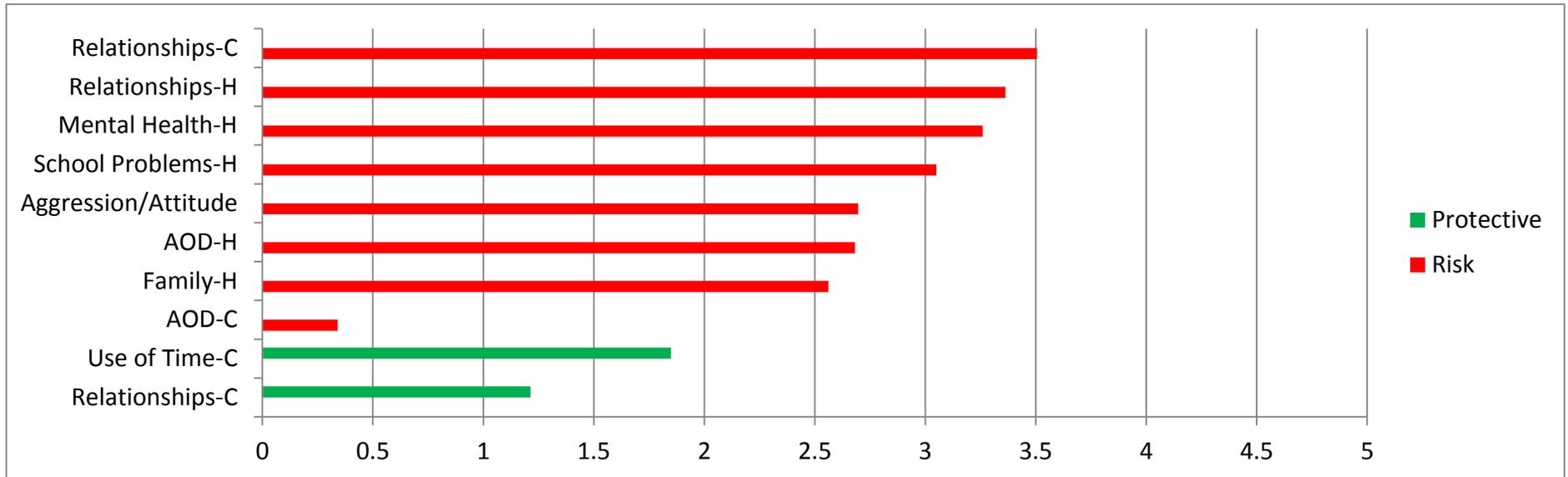


## TYPOLGY 4 - FEMALE



**ASSESSMENT CONSIDERATIONS:** Typology 4 youth benefit from referral for a 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:** Development of a Typology 4 case plan should target enhancement of healthy relationship skills including appropriate boundaries and causes of and solutions for addressing interpersonal conflict. The case plan should support healthy family engagement that promotes transparency, honesty, and clear boundaries. Focusing on goal setting and the acknowledgment of authentic goal attainment will build upon existing resiliency.

### **TREATMENT APPROACH:**

Building relationships with these youth is key, and clear boundaries for these relationships are essential. Working with these youth will take time, patience, and realistic expectations. Typology 4 youth respond well to high expectations and are likely to be as active in participating in their case planning as they are encouraged to be. Consistency in relationships is important to these youth, especially during times of transition; a stable contact, such as a Parole/Probation Officer, should be engaged as much as possible throughout the process.

Youth from this typology typically possess strengths of flexibility and adaptability, which may help them stabilize relatively quickly in environments which best support their needs. These youth require relationship-based approaches. The presence of caring and supportive relationships (e.g., family, extended family, positive mentors, positive adults, and peers) increases their ability to cope with stressors and promotes resiliency. Providing consistency in emotional, physical, and psychological safety will strengthen the relationship and allow for trust. These youth tend to have more internal motivation factors and can see the “bigger picture” of how their actions and the actions of others affect their surroundings. When a problem or crisis arises, Typology 4 youth respond best to one-on-one

or small group approaches focusing on building constructive problem-solving skills. Type 4 youth benefit from being provided time to reflect on what is occurring, being allowed to express their emotions, and proactive verbal interventions. For these youth, isolation is not typically an effective intervention, but if it is necessary, a follow-up conversation about the behavior and reinforcement of the expectations is critical to maintain trust within the relationship.

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.