

IMPLEMENTING THE ADOLESCENT FAMILY LIFE PROGRAM (AFLP) POSITIVE YOUTH DEVELOPMENT (PYD) MODEL WITH FIDELITY

OVERVIEW

The Adolescent Family Life Program (AFLP) is a comprehensive case management program with integrated life planning for expectant and parenting youth 21 years of age and younger. The program is developed from a resiliency framework which holds that all youth have strengths, benefit from high expectations and supportive relationships, and are capable of making meaningful contributions in their communities and families. Case managers guide youth through a series of standardized activities to promote protective factors which support youth in developing resilience strengths including problem-solving skills, sense of purpose, autonomy, and social competence.

CORE COMPONENTS

Core components are the characteristics that must be kept intact for the program to produce the intended outcomes. They are categorized as follows: **Content, Logistics, and Pedagogy**. The core components are designed to maximize youth engagement.

CONTENT

Content refers to what is being delivered in the program. This includes the information, activities, and messages that are delivered. Below is an outline of the required content for the AFLP PYD model.

- The case manager provides the youth with an introduction to the program, including information about the AFLP PYD model and approach (Phase 1).
- At each visit, the case manager checks in about the four (4) program priorities, which are related to the overarching goals, and provides youth-friendly, medically accurate information regarding:
 - Family planning and safer sex;
 - Health and health care;
 - Education and work; and
 - Healthy relationships.
- At each visit, the case manager and youth engage in life planning and goal setting consistent with youth's abilities and progress by program phase.
 - Phase 1: The focus is on developing an understanding of life planning and engaging in basic goal setting and celebrations. The initial use of "My Goal Sheet" is required to assess interest and develop a basic goal and plan.

- Phase 2: The focus is on developing an understanding of self in relation to life planning and engaging in intermediate goal setting and celebrations.
 - Phase 3: The focus is on engaging in supported life planning and advanced goal setting and celebrations.
 - Phase 4: The focus is on transitioning to independent life planning with self-directed goal setting and celebrations. Independent use of “My Goal Sheet” is required for youth in this phase.
- At each visit, the case manager refers/connects youth to resources and opportunities to meet needs and pursue goals.
 - The case manager and youth discuss and complete all “My Life and Me Activities” (Phases 1 and 2).
 - The case manager and youth discuss and complete all “My Life Plan” “essential” sections. Other sections of “My Life Plan” can be reviewed as needed in any phase.
 - The case manager and youth complete a transition assessment (Phase 3).
 - The case manager and youth prepare a transition plan for continued success after AFLP (Phase 4).
 - At program completion (and throughout the program), the case manager and youth engage in celebrations about progress and successes.

LOGISTICS

Logistics are the conditions in which the program is implemented. This includes things necessary for a safe, supportive, and confidential environment; the ratio of case managers to youth; and intervention dosage/exposure, such as number of visits, the length of each visit, and frequency of visits. Below is an outline of required logistics for the AFLP PYD model.

- The case manager documents all program activities using the AFLP Penelope Management Information System (AFLP MIS).
- The case manager assesses program fit and youth strengths and needs at regular intervals throughout the program (0, 6, 9, and 12 months) using standardized tools.
- The case manager meets face-to-face with youth in a safe, supportive, and confidential environment at least twice per month through the four program phases. Each visit is one hour in length.
- When possible, the case manager conducts at least one visit per quarter in the youth’s home.

- The case manager delivers at least the specified number of visits in each phase:
 - Phase 1: 4 visits
 - Phase 2: 8 visits
 - Phase 3: 6 visits
 - Phase 4: 6 visits
- The case manager completes, in partnership with the youth, all “My Life and Me Activities” **in the order presented in the booklet.**
- The case manager completes, in partnership with the youth, the four “essential” sections of the “My Life Plan” **in any order** based on youth need and interest.
- The case manager monitors and documents youth progress and program implementation using the AFLP PYD Face-to-Face Visit Summary.
- The case manager documents program activities using AFLP MIS Service Events and Referrals.
- The case manager maintains a copy of the program tools and activities in the youth’s chart.
- Agencies are required to maintain caseloads of 25 active AFLP youth per 100% full-time equivalent (FTE) case manager (not to exceed 30 nor drop below 20).

PEDAGOGY

Pedagogy refers to how the intervention is delivered. Below is an outline of the required pedagogy (approach and strategies) for the AFLP PYD model.

The case manager delivers all required content through **conversation with the youth** to support skill development and build resiliency.

- Conversations are strengths-based, culturally relevant, and developmentally appropriate.
- Case managers use motivational interviewing techniques to be collaborative, goal-oriented, and youth-centered.
- Through each interaction, case managers promote protective factors by:
 - Modeling healthy relationships and being a consistent and supportive presence for youth and by nurturing youth strengths;
 - Establishing and conveying appropriately high expectations for youth; and
 - Providing youth opportunities for meaningful participation and contribution during visits.