth & Young Adults

## Outline

- Jack & Jill
- Brief History & Description of Program
- Brief History Group
  - Rationale & Philosophies
- Groups
  - Boost
  - Momentum
  - Gear Up
  - Fun Fridays
  - Other Groups
- Successes & Future Considerations



# Brief History of MYP

- Program Development 2007-2008
  - unique program, took influence from many sources including both other successful youth programs and PCAP
- Launched July 2008
  - one-to-one mentorship only
- First Rec Group
  - 2009
- Short Term Crisis Intervention
  - added 2017



# Program Description

- Requirements
  - 14-21
  - Diagnosed or suspected
  - Edmonton
- Philosophy
  - Youth Driven
  - Relationship Based
  - Strength Based
  - Recreation Focus
- Streams
  - One to One Mentorship
  - Short Term Crisis Intervention
  - Groups



# History of Our Groups

- Recreation 'Get Togethers'
  - impromptu get togethers arranged between mentors
- Regular Fun Fridays
  - group activity each Friday throughout the summer
- Other Rec Groups
  - eventually added other rec days throughout the school year



- Intense Success
  - one day per week, staff rotation, focused on homework help and general support for filling out forms, applications, apartment hunting etc.
- Boost, Momentum & Gear Up

# Rationale & Philosophies

- Safety
  - providing a safe place (physically, emotionally etc) for youth to meet.
- Feedback & Input
  - regularly asking and implementing suggestions and requests from the group
- Leadership
  - providing an opportunity for success
- Belonging
  - providing a sense of belonging
- Ownership
  - the groups belong to the youth

# Boost

## “Finding Support in Each Other”

- Goal
  - To provide a safe space for youth to share some of their struggles
- Shortest Group
  - 1.25 hours, circle is 45 minutes, snacks provided
- Client Led
  - mentors provide guiding questions when necessary but allow the group to take it where they want/need to
- Mentor Involvement
  - mentors are a part of the circle and also contribute when/where appropriate
- Challenges
  - focus, equal airtime, interrupting, differences in functioning and experience





# Momentum

## “Building Independence One Skill At A Time”



- Goal
  - To introduce common skills in a safe learning environment
- Longest Group
  - 2 hours, with full meal
- Hands-On Activities
  - budgeting games, practice job interview questions
- Topics
  - based on feedback from clients and commonalities observed by mentors
- Challenges
  - difference in functioning, experience and needs, addressing complex/sensitive topics, keeping on task, budget

# Gear Up

## “Equipped to Master Success”

- Goal
  - To build a sense of community and belonging
- Snacks provided
- Allows mentors to observe behaviors first hand
- Multiple activities
  - Xbox, Netflix, Coloring, Crafts etc
- Group support
  - homework, applications etc.
- Challenges
  - keeping them busy, monitoring breaks



# Successes

What has worked?

- Snacks and Meals
- Team Participation
- Transportation
- Flexibility
- Rules Review
- Breaks
- Planning



# Future Considerations

## Where to?

- Structured Evaluations
- Monthly themes
- Space Considerations
- Staff Development
- Transportation
- Music, Art & Other therapeutic options
- Boost
  - Youth led
  - Two smaller groups
- Momentum
  - Taking groups outside office
  - New ways to make things practical
- Gear Up
  - Generosity
- Fun Fridays/Rec
  - Client Fundraising



# Contact Information

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**QUESTIONS?**