



PROBLEM SOLVING PLAN

Youth name: _____ Age: _____

Date: _____

Caregiver/Guardian Name: _____

Address: _____

Phone number: _____

Before having a conversation, individuals need to be calm. It is vital to give a person time/space to calm down on their own and/or coach calm by practicing deep breaths (or other calming practices) so their brain is ready to process and learn.

I'm glad you are here and that we can talk about this and make a plan to help you be more successful at the Y.

PROBLEM BEHAVIOR

What happened?

What led up to the problem? (choose all that apply)

- I didn't sleep/didn't sleep well last night
- I did not eat breakfast/lunch
- I didn't know or understand the expectations
- I did not want to follow the directions given to me
- I had a bad day at school
- I had a bad day/night at home
- Other: _____
- Other: _____
- Other: _____

What else would you like us to know about what happened?

What do you think/how do you feel about what happened?

What do you think needs to happen next?

How can we reduce the chances that this happens again?

Anything else you would like to say?

Let's review the next steps:

1. _____

Timeline: _____

2. _____

Timeline: _____

3. _____

Timeline: _____

Call to caregiver: _____

Youth signature: _____

Date: _____

Y staff signature: _____

Date: _____

FOLLOW UP after the above steps:

1. _____

Timeline: _____

2. _____

Timeline: _____

3. _____

Timeline: _____

Resolved by: _____

Date: _____