

## CPST Activity Ideas

*Are your activities supporting the youth's medical necessity and goals?*

*Is it possible to provide this activity through telehealth?*

### Components 1-3: (Counseling Based)

**Intensive Interventions would follow the scope of practice/qualifications of the service provider to work on each of the following components:**

**1. Counseling, developing, implementing:**

- Social skills
- Daily living skills
- Independent living skills

**2. Crisis Avoidance**

- Identify potential crisis
- Develop crisis management plan
- Seek supports to restore stability

**3. Intermediate Term Crisis Management**

- Stability focused
- Relationship based
- Other CPST components required
- Follows CI services

### Components 4-6: (Not Counseling Based)

#### **4. Rehabilitative Psychoeducation**

- **Restore functioning:** educate the child/youth and family members to minimize the negative effects of symptoms which interfere with the child/youth's functioning.
  - daily living
  - financial management
  - housing
  - academic and/or employment progress
  - personal recovery or resilience
  - family and/or interpersonal relationships and community integration
- Learn about diagnosis by searching the internet or going to the library
- Join local support group

- Work with caregiver on behavior management strategies specific to the diagnosis
  - Have a conversation with youth and/or caregiver around how the diagnosis looks like, sounds like and feels like in their home (triggers, red flags, etc.)
  - Understand what the baseline looks like for the youth and make a list of coping strategies that the youth/family can use to help with restoration based on the current levels of functioning
  - Create and/or work with an emotions chart to improve emotional intelligence. Practice identifying emotions for self and others
  - Explore DSM-5 to better understand diagnosis
- **Identifies effective mental health strategies**
    - Identify and participate in physical activities that interest the youth
    - Practice mindfulness activities
      - teach square breathing
      - Use coloring book
      - grounding exercise- identify 5 senses- what can you see, hear touch etc
      - Relaxation techniques (soft music, yoga, etc.)
      - Freeze dance (<https://www.youtube.com/watch?v=2UcZWXvgMZE>)
    - ☐ Identify and practice self-care activities
      - ☐ Getting better sleep (sleep journal, sleep strategies etc.)
      - ☐ Healthy eating
      - ☐ Identify and explore a new hobby
      - ☐ Schedule time to participate in something the youth enjoys
      - ☐ Identify reading options for pleasure
      - ☐ Advocating for or requesting down time (for playing a video game for a period of time, or to go sit outside and do nothing)
    - ☐ Create gratitude list – expand on the content
    - Create and use an emotions chart to identify feelings
    - Explore evidence-based practices (eg. DBT, CBT, WRAP) on diagnosis
- **Minimizes negative effects of symptoms**
    - Journaling
    - Art (Finger painting, coloring, crafts etc)
    - Sensory tool (fidget)
    - Increase overall joy and happiness (explore age/developmentally appropriate comics, videos, jokes etc.)
    - Share music
    - Play board games
    - Practice techniques developed with counseling service provider

## 5. Strengths Based Service Planning

- **Identifying factors to develop goals and objectives:**
  - **Strengths, needs**
    - Connect with natural supports- make a list of all of the youth's supports.
    - Connect youth to their culture through research, events and community resources
    - Increase self-esteem through positive-self talk and validation
    - Acknowledge positives at family meeting or dinner
    - High Five- trace a hand and cut it out. When someone in the family does a positive thing, write it on the hand and put it up on the wall
    - Paper plate awards - create awards for random silly accomplishments using a paper plate (eg. Award for best singing while watching Frozen)
  - **Resources, supports**
    - Help the family locate community activities
    - Schedule a family movie night
    - Volunteer at animal shelter
    - Take youth to purchase hygiene products
    - Help youth connect with peers, or develop new peer interactions
    - Visit Community Center
    - Role play what it is like to ride the bus - Plan a trip with youth on the bus
    - Identify and explore after school programs or other extra-curricular activities
    - Join support groups that would be of interest to the youth
  - **Preference**
    - Create a list of the youth's interests
    - Creating a mood/vision board of all of youth's interests
    - Google icebreaker ideas

## 6. Rehabilitative Supports

Restoration, rehabilitation, and support to the child and family members, caregivers or other collateral supports to develop skills necessary to meet the child's goals and to sustain the identified community goals

- **Minimize negative effects**
  - Figure out a daily routine and focus on strengths
  - Breath exercises / self-soothing practices to reduce anxiety
  - Taking walks together while discussing emotions/incidents
  - Work on time management
  - Understand youth's perception of safety (physical and emotional) to help them find safe spaces
  - Find specific positive reinforcement system (eg. behavior sticker chart)

- **Disturbances and interferences in daily living**
  - Practice coping skills with youth
  - Make a daily to-do list for chores to increase independence
  - Discuss hygiene support and maintenance
- **Access emergency services**
  - Review basic safety practices and evacuation
  - Make a list of emergency phone numbers
  - Find alternatives to Police (mobile crisis, etc)
  - Create a contact list of trusted individuals
  - Create a calendar of community resources and events
  - Role play scenarios that emergency services may be needed
- **Safety, medication, and appointments**
  - Practice or role play scenarios to learn when to contact a physician
  - Practice or role play medical/dental appointments
  - Discuss and practice maintaining and scheduling physician appts
  - Formulate 1-2 strategies to minimize negative symptoms (eg. medication compliance)
  - Know personal medication administration/education (how do you take them, side effects etc.)

