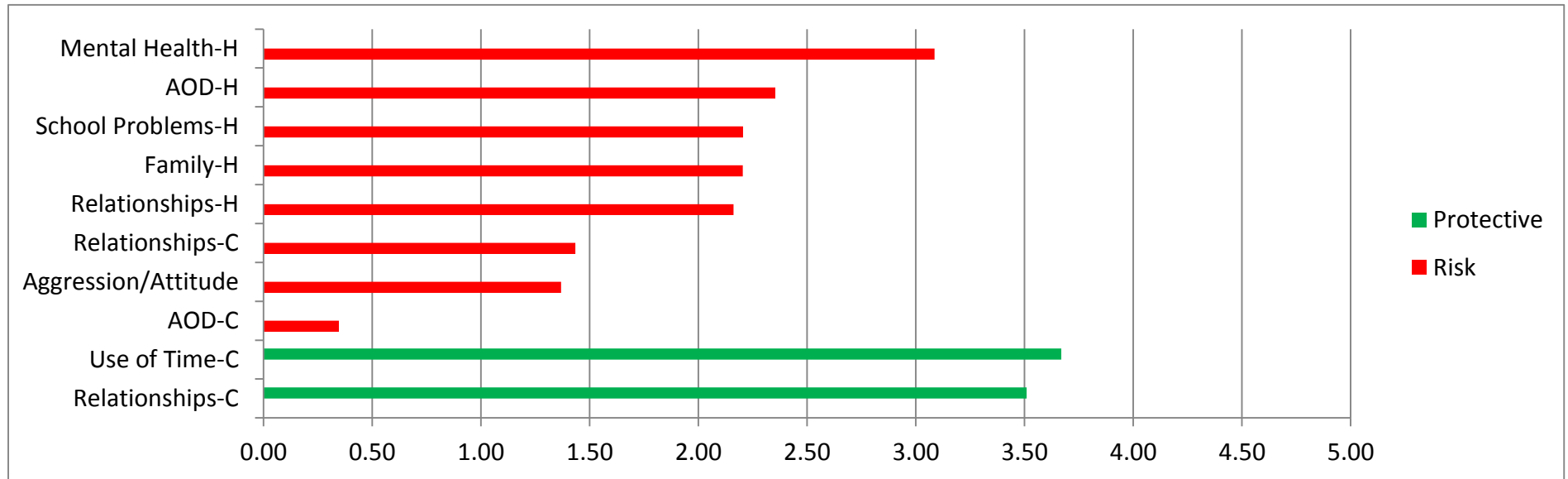


## TYPOLGY 2 - FEMALE



**ASSESSMENT CONSIDERATIONS:** Typology 2 youth benefit from referral for mental health assessment to clarify mental health needs and/or further assessment. Assessment areas may include but are not limited to trauma, current diagnoses, intellectual functioning (IQ), and medication. If current or recent alcohol and/or drug use are present, refer for alcohol and drug assessment to determine intervention and treatment needs.

**CASE PLAN ESSENTIALS:** Typology 2 youth tend to be “survivors.” Therefore, when a trauma-informed approach is used, they are highly adaptable and respond well to structure and consistency. This typology youth benefits greatly from frequent contact with their case manager to review the status of their case plan. Case plan goals should focus on coping strategies, skill development, and proactive planning for future situations. Case planning should focus on high expectations of skill development and attainment to assist the youth in developing positive replacement behaviors, rather than simply abstaining from negative behaviors. Crisis planning should include opportunities for youth to have time to physically separate from the situation to allow them to experience their emotions, reflect, and then debrief the situation. Acknowledgement of the emotion can foster a trusting relationship with these youth, while reinforcing expectations, coping skills, and skill development. Community planning should include strong community supports such as mentorship and/or resources to create community connection. Such connections promote opportunities to further develop resiliency skills.

**TREATMENT APPROACH:** Typology 2 youth are considered “survivors,” meaning they will do what they feel they need to do to ensure their basic needs are met. Negative behaviors displayed by these youth may, in fact, be adaptive skills developed to ensure their basic needs are met the best way they know how. It is critical to develop an understanding of the function of these behaviors from the youth’s perspective prior to developing goals or interventions to change the behavior. Otherwise, such interventions may inadvertently result in unanticipated problems. These youth initially may be resistive. Therefore, dependability and predictability help create opportunities to develop emotional and psychological safety. Building relationships can be difficult for these youth, so it is imperative that clear boundaries and expectations are established from the beginning to prevent misunderstanding which can lead to distrust. When confronted about

behaviors, youth can become disruptive and defiant and/or find it difficult to take responsibility for their actions. Due to this type of emotional defensiveness, interventions work best when done in private where the youth feels emotionally safe, increasing the likelihood of her ability to reflect on prior commitments and expectations. When implementing trauma-informed care with these youth, focus on consistently applied direct, honest, non-confrontational, and respectful interactions that allow for the explanation of “why” and “when.”

The typology need profiles are a result of the Oregon Youth Authority Risk Needs Assessment or the Oregon Typology Assessment. When determining treatment approach or case plan essentials, a comprehensive view of typologies and other completed assessments is necessary.