



How Youth Timebanking (YTB) Helped a Wraparound Agency, MonmouthCares*, Achieve CARF Accreditation

YTB: A TOOL FOR INCREASING YOUTH INVOLVEMENT IN COMMUNITY PLANNING

TCOM 2019 – Culture and Community:

Stories from the Collaborative

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October 4, 2019, Palm Springs, CA

* CARF is an independent, nonprofit accreditor of health and human services.

TCOM: Transformational Collaborative Outcomes Management



YTB Community Plan

Transformational: YTB & CARF – Why & What

Collaborative: Our Stories

Outcomes: Milestones, Feedback

Management: YTB Work Flow





Why & What of YTB & CARF

Why YTB?

Low fidelity

- * Informal Supports
- * Community planning

What is YTB?

Practice for increasing youth involvement in community planning.

Is YTB useful?

CARF says YTB is an exemplary practice.

Let's
see
how
YTB
works
its
magic
with
youth

What is CARF?

Independent, nonprofit accreditor of health & human services

Exemplary:

Outstanding Results
Innovative, Creative
Beneficial for the field

End game

Youth transition with informal supports & community connections.



YTB has 2 Rules

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

YTB has two defining criteria:

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

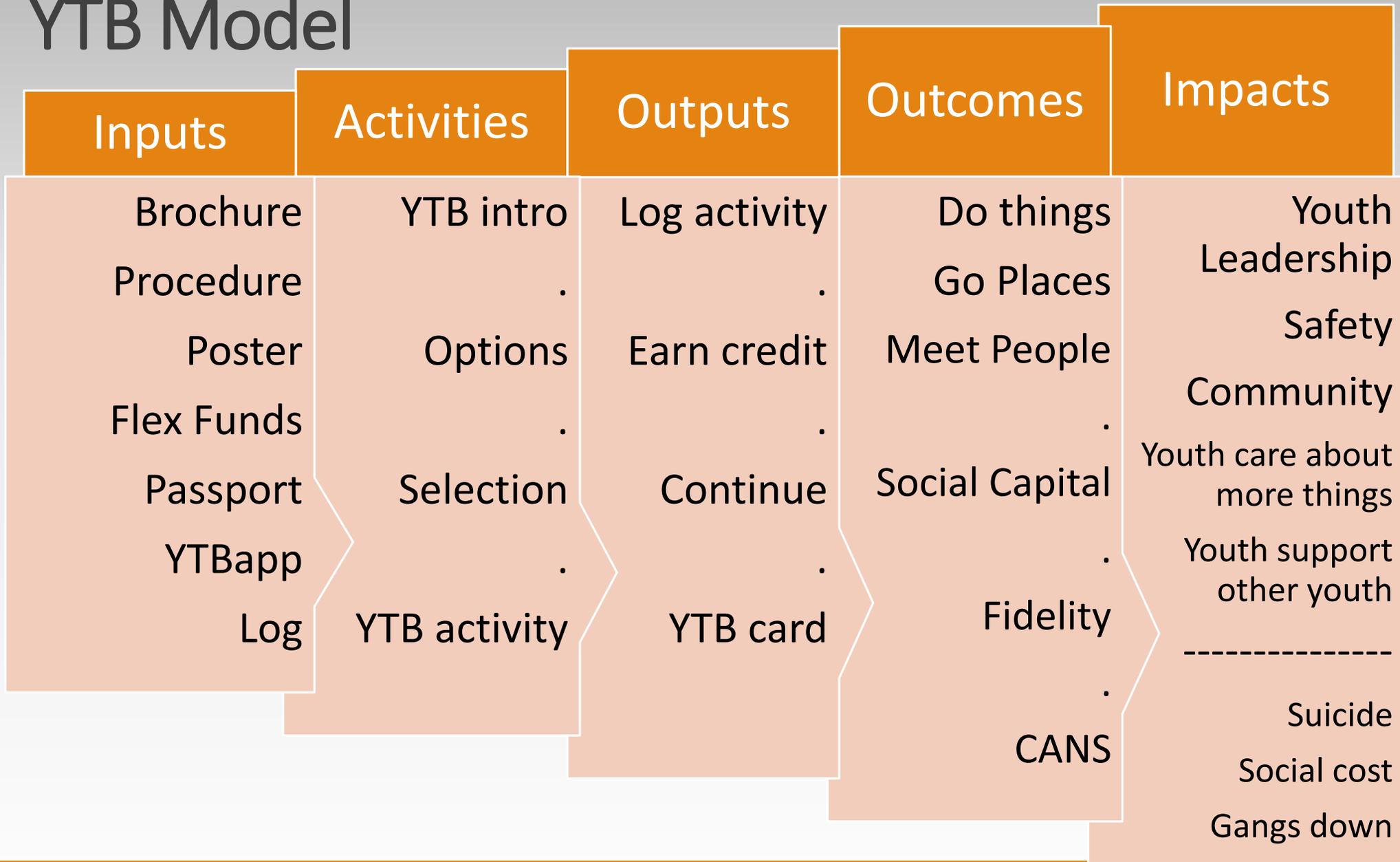
Youth earns 1 credit for each hour of service.
At 10 credits youth receives YTB gift card.

Youth transition:

What do we want?:

- A. Youth transition as someone who was a “person-served”
- B. Youth transition as a person “who serves” and takes responsibility for their ongoing plan of care

YTB Model



YTB meets 12 CARF standards

<https://tinyurl.com/ytbcarf>

Individualized plan includes goals that are reflective of:

1. Child/youth served
2. Parent(s)/legal guardian ...

Goals that are based upon the person's:

3. strengths
4. needs
5. abilities
6. preferences

Service objectives are reflective of expectations of:

7. person served
8. service team
9. Responsive to disabilities/disorders ...
10. Understandable to the person served
11. Measureable
12. Achievable

YTB Demographics

2016: about 1.4 YTB Youth per Care Manager

2019: about 2.3 YTB Youth per Care Manager

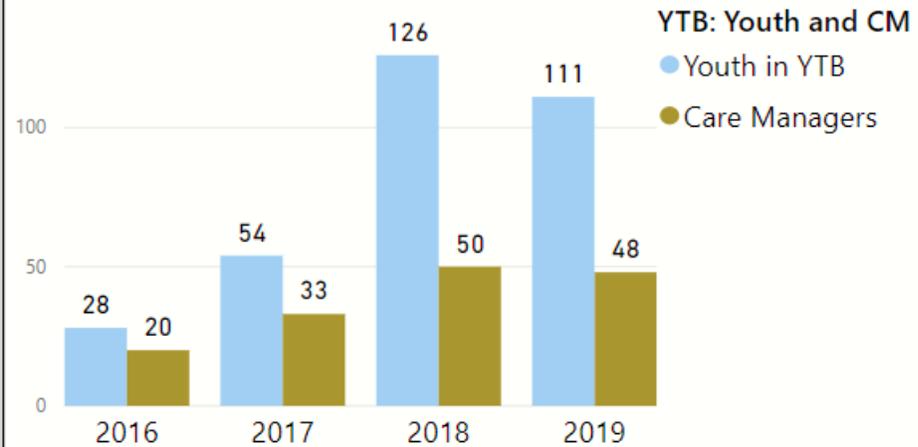
About 1/3 of Care Managers have Youth in YTB

About 3/4 of Care Managers have Youth in YTB

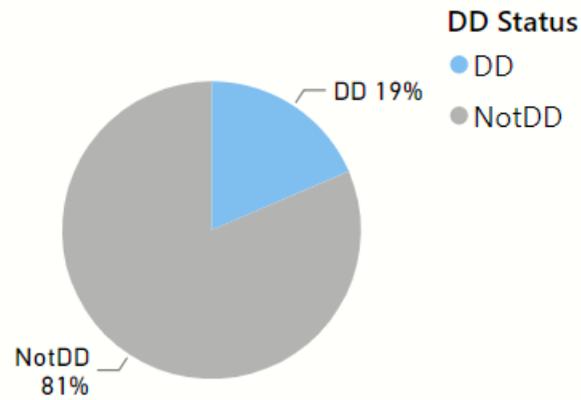
About 3% of Youth served involved with YTB

About 9% of Youth served involved with YTB

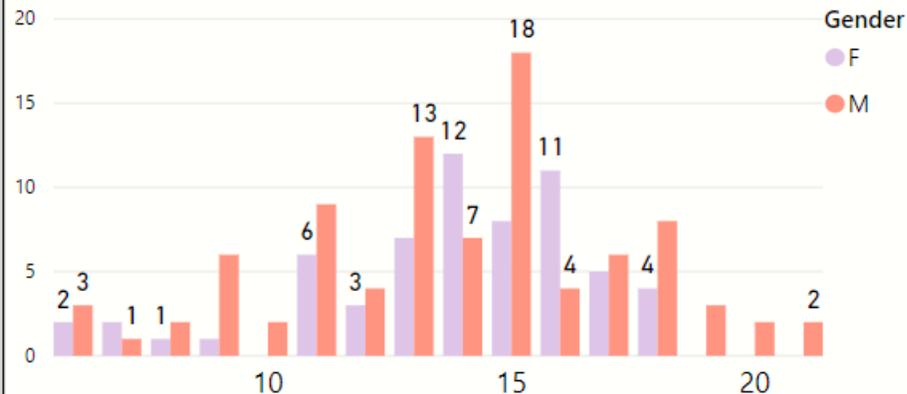
152 Youth & 67 CM involved with YTB by Year



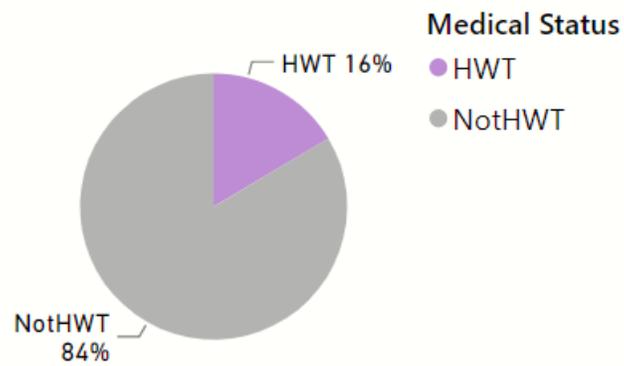
YTB Youth by DD Status



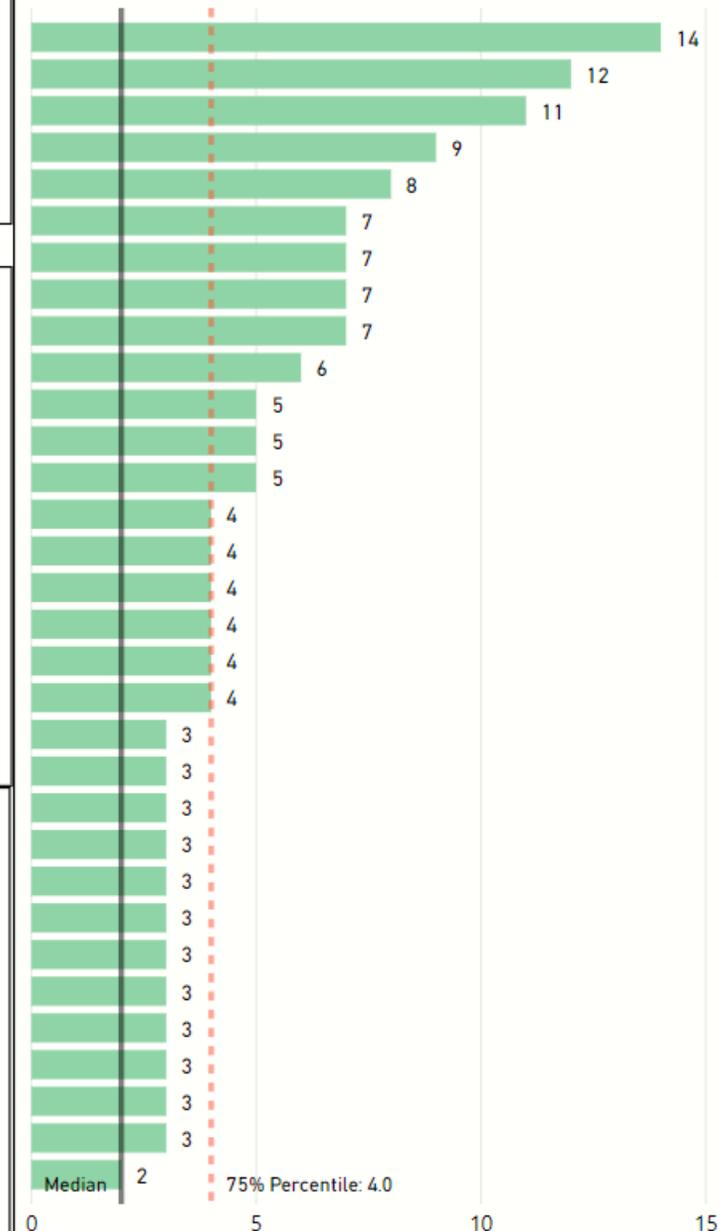
YTB Youth by Age & Gender, F 41%, M 59%



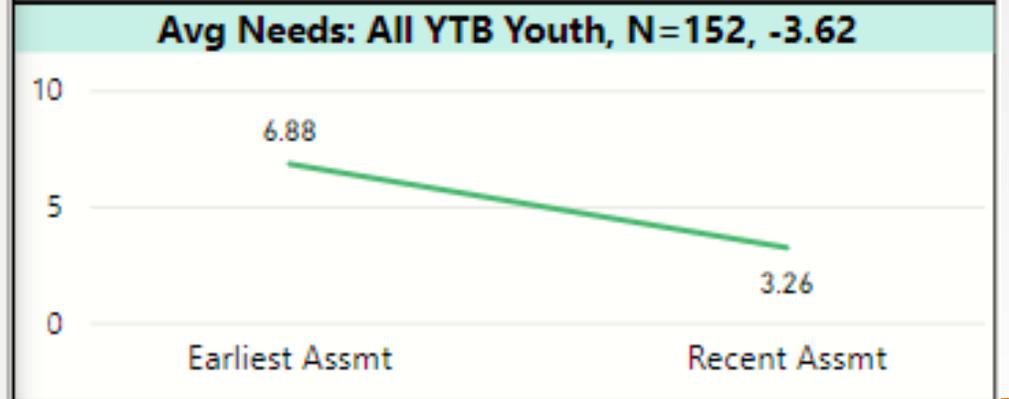
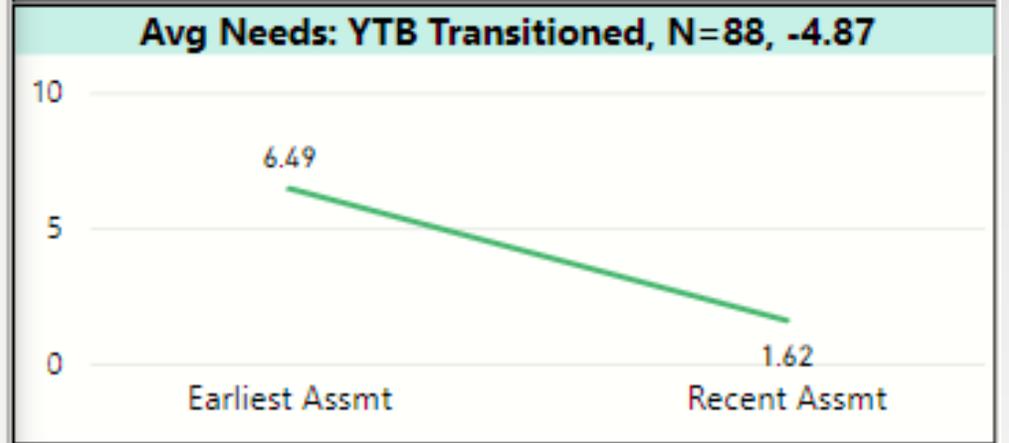
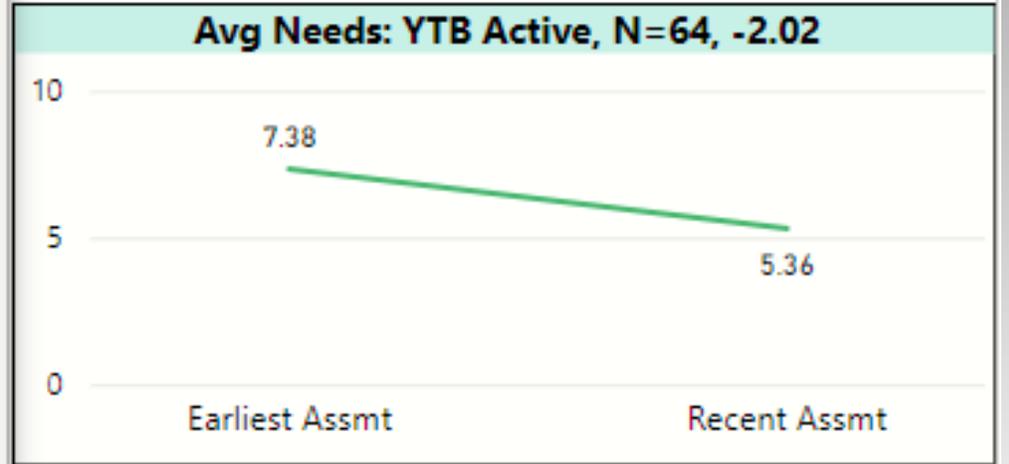
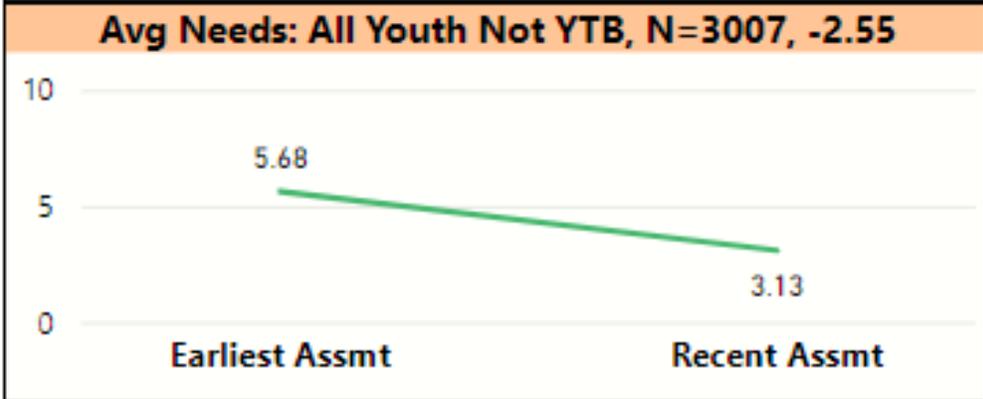
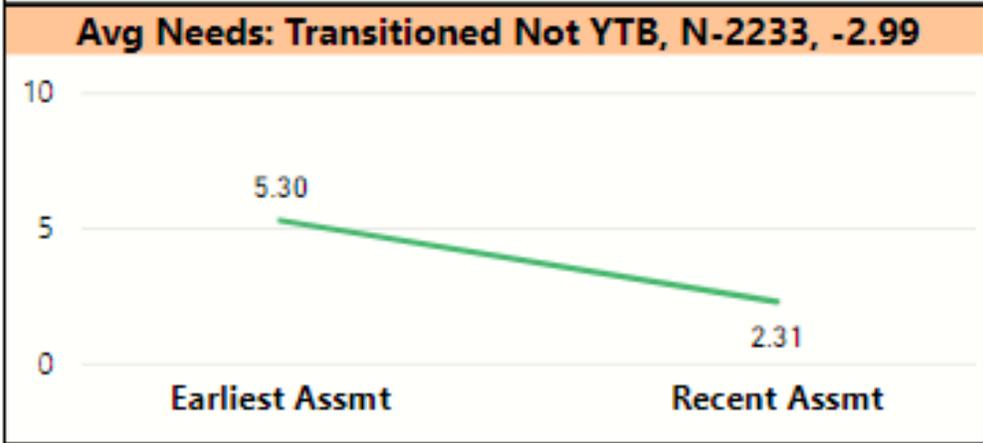
YTB Youth by Medical Status



2016-2019: Youth in YTB by CareMgr



YTB Youth, Needs Decrease Over Time





YTB Community Plan

Transformational: YTB & CARF – Why & What

Collaborative: Our Stories

Outcomes: Milestones, Feedback

Management: YTB Work Flow





Ana or Cesar or Mikal or Ryan or ...

Youth faced big challenges with [depression, anxiety, OOH, JJ, pediatric health, other].

Youth loved drawing, graphics, cooking, dogs, scouting, but feared they had no safe way to participate/do things/ did not have any friends ...

Youth
Male-Female
Age 9-20
Race
Diagnosis

YTB Activity walk dog,
tell staff about YTB,
house sit, YTB essay,
Talent Show...

People-Places met
people, got job at
local mall, spoke at
conference

CANS
Involved
with Care, Community
Involvement,
Optimism

Then, [Youth Name] agreed to try YTB

Youth uses the YTBpassport or YTBapp or YTB Activity Log or YTB postcard to keep track of activities.

At first youth started with doing simple things at home. After a while she was willing to try other things in the community.



A simple gesture & gratitude



YTB helps the youth reach her or his goals. - Youth want to belong to something, to do things that matter, and to be recognized for their efforts and service to others. Everyone can serve.

Imagine how this impacts WFI Fidelity and CANS ratings!

The Youth Partnership wanted to respond to a teacher's request for her students returning to classes in El Paso after the community violence.

YP4YTB rallied in a whirlwind postcard project to design-write postcards for the teacher to give to students in her class.

YP youth worked as a team to make it happen and felt excited and proud of their activity and service to others.

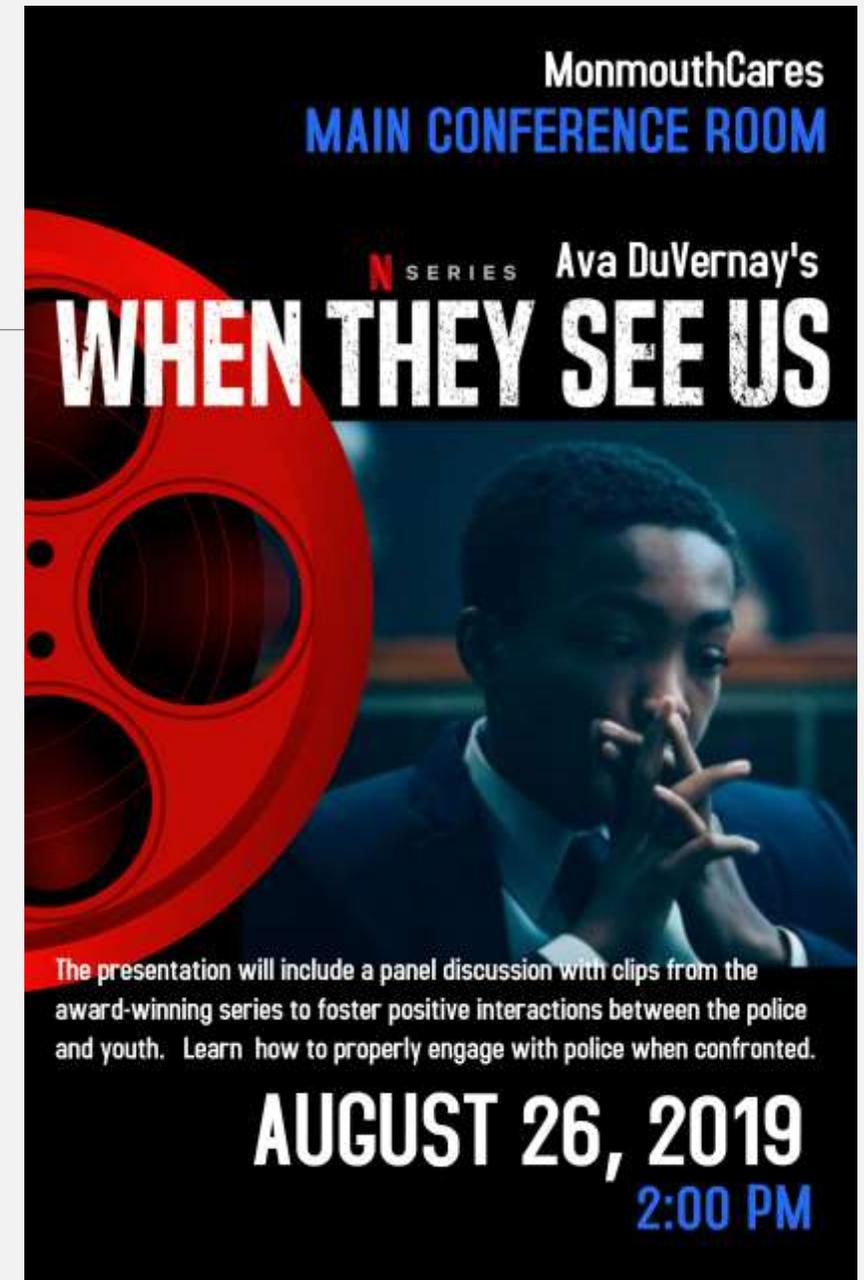
From Outsider to Partner

Four youth attended a panel discussion led by police officers from Newark, NJ based on the documentary: *When They See Us*

By the end of the meeting youth who were vulnerable to gang involvement were having respectful conversations with the police officers.

The youth were to receive 2 YTB credits for participating. At the recommendation of their Care Managers for the courage they demonstrated, they each received 10 YTB credits to earn a YTB gift card.

See also https://www.instagram.com/YTB_NJ



MonmouthCares
MAIN CONFERENCE ROOM

N SERIES Ava DuVernay's
WHEN THEY SEE US

The presentation will include a panel discussion with clips from the award-winning series to foster positive interactions between the police and youth. Learn how to properly engage with police when confronted.

AUGUST 26, 2019
2:00 PM



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

- **Promoter** – “accountability person” to coach youth to stay active and log activities.
- **Organizing** force – give structured choices of where youth can provide service. Ideas at www.njresourcenet.org – and – www.instagram.com/YTB_NJ .
- **Concentrating** force – remove not knowing what to do by offering specific, tangible, actionable choices for youth to earn YTB credits between meetings.
- **Accelerating** force – youth may feel the adrenaline rush when they experience the joy and fun of meeting people; while learning about interesting things in their community.



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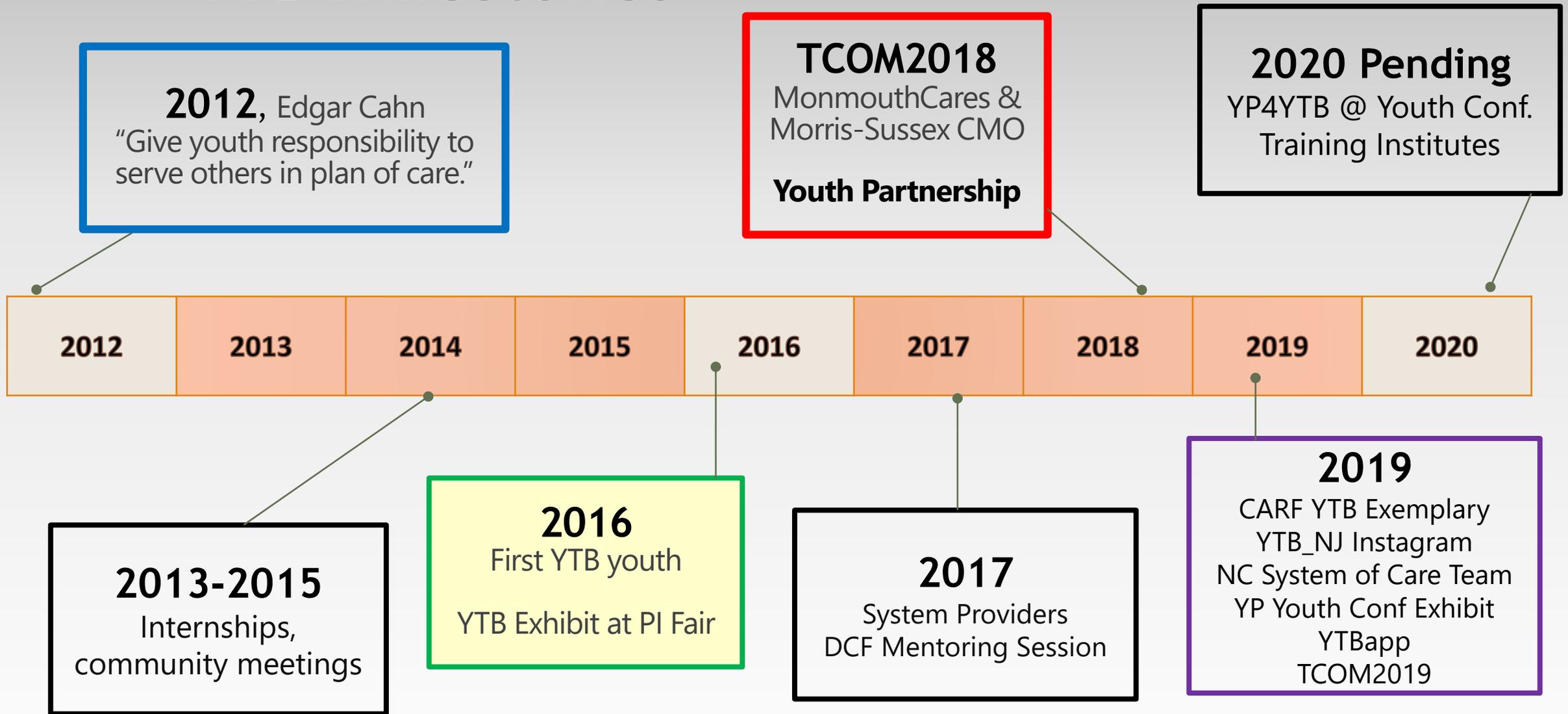
YTB EcoMap

YTB works
for all youth
from any background
anywhere

YTB increases
self-regard
community connections
social capital



YTB Milestones



YTB Builds Strengths

CARF Standards Re: YTB

1. Youth choice
2. Caregiver choice
3. Strengths related
4. Needs related
5. Abilities related
6. Preferences related
7. Expectations of youth
8. Expectations of team
9. Responsive to youth concerns
10. Understandable to youth
11. Measurable
12. Achievable

CANS Child Strengths re: YTB

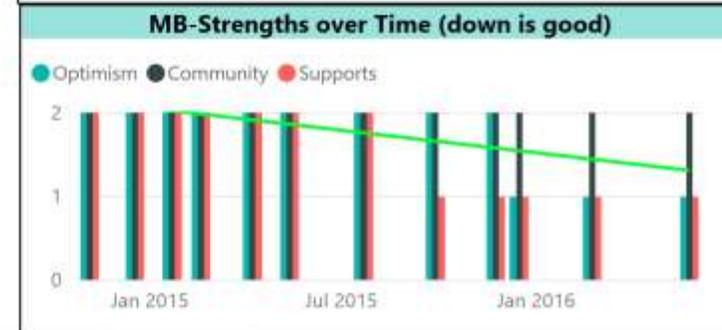
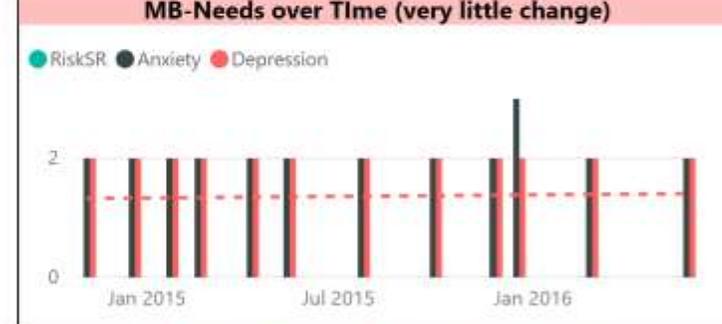
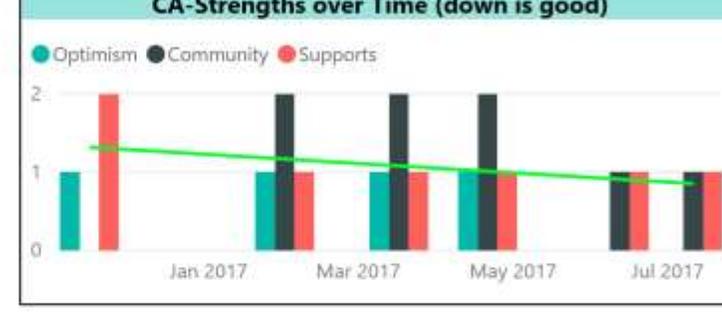
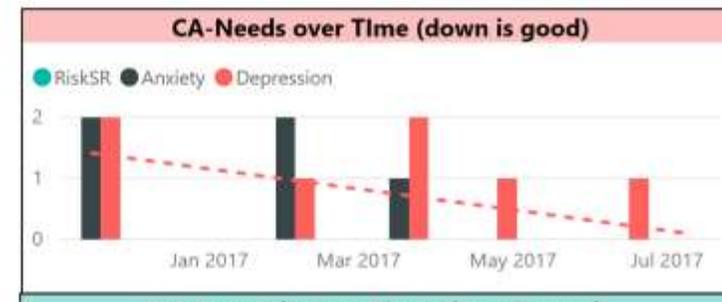
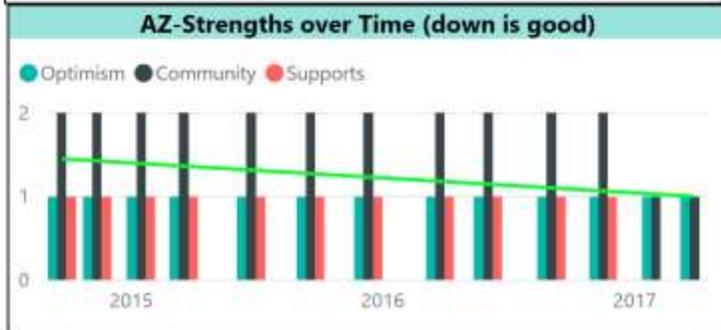
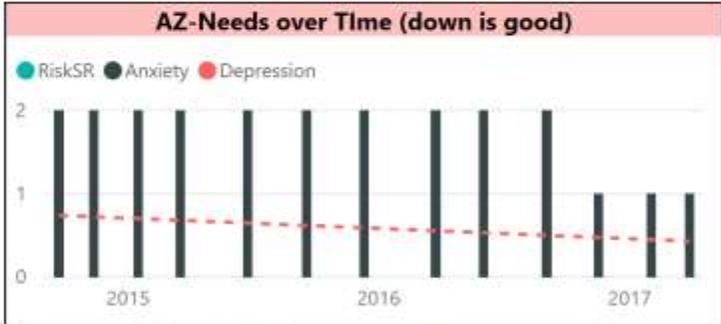
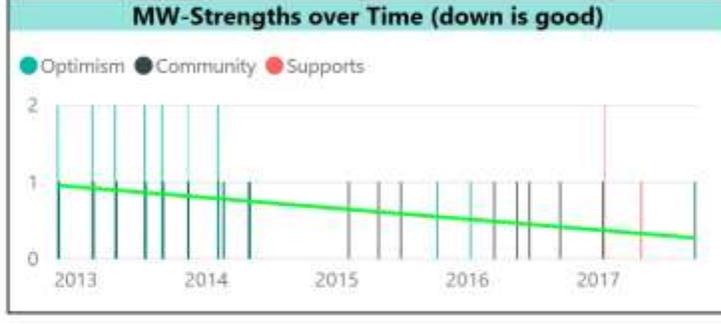
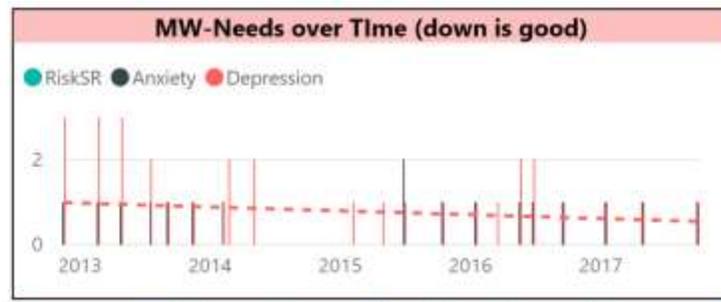
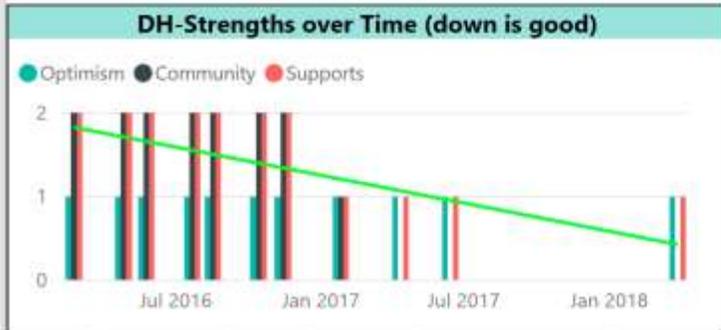
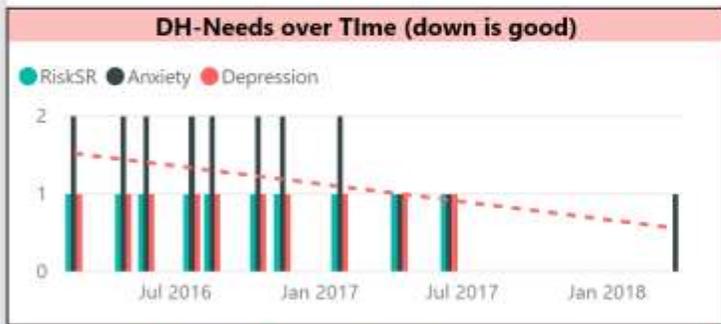
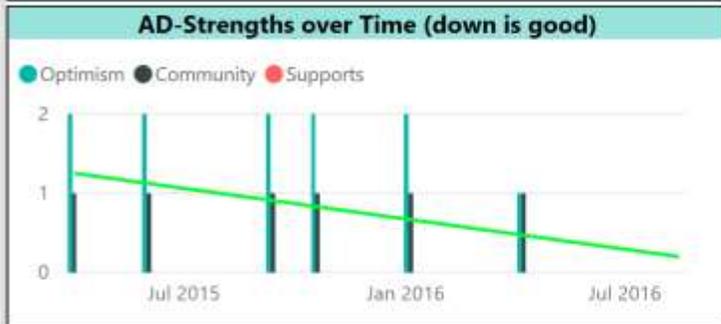
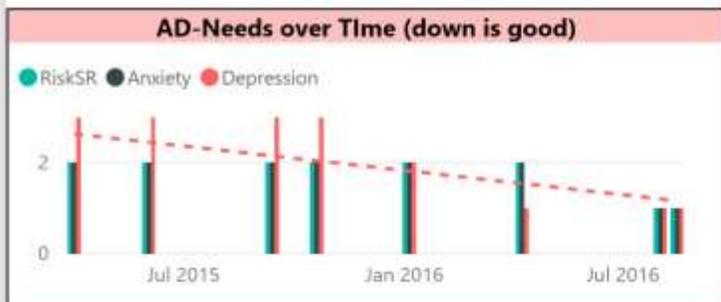
- Talents/ Interests
- Community Involvement
- Youth Involved with Care
- Optimism
- Self-Expression
- Resiliency

CANS Caregiver Strengths re: YTB

- Natural Supports
- Caregiver Resourcefulness
- Supervision
- Involvement with Care
- Knowledge of Youth's Strengths
- Caregiver Optimism

Wraparound Principles

1. Family Voice & Choice
2. Natural Supports
3. Culturally Competent
4. Collaborative
5. Individualized
6. Strength-based
7. Team-based
8. Community-based
9. Outcome-based
10. Unconditional Care

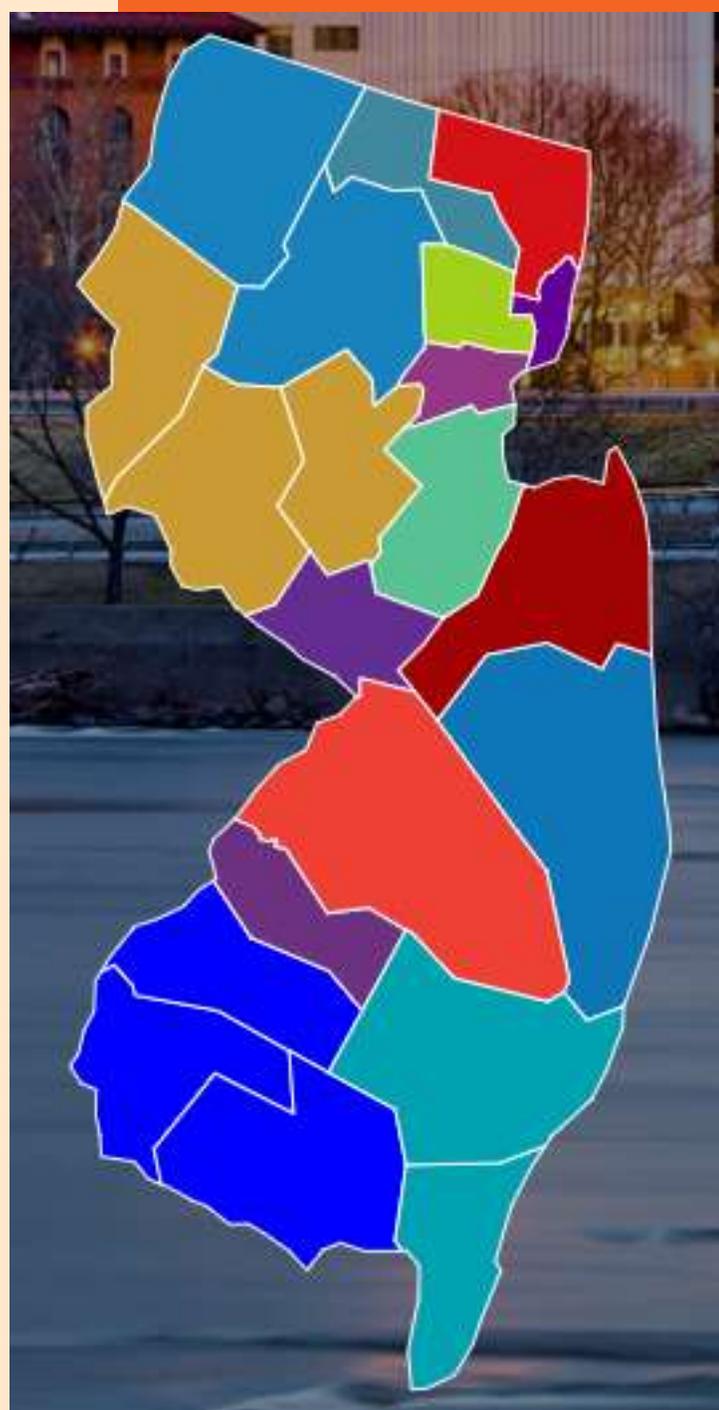


YTB Opportunity

More than 12,000 youth are enrolled in New Jersey's System of Care

~8% of MonmouthCares youth are participating in YTB

Imagine the good that would be created if more youth were involved with YTB



Good news on YTB:

- ▶ Safe
- ▶ Outstanding results
- ▶ Inexpensive
- ▶ High satisfaction
- ▶ Endorsed by Providers & Family Support Org

News:

- ❖ Less than 1% of youth in NJ-CSOC know about YTB.



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YTB Builds on Itself

Child Family Team	
Start Bonus	2
WFI Interview	2
YTB_NJ Instagram	2
Make a resume	2
"8 Questions"	2
	10

At Home or YP	
Make/ deliver meal	2
Do a repair	2
Run errand	2
Keep Exercise Log	2
Family Fall Fun Day	2
	10

Neighbor, YP, School	
Postcards El Paso	2
"When They See Us"	2
Gov't ID, non-driver	2
Get Library Card	2
Yard/Park Clean Up	2
	10

Town, Community	
FoodStock Volunteer	2
Philanthropy Club	2
Allaire Community Farm	2
Register to Vote	2
Community Theater	2
	10

Increasing community involvement

YTB End Game, Community Knowledge

Helped These People	
1	Relative
2	Neighbor
3	YP Member
4	School Club Member
5	Public Librarian
6	Food Bank Manager
7	Theater Supervisor
8	Executive Director
9	Coach
10	Park Warden

Places in Community	
1	Child-Family Team Meeting
2	Neighborhood
3	Municipal Building
4	County Fair
5	Public Library
6	Community Organization
7	YMCA
8	Local Park
9	Food Pantry
10	Motor Vehicle Center

Doing Things, Service to Others	
1	Assembling bookshelf
2	Unloading supplies
3	Park clean up
4	Preparing food
5	Greeting theater goers
6	Decorating for event
7	Writing-sending post cards
8	Washing cars
9	Designing greeting cards
10	Discussion with police officers

Youth, families, staff, providers on YTB

I feel like I'm in charge of something, not another therapy appointment.

Youth

"Postcard project for El Paso was great. Why didn't you ask us to do more and send to Ohio?"

YP Youth

"My MSW practicum was on YTB. At graduation I received the Dean's Award for Social Justice."

Operations Manager

"YTB changes the youth's image. They feel capable."
– former Care Manager

"My child likes YTB and looks forward to telling our Care Manager what she did."

Parent-Caregiver

"I'm getting good ideas for YTB from the Instagram."

Family Support Organization

At first I said "Let's wait and see how it goes". Now it's: "Say YES to YTB."

Supervisor

"YTB is Community Planning."
– QI Coach

YTB works. My staff shares ideas on how we can get better with YTB. - Regional Provider

I want YTB to be part of the Positive Youth Development hub. - Community Leader

YTB gives the team something to focus on. I try to use YTB with every youth.

Care Manager

"YTB is part of our practice. Period. End of discussion."

Director Clinical Operations



YTB Works – with a little care & feeding

Youth in YTB develop habits that change their community set point and build a plan with:

- Connections with up to 10 people to count on, confide in, and trust.
- Knowledge of up to 10 safe, welcoming places in their community.
- Confidence from doing at least 10 things others value and appreciate.

Youth Timebanking Critical Success Factors:

- An adult to encourage youth to provide service to others.
- Team finds opportunities for the youth to contribute.

- Expectation that youth have progressive responsibility over time.
- Hold youth accountable. Youth need accountability partners.

- Set up success with small wins where youth are shown gratitude.
- Document the informal strategies of youth service in the youth's plan.

Good luck!

We hope you find YTB worthwhile.

For further information on YTB visit [YTBhome](#)

Use the YTBapp or
the YTBpassport

YTB helps youth
realize that their
community has:

People to see
Places to go
Things to do



**From helped to helper
From served to server
From receiver to giver**



When people know better, they do better



Encourage youth to transition from being a person served to being a person who serves. From being a service recipient to a co-producer in their community.

For ideas, please follow [YTB_NJ](#)

YTB Jump Start

Youth can earn a YTB credit for completing this list.
Change entries as interests change.

Bucket – something you would like to experience within the next six months.

Gratitude – something you are grateful for that happened recently, even today.

LikeToDo – things you enjoy doing and think you would like to do every day or weekly.

BestOfMe – something you recently did by yourself or with others that you are proud of.

HelpWorld – things you would like to do to improve something somewhere for people or the world.

WishForMe – something you would like to have that would make life better for you and-or your family.

All items are optional. Share with your YTB team.

Bucket & Gratitude List

1 Bucket
2 Bucket

1 Gratitude
2 Gratitude



Likes & Bests List

1 LikeToDo
2 LikeToDo

1 BestOfMe
2 BestOfMe



Help & Wish List

1 HelpWorld (or someplace)
2 HelpWorld (or someplace)

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

YTB Builds Community Plans

- 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.

	Where youth lives, at school, or virtual activity	Community or Organization or Town	County and beyond
<p><u>Serving others</u></p> <p><i>Someone is likely to say:</i></p> <p><i>“Thank you!”</i></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 shelf unit • Hand papers, pick up plates, ... <p>Your ideas ... <i>(help update this chart)</i></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><i>Someone is likely to say:</i></p> <p><i>“Nice going!”</i></p> <p><i>“Congratulations!”</i></p> <p><i>“Wow, that’s cool!”</i></p>	<ul style="list-style-type: none"> • Fold chairs, boxes, envelopes • Join Youth Partnership • 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). <i>YTB Team may underwrite cost</i></p> <ul style="list-style-type: none"> • Go bowling • 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><i>Move toward giving-doing-making-helping-assisting-providing-serving activities</i></p> <p><u>YTB Team must support YTB</u></p>	<ul style="list-style-type: none"> • Avoid using YTB credits for expected behavior • Get starting by earning credits for new experiences. • Youth can do things for others. 	<ul style="list-style-type: none"> • Don’t over think. Do it. • Try something, get active. • YTB emphasizes service with-or-for others • Try a group activity 	<ul style="list-style-type: none"> • YTB can be a game. • YTB has flexible levels. • Make each level a little more challenging. • “Start where the youth is.”