

# CATALIST Communications Language

## LANGUAGE TO DESCRIBE CATALIST

CATALIST is a free program for youth ages 12-18 and their caregivers. Several evidence-based interventions are offered focusing on prevention, early intervention, treatment, and recovery. Therapists are trained to provide services for substance use, depression, anxiety, and trauma for individuals. Case management, Youth Recovery Groups and coaching, Family therapy, insurance assistance, connection to housing, food, transportation, and other needs are available for all youth participants.

## LANGUAGE TO DESCRIBE FAMILY THERAPY

Family therapy is designed to help families communicate, support each other, and navigate challenges within the family to improve relationships. It is often used as treatment for substance use disorders and other behavioral or mental health conditions.

## WAYS OF ENGAGING YOUTH

One of the main gateways to youth engagement involves having the therapist and adolescent meet together and work toward a shared understanding of the situation and what could ultimately help the youth. To do this, therapists have to manage the pull of system requirements and their obligation to the individual adolescent clients. The process of working with the adolescent to ensure engagement is represented by four themes:

1. **Counteracting initial obstacles for client engagement:** “You are not trapped here”
2. **Eliciting the client’s perspective:** “What does it look like to you?”
3. **Practicing transparency:** “I want you to know what I see”
4. **Tailoring as ideal:** “I will design this therapy for you” (Stige et al., 2021).



## EVIDENCE-BASED STRATEGIES FOR ENGAGING PARENTS/CAREGIVERS

- ✓ **At an organizational and leadership level, ensure there is buy in and support to engage families – that parent engagement is central to youth’s success vs. a preference**
  - Ensure access – make it easy for parents/caregivers to attend or go to them
- ✓ **From first point-of-contact, communicate:**
  - Expectation for parents/caregivers to participate
  - Data that it leads to better outcomes for youth (77.3% of youth whose parents/caregivers attended completed 6 sessions of treatment compared to 45.5% of youth whose parents/caregivers did not attend)
  - Parents/caregivers need support as much as their teen – this process is difficult for everyone
  - Confidence at being able to offer help and support to their child and whole family
  - Experience in serving families who have been in similar situations
  - Name of clinician they will be seeing and positive attributes about them

*Example: “You will be meeting with Sara. Sara has been here for 5 years, families have wonderful things to say about her and she really gets what the youth who come to our program are going through.”*
- ✓ **If one parent says the other cannot attend, ask permission to call them directly**
- ✓ **Home visits**
- ✓ **Consider an incentive program for attendance and participation**
  - Nancy Petry’s Fishbowl Procedures (Petry et al., 2000)
    - ◇ Parents/caregivers can earn “pulls” from the Fishbowl of prize slips based on completion of tasks
    - ◇ Tasks can include attendance, completing between session challenges, bringing youth to urine testing appointments
    - ◇ Pulls range in value from a positive affirmation to \$1 to \$2 gifts, to \$20 gifts to \$100 gifts



## LANGUAGE TO COMMUNICATE THERAPIST DEPARTURE WITH YOUTH

1. Validate relationships with the therapist.
2. Validate – They really cared about you and supported you in achieving your goals.
3. Your therapist is no longer able to continue in their role here.
4. We realize this is very sudden and you may have questions.
5. We do have a plan to continue services with another therapist and this person will be reaching out to you.
6. We also want to give you an opportunity to voice any concerns you may have about your treatment and support here.
7. We want to ensure you know the entire CATALIST team supports you.

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### Sample Script

We all know you were very connected to [your therapist]. S/he/they really cared about all of you and supported you in achieving your goals. She is no longer able to continue in her role with the [name of the facility]. We realize this is very sudden and you may have questions about the way forward. The entire CATALIST team supports you, and [your new therapist] will be reaching out to all of you to continue working with you.