



Wraparound and Youth Timebanking

A Tool for Increasing Youth Participation in Transition/Community Planning

Presenters: Jerome Scriptunas, LSW & Amanda Thompson, LSW
TCOM Conference, October 3-5, 2018 – The Drake Hotel, Chicago
EVIDENCE and TRANSFORMATION: Taking person-centered care to scale
Session October 5; 11:20am-12:20pm

TCOM – Transformational Collaborative Outcomes Management

YTB in 4 Parts

- **YTB – What it is**
- YTB field experience
- YTB implementation tips
- YTB summary & recommendations

“Everybody can be great, because everybody can serve.” -- MLK, Jr.

Youth/Community Timebanking is a way for young people to broaden and build sustainable **community plans that grow their network of *informal supports* and increase their use of *community resources*.**

Timebanking is a system of service exchange with time as the currency.
Timebanking has been transforming communities since the 1980s.

YTB is a Game Changer

Inspired by a 2-hour meeting with Edgar Cahn, PhD, creator of Time Banking, at his home office, Oct 12, 2012.

And a story from his book: "No More Throw-Away People – The Co-Production Imperative" © 2004

pp. 101-105, Chapter 12, Assets: A Social Justice Perspective -- Schools and Throw-Away Kids

And the connection between Wraparound and Time Banking, <http://www.nwi.pdx.edu/webinars/Webinar13.pdf>

Combining TimeBanks with Wraparound for Positive Results, NWI Webinar, Feb 28, 2012 by Lisa Conlan-Lewis

NWI – National Wraparound Initiative

Timebanking Core Values

The 5 Core Values (<https://timebanks.org/>)

Asset * Every one of us has something of value to share with someone else.

Redefining Work * There are some forms of work that money will not easily pay for, like building strong families, revitalizing neighborhoods, making democracy work, advancing social justice. Time credits were designed to reward, recognize and honor that work.

Reciprocity * Helping that works as a two-way street empowers everyone involved – the receiver as well as the giver. The question: “How can I help you?” needs to change so we ask: “Will you help someone too?” Paying it forward ensures that, together, we help each other build the world we all will live in.

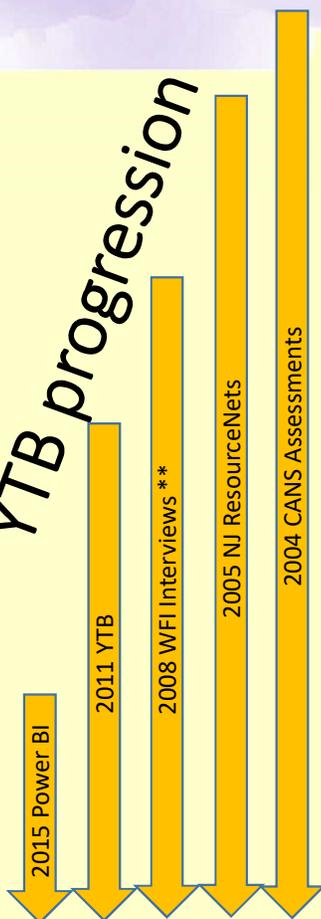
Social Networks * Helping each other, we reweave communities of support, strength & trust. Community is built by sinking roots, building trust, creating networks. By using timebanking, we can strengthen and support these activities.

Respect * Respect underlies freedom of speech, freedom of religion, and everything we value. Respect supplies the heart and soul of democracy. We strive to respect where people are in the moment, not where we hope they will be at some future point.





YTB progression



- 2008-2010: WFI conclusions – scores low for Natural Supports, Community Based
- 2011: Creative NJ -- Open Space topic on Timebanking (G.R.D. Fdtn)
- 2012: **2 hour meeting, Edgar Cahn, Oct 2012, Washington, DC**
 - Public Screening of “Fixing The Future”
 - Trial use of TimeBanks USA CMS platform; Timebank conference calls
- 2013: AT&T Pioneers Community Service mini-grant YTB; MRN Community Timebank
 - “hOurWorld” CMS training by Stephen Beckett, co-Founder
 - Another screening of “Fixing The Future” w/ Transition Town
- 2014: Supervise MSW internship involving YTB; MSW intern training in Media, PA
 - YTB @ Monmouth Univ Global Understanding Convention
- 2015: YTB Community Outreach Grant YTB; Trial use of hOurWorld mobile app
 - YTB Policy, supervised MSW practicum > Dean’s Award for Social Justice
- 2016: First youth participant in YTB with BSW interns, YTB Starter Kit
 - NJ PI Fair – YTB Exhibit, decision to focus on internal YTB
- 2017: NJ DCF “Listening Session” on Youth Mentoring; NJ PI Pair – Power BI Exhibit
 - YTB collaboration with System of Care regional providers
- 2018: YTBapp/Power BI prototype, YTB Passport; YTB web conf w/ Morris-Sussex CMO[^]
 - YTB Summer “Throwdown”; YTB materials to Peace Corps Volunteer
 - YTB with Family Support Organization; other NJ CMOs; **YTB TCOM presentation**
 - YTB request by DCP^{^^}; Present YTB to Delaware’s “Public Allies” program
- 2019: Youth Partnership team leads YTB session at annual Youth Conference

MRN – MonmouthResourceNet

CMS – Content Management System

NJ PI Fair – New Jersey Performance Improvement Fair

* Child and Adolescent Needs and Strengths Assessment

** Wraparound Fidelity Index Interview

[^] Care Management Organization

^{^^} Department of Child Protection and Permanency

YTB in 6 lines or less

1. Youth participates in an activity that benefits family or community
2. Youth keeps a log of activities
3. Youth earns 1 credit for each hour of service or each experience.
4. When 10 credits reached youth receives \$25* YTB card
5. **Encourage youth to work for 1-2 credits/week; get 10 within 2 months
6. Support youth to do more things, visit more places, meet more people

*Amount is arbitrary, could substitute event tickets or other incentives.

** Team can decide time span (within 1-2 weeks or 1-2 months or other).

YTB has 2 rules that must be followed.

Youth TimeBanking leverages the time and energy of youth to increase community awareness, help others, and build a community plan.

YTB has two defining criteria:

1. The youth provides a service.
2. The youth tracks their service activity.

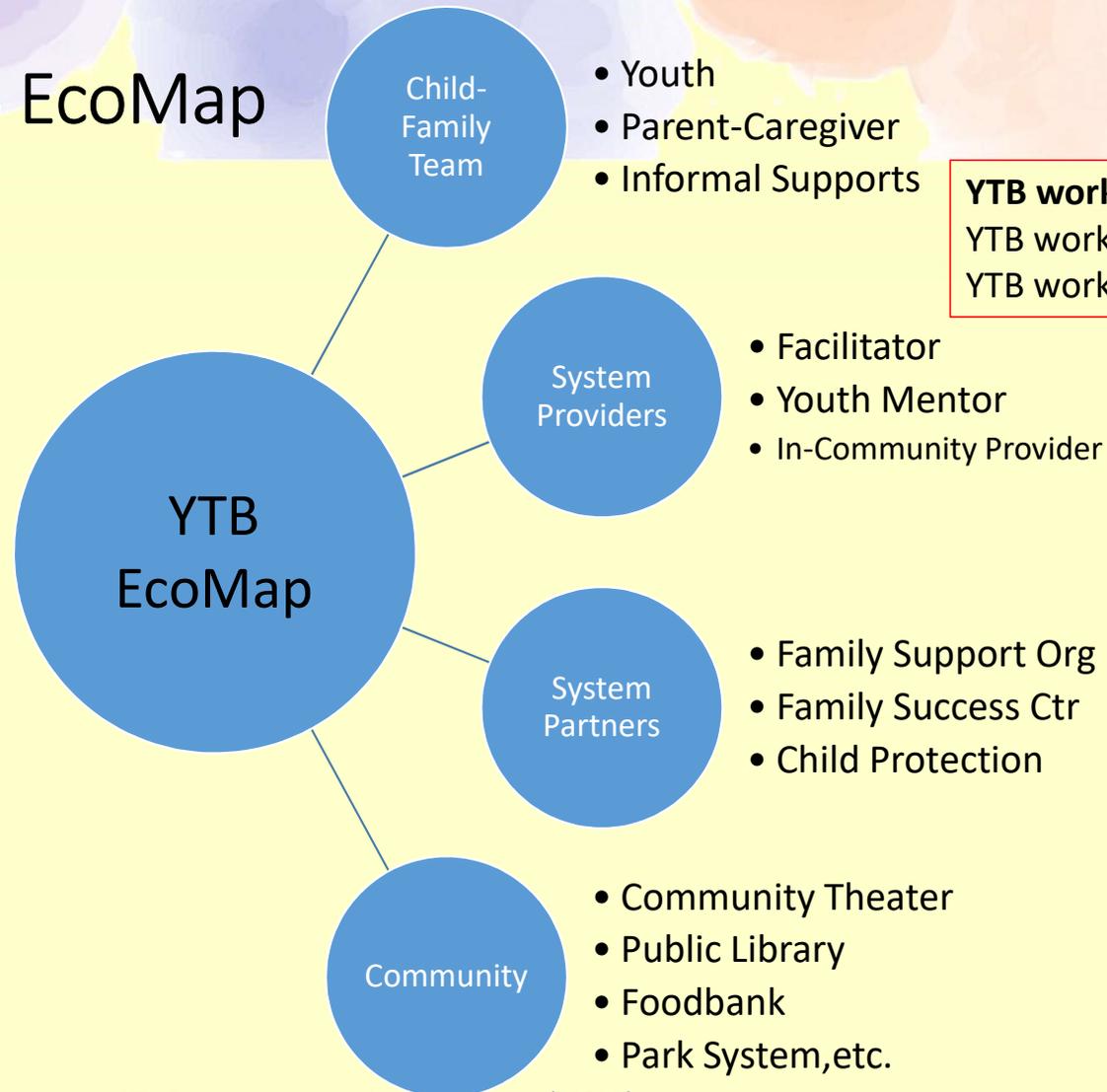
This practice can be an infinite game the youth never stops playing. Youth of different ages and stages of development are participating in YTB.

YTB in 4 Parts

- YTB – What it is
- **YTB experience in the field**
- YTB implementation consideration
- YTB summary and recommendations

“YTB gives youth a chance to be in charge and have influence. Be who you are and serve others. Others will say ‘Thank you’.”

YTB EcoMap



YTB works for all youth
YTB works anywhere
YTB works w/ any history

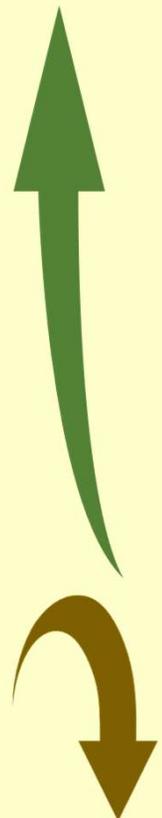
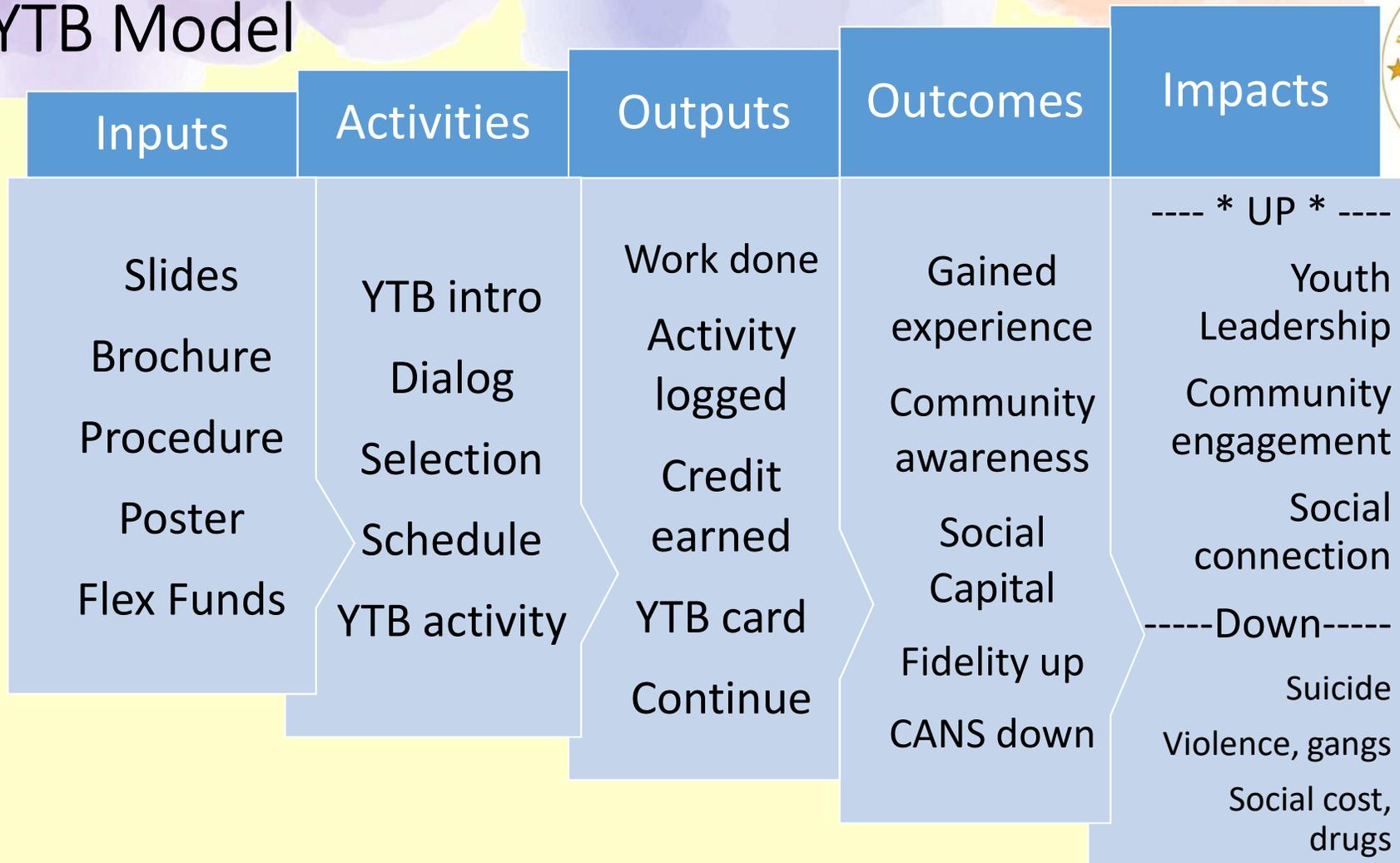
YTB helps youth move from Adverse Childhood Experiences (ACEs) into **Amazing Childhood Experiences**

YTB blunts Brownian motion, injures entropy, puts a dent in mental illness, fractures stigma.

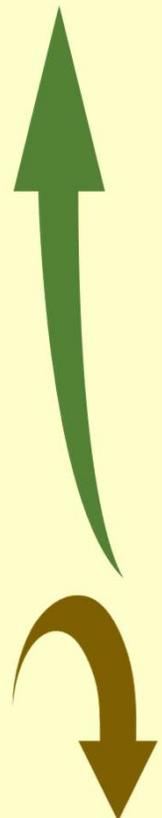
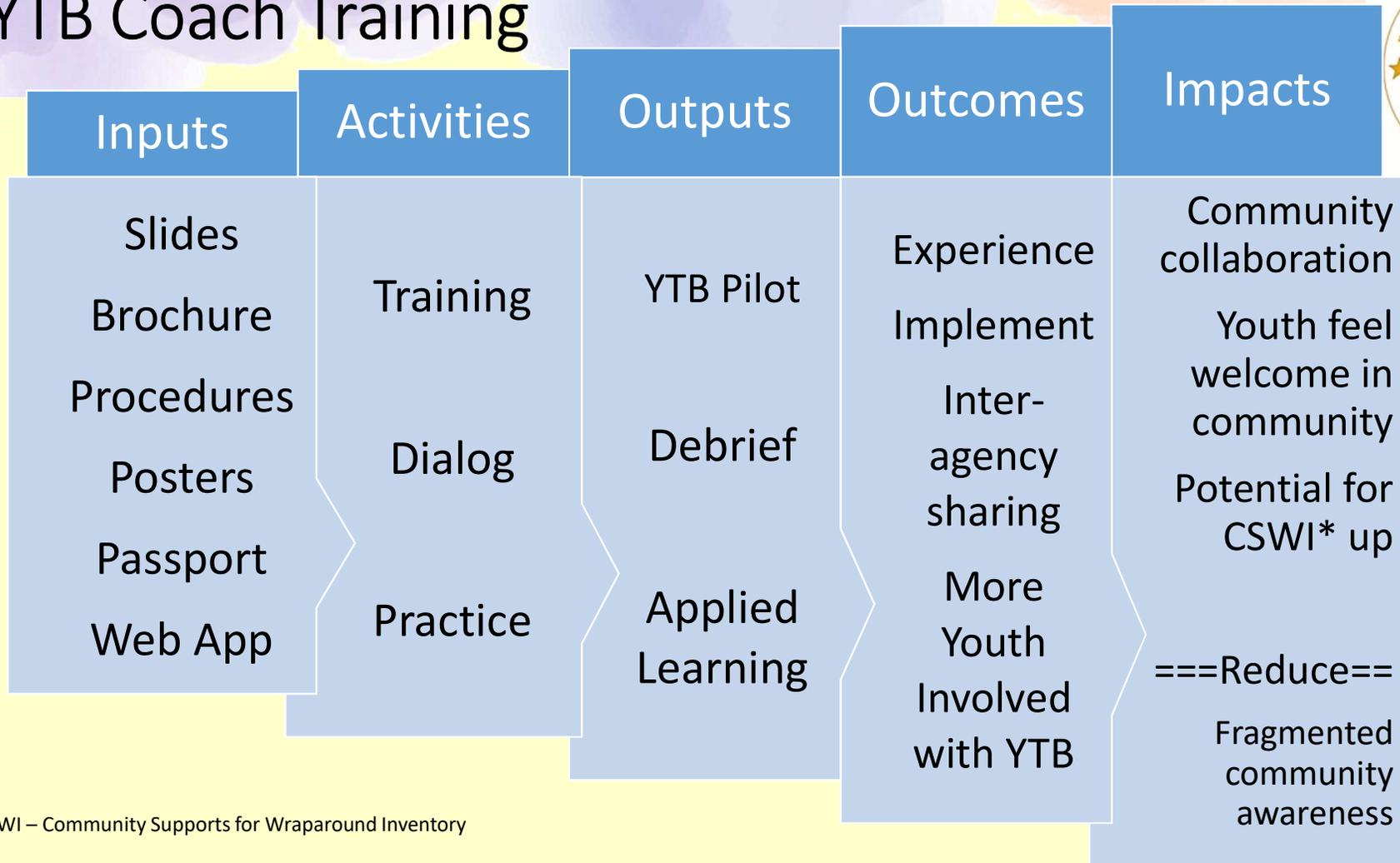
YTB elevates positive self-regard, builds community connections, and increases social capital.

With YTB – “You”th Got a Friend!

YTB Model



YTB Coach Training



*CSWI – Community Supports for Wraparound Inventory

Simple Math Hard Questions

- About 750 +/- Youth enrolled in organization, steady state
- About 50+ Wraparound Facilitators/ Care Managers
- About 15+/- Youth/Facilitator
- About 25+/- Facilitators using YTB
- About 50+/- Youth actively participating in YTB

Imagined use of a YTB rating

- ~ 30%, YTB rating 0 – Very good YTB, most credits for service activity
- ~ 50%, YTB rating 1 – Good, most credits for new experiences
- ~ 20%, YTB rating 2 – Action required, YTB used as behavioral reward
- ~ YTB rating 3 – Youth not aware or not interested in YTB

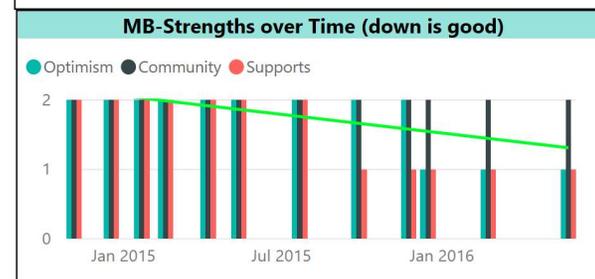
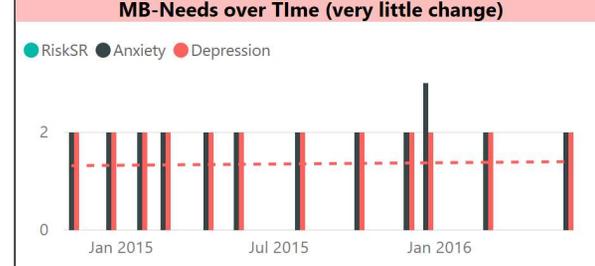
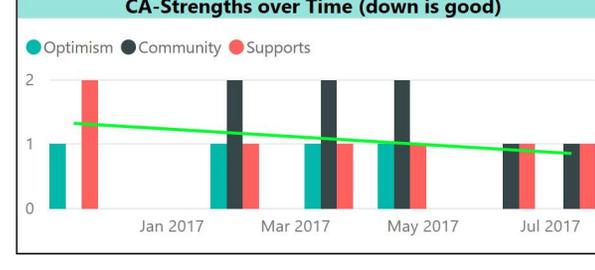
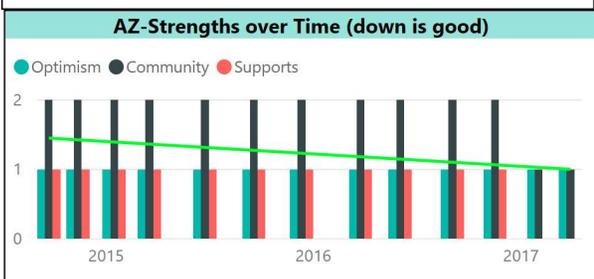
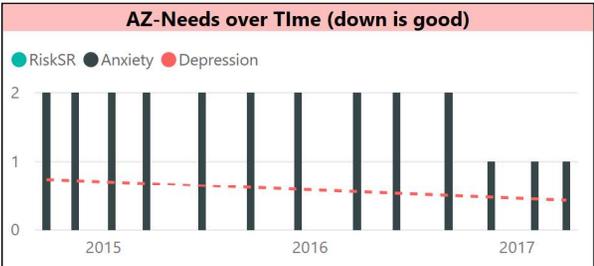
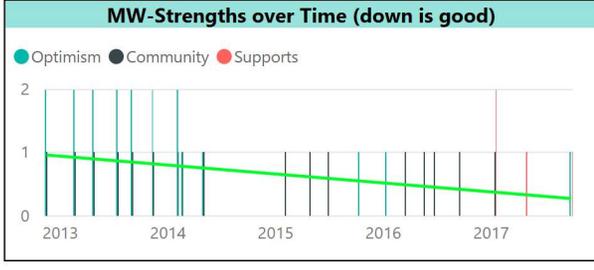
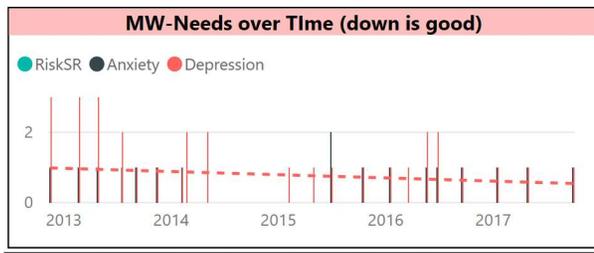
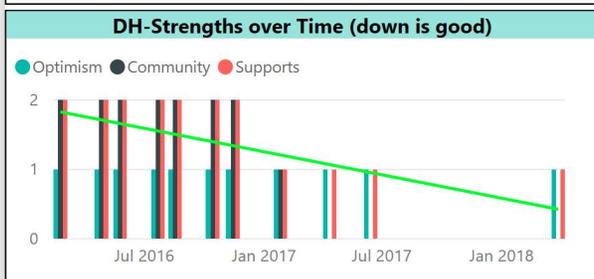
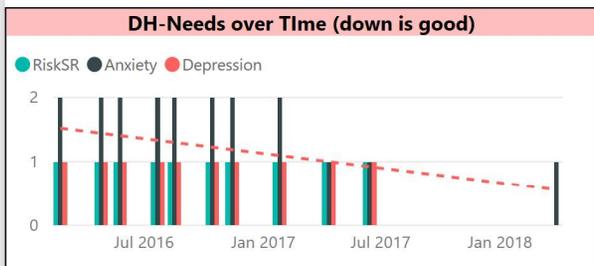
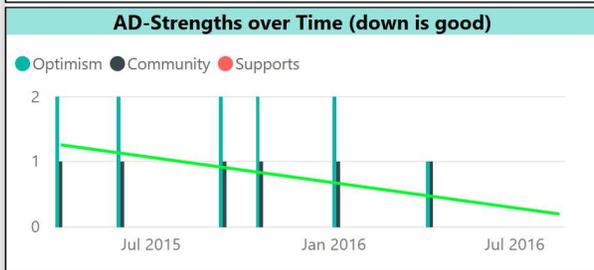
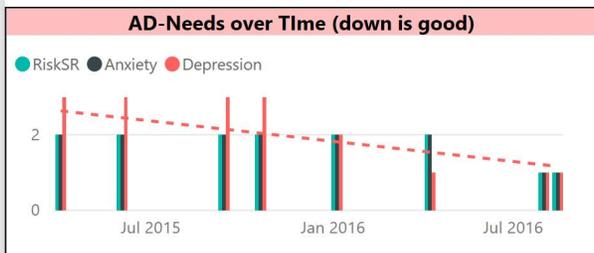
YTB: more is better

With YTB youth make 100% of the shots they take.
The more they do and give, the more they get.
No action equals no gain.

Active participation builds: i) informal supports,
ii) community connections, and iii) optimism-confidence.
Youth record evidence of their meaningful contributions.
YTB drives a sustainable community plan that youth use after
they transition from formal System of Care involvement.

Initials of YTB youth

	Lower CANS rating better	0 – most YTB credits for service	1 – most YTB credits for new experiences	2 – rewards for good behavior	3 – Youth not interested in YTB
AD*		X			
EF		X			
DH*		X			
CA*		X			
MW*			X		
RC			X		
MB*/AZ*				X	
AP					X



YTB in 4 Parts

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“It's easier to act your way into a new way of thinking, than think your way into a new way of acting.” Jerry Sternin
*** Let's get youth more involved, more committed, more accountable – with YTB. ***



Introduce YTB at enrollment or anytime during enrollment, allowing a few meeting cycles before transition

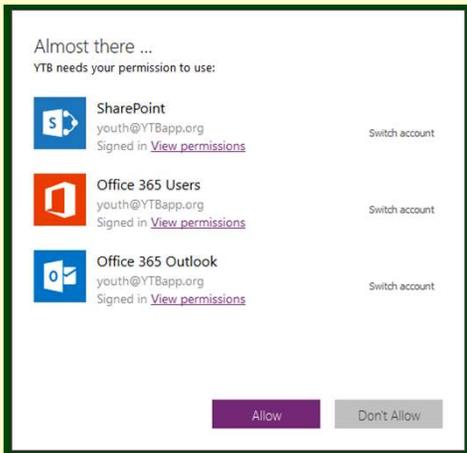
P.O.C.A. is the magic that gives YTB traction.

YTB stories

Youth may have any diagnosis: MI, SU, DD
Be involved with: BHH, Juvenile Justice
Be living: at home or out of home
Be of various: gender, race, age
With or w/o permanency
With or w/o a Provider Mentor

- **Promoter** – the “accountability person” or parent-caregiver, or team member, or provider mentor who keeps encouraging the youth to try things with YTB and stay active and fill their YTB app or Passport.
- **Organizing** force – give youth the structure of one or two choices of various opportunities where they can provide service each week. Get ideas at www.njresourcenet.org – send a 2-idea YTB eBlast.
- **Concentrating** force – remove the “wall” of the unknown and not knowing what to do by eliminating distraction and offering specific, tangible, actionable choices each week. Just do something.
- **Accelerating** force – youth may likely feel the adrenaline rush of excitement when they experience the joy and fun of meeting very nice people, who want them to stay and return; while they learn about the interesting things going on in their community – we have FSOs & FSCs!

YTBapp - Screens



YTBapp & YTB Passport can be converted-translated to other languages.

People Places Bucket

Demo Participant
CM: Accountability Partner

Credits
6.5

3.5 more credits until your next reward!

Youth TimeBank

Log New Activity

Activity	Date	Credits	Status
Greeter	7/22/20...	1	Approved
First aid squad	7/14/20...	3	Pending
Library event	7/7/2018	1	Approved
Unpack boxes	7/1/2018	1	Approved
5K walk	6/30/20...	1	Approved
Beach cleanup	6/16/20...	1	Pending
Assemble shed	5/28/20...	2.5	A+

× Add New Activity ✓

User
youth@YTBapp.org

* Activity

* Date

* Credits

* Person-Place

Demo Participant
CM: Accountability Partner

Credits
20.5

9.5 more credits until your next reward!

Youth TimeBank

Request Reward

Log New Activity

Activity	Date	Credits	Status
Level2	7/31/20...	1	Approved
Test10	7/26/20...	9	A+
Greeter	7/22/20...	1	Approved

YTB Passport (hardcopy booklet) provides an offline way for youth to log service activity.

YTB mobile page design

3 Total Hours	Status	Activity	Date
2	Earned	Description	MM/DD/YY
1	Earned	Description	MM/DD/YY
1	Pending	Description	MM/DD/YY

YTB Levels: 10 credits/Level

★	★	★	★	★
★	★	★	★	★

- Youth enters-edits list items for 3 lists.
- YTB Coach toggles Pending to Earned.
- Hours column shows total credits earned.
- Star appears when multiples of 10 earned.

	Person	Phone
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

	Place	Street Address
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

YTB 10-10-10 & 2020 Vision

Youth Timebanking is customized to work with youth enrolled in Wraparound.

- 10 years in the making
- 10 People, 10 Places, 10 Things

Help youth transition with a self-sustaining, tangible, self-sufficient Community Plan in:

- 10 days?
- 10 weeks?
- 10 months?

What matters is that youth leave formal Wraparound with a plan they can use.

Youth/Community Timebanking gives youth a practice that will help them in the journey of transitioning to adulthood.

As we approach 2020, let's help each other to grow Community Timebanking to be available to all youth we work with.

After 3-6 months of YTB, youth have a YTB Passport or YTB Mobile app filled with a) names of people they trust, b) places they can offer help, c) things they are capable of doing.

	<u>People</u> who care about you, that you can talk with & trust	<u>Places</u> safe to go to, where you contribute	<u>Things</u> (service activities) you know how to do with others
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

YTB Jump Start

This is an optional screen in the YTB mobile app and an optional page in the YTB Passport.

Youth may earn YTB credit for completing this template. Youth may change their entries at any time as they explore their community and discover new interests.

Youth voices contributed to the brainstorming of this list ... "2 items are better than 3 items."

- **Bucket** – two things you would like to experience within the next six months.
- **Gratitude** – two things you are grateful for that happened recently, even today.
- **LikeToDo** – two things you enjoy doing and would like to do every week or every day.
- **BestOfMe** – two things you recently did by yourself or with others that you are proud of.
- **HelpWorld** – two things you would like to improve in your community or for the world.
- **WishForMe** – two things that would make life better for you or your family.

Bucket & Gratitude List

1 Bucket	1 Gratitude
2 Bucket	2 Gratitude



Likes & Bests List

1 LikeToDo	1 BestOfMe
2 LikeToDo	2 BestOfMe



Help & Wish List

1 HelpWorld (or someplace)	1 WishForMe (or my family)
2 HelpWorld (or someplace)	2 WishForMe (or my family)

YTB Budget

“I hear I forget, I see I remember, I do I understand”. Confucius

- Minimal, nominal
- Contrast the amount spent for in-community services & other costs.
- YTB for 1 youth for 1 year ranges from \$50-\$300.

What do we get for this modest investment:

- Youth with a higher social capital index.
- Youth with greater community awareness.
- Youth, potentially, with a government ID, a resume, registered to vote (if old enough), ...
- Youth with a community plan.
- Youth with hope, optimism, confidence, and evidence of that they matter and can do things that matter to their community.
- Youth who are wanted and know that they are wanted.
- Youth who have experienced gratitude for the service they give.

YTB in 4 Parts

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Therapist-author Terrence Real says that an indication of becoming an adult is when we want to give more than we want to receive. -- Help youth transition to adulthood with Youth Timebanking.

YTB Scales – use anywhere

Youth/Community Timebanking works anywhere. Timebanking is already active in every continent on the planet (except Antarctica).

Scalability is not a concern – Edgar Cahn, Christine Gray, Stephen Beckett and many others already took care of that.

Youth/Community Timebanking should not be a best-kept secret. YTB is guaranteed to work.

Help make YTB a reality for all youth everywhere.

YTB increases every principle of Wraparound.

YTB is a unique experience for each youth.

The YTB experience is self-determined (Family Voice-Choice, Cultural Competence, Individualized), connects with others (Natural Supports), increases community awareness (Community Based), has incremental stepping stones (Outcomes-Based), helps youth discover hidden interests (Strengths Building), infinite possibilities (Unconditional Care), broad support (Collaborative, Team-Based).

YTB provides the opportunity for youth to reach credit-award levels within the cycles of team meetings.

Data is being collected on YTB to show how it drives Wraparound Fidelity and improves CANS ratings.



YTB Works – with a little care & feeding



YTB offers a gift that a youth and their team co-create.

- Youth transitions with at least 10 people they can count on, confide in, and trust.
- Youth transitions with the knowledge of at least 10 safe, welcoming places in their community.
- Youth transitions after having completed at least 10 things that others value and appreciate.

Critical success factors for Youth Timebanking to work:

- Value-nurture-encourage the need youth have to give meaningful contributions and have real experiences, side-by-side, doing things with others.
- Set expectation for youth to have responsibility (or more responsibility) in their care plan in which the youth has a lead role in giving/doing/helping/service-producing.
- The team coaches, supports, acts as, or finds community gatekeepers to offer simple choices of opportunities for the youth to contribute.
- Be great at meeting the youth where they are and gently challenging them to step past the boundary of their comfort zone.
- Set expectations and hold youth respectfully accountable. Youth respond.
- Set up the youth for success with small wins where they are shown gratitude.
- Document the informal strategies of youth service in the youth's plan.

Good luck! ... Helping Youth climb higher & HIGHER on the YTB ladder!

- 0 – Youth is involved with weekly service activity.
- 1 – Youth trying YTB, mix of experience & service.
- 2 – Youth talks about YTB or credit for behavior.
- 3 – Youth unaware or not interested in YTB.

YTB activities

References:

Edgar Cahn, *No More Throw-Away People: The Co-Production Imperative*
<https://www.amazon.com/More-Throw-Away-People-Co-Production-Imperative/dp/1893520021>

Ted Wachtel, IIRP Founder
Defining Restorative
<https://www.iirp.edu/what-we-do/defining-restorative/>

Al Condeluci,
<https://building-social-capital.org/>

TCOM 10/5/18

	Where youth lives, at school, or remote activity	Community or Organization or Town	County and beyond
<p><u>Serving others</u></p> <p>Someone is likely to say:</p> <p>“Thank you!”</p>	<ul style="list-style-type: none"> • Participate in WFI interview • Make popcorn for CFT meeting • Create poster of team vision • Prepare family picnic or meal • Design “Thank You” cards • Write gratitude journal 1 month • Assemble wire cart • Smile 10x/day, memorize jokes • Hand papers, pick up plates, ... <p>Your ideas ... (help update this chart)</p>	<ul style="list-style-type: none"> • Back-to-school backpacks • Greeter community theater • Water stop at 5K fun run • Unload boxes food bank • Stock shelf public library • Organize photo display • Bring art/poetry/dance or tell joke - CMO Talent Show • ... your ideas here ... 	<ul style="list-style-type: none"> • Join a youth group • Decorate for special event • Write letter to newspaper • Volunteer at county fair • Help at a clothing drive • Help plant flowers-shrubs • Participate in Youth Conf or Young Womanhood Conf • ... your ideas here ...
<p><u>New Experience /Learning activity</u></p> <p>Someone is likely to say:</p> <p>“Nice going!”</p> <p>“Tell me what you did.”</p> <p>“Tell me what you learned.”</p>	<ul style="list-style-type: none"> • Fold chairs, boxes, envelopes • Join Youth Partnership • Say Hello [Name] at meeting • Attend pottery workshop • Free concert at public library • Apply for a job or draft resume’ • Register to vote, learn first aid • Learn work tools or water safety • Use PBlapp to view CANS data • ... your ideas here 	<p>Try new activities (new to you). YTB Team may underwrite cost</p> <ul style="list-style-type: none"> • Go bowling (bowlingalone.com) • Visit area parks • Take an archery class • Try orienteering • Walking-jogging, mud run • Help with event website • ... your ideas here ... 	<p>Visit locations in your area:</p> <ul style="list-style-type: none"> • Planetarium, State museum • Read to a someone • Visit college bookstore • Historic site, Aquarium • Get non-driver picture ID • Pick up litter in state park • Learn your state counties • ... your ideas here ...
<p><u>YTB Lessons Learning</u></p> <p>Move toward giving-doing-making-helping-assisting-providing-serving activities</p> <p><u>YTB Team must support YTB</u></p>	<ul style="list-style-type: none"> • <u>Be cautious about using YTB credits for expected behavior</u> • Starting out with credits for new experiences may help. • Doing things for others may be easier than you think. 	<ul style="list-style-type: none"> • Don’t think too much. Do it. • Try something, get active. • Remember, YTB emphasizes service with-or-for others • Try a group activity • “Start where the youth is.” 	<ul style="list-style-type: none"> • YTB can be a game. • YTB has flexible levels. • Make each level a little more challenging. • People like climbing to higher levels!

YTB CANS & PBI

Power BI CMOactiveSNA

File View Edit report Explore Refresh Pin Live Page Reset to default Usage metrics View related

755 YouthTtl

> 1 SNA

565 DistinctYouth

56% PctImprov3

18% PctNoChange3

27% PctWorse3

member_id	Suicide	EffDate	LOEm	Assmt_Date	TrmDate	TAIbig3	Diff3	IsEarliest	IsLatest	CITY
96882	0	8/27/2015	37	9/22/2015		0	-6	True	False	Mount H
126626	0	3/14/2017	19	4/10/2017		0	-5	True	False	Keyport
267358	0	6/23/2017	15	7/31/2017		0	-4	True	False	Middleto
336775	0	7/7/2017	15	8/16/2017		0	-5	True	False	Farmingc
345680	0	10/5/2017	12	10/23/2017		0	-1	True	False	Long Bra
282262	0	12/26/2017	9	1/12/2018		0	0	True	False	Union Be
302286	1	2/9/2018	8	2/16/2018		0	-2	True	False	Long Bra
87808	0	5/11/2017	17	3/19/2018		0	6	False	True	Liberty C
207866	0	4/30/2018	5	5/4/2018		0	0	True	False	Ocean

TAIbig3 by IsEarliest and member_id

City Filter: (Blank), Aberde..., Allento..., Allenw..., Asbury..., Atlantic..., Atlantic..., Avon, Barnegat, Basking..., Bayville, Belford, Belle M...

Member ID Filter: All

SuicideRate Filter: 3, 2, 1, 0

Re-enrollm... Filter: (Blank), FALSE, TRUE

Gender Filter: F, M

DDtrue Filter: (Blank), False, True

Member ID List: 101560, 102329, 106323, 112419, 113937, 116494, 117568, 118142, 118151, 118764, 119107

Latest TAI (0-3 is green; lower is better)

of Youth by First-Last Difference of [TAIs for LDF+B&E+Risk] * Positive is better

Number Youth by LOEmonths

Assmt_Date: 8/13/2012 to 9/19/2018

CreatedBy: All

LOEm: 1 to 85

Latest Refresh: 9/20/2018 1:40:27 PM

Navigation: SNA-detail | SNA-TAI | SNA-TAI2 | TAI | Table | **Big3-LDF-BE-Risk** | TAI4parts | OnlyISNA | NoSNA | NS-CI | alldata | Duplicate of Big3-LDF-BE-Risk

The YTB model-app-passport are tools that help Child-Family-Teams enrolled with System of Care organizations build community plans with assets of: people to trust, safe places to go, activity experience.

TCOM 2018 Presentation

- Leveraging Power BI - Amanda Thompson
- Wraparound and Youth Timebanking: Increasing Youth Participation in Community Planning - Jerome Scriptunas
- DAX used in Power BI CANS analysis report

Youth/Community Timebanking collaterals

- Youth Timebanking – Brochure, Activity Log, Template
- Youth Timebanking - Posters: 50 Ideas & YTB is for all Youth
- Youth Timebanking Passport, Business Cards
- Youth Timebanking - Mobile App brochure

Timebanking Video Documentary, Community Service

- Fixing The Future, PBS, 2012, David Brancaccio
- Time As Money, 2015, Lenore E. Eklund, Edgar Cahn
- TimeBank Podcasts on iTunes
- Licensing films, <http://www.area23a.com/films/>
- <http://www.communityscience.com>

Timebanking around the World

- TimeBanksUSA, <https://timebanks.org/>
- TimeBank Aotearoa New Zealand, <http://timebanks.nz/>
- Timebanking UK, <http://www.timebanking.org/>
- TimeBank UK Mentoring, <https://timebank.org.uk/>
- hOurworld, <https://hourworld.org/>
- Timebanking is used in every continent except Antarctica.

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TCOM 10/5/18

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References Resources Influences
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YTB Resources - www.njresourcenet.org/TCOM/

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