

<b>NAME OF THE METHOD</b>	<b>USB Uitstapbegeleiding (Exit guidance)</b>
<b>CHARACTERISTICS</b> According to strengths model	Aspirations Competences Social relations Resources
<b>MAIN GOALS</b>	Providing a new chance to, when independent living (TCK) has not worked out well.
<b>REGION OF IMPLEMENTATION</b> <i>Please fill in the geographical area(s) in which the method is used.</i>	Roeselare/Tielt
<b>THEORETICAL FRAMEWORK/IDEA/VIEW</b> <i>When a certain view on care or a specific theoretical framework is used, please add it here.</i>	Vertrektraining and 'problem solving approach'
<b>GENERAL DESCRIPTION OF THE METHOD / IMPLEMENTATION</b> <i>Describe the method in general. How is the method implemented?</i>	USB is a short-term method for youth where supported independent living (TCK) has not worked out in the way preferred. The youth and their case worker meet 3-4 times a week for 3 months. In these meetings they work on the subjects of income, housing, family, relations, self-care, feelings, thoughts, behaviour and leisure time. The youngster and their case worker will work on the goals that the youngster has suggested. The youngster is guided by means of actions and activities. The guidance is set up according to a step wise approach that is agreed on at the start of the trajectory. The agreements are agreed upon in a contract at the start of USB.
<b>STEPS OR PHASES</b> <i>Does the method have a stepwise process? Which are the steps?</i>	<p>1: first conversation with the youngster (in case there is a new case worker, both the old case worker and the new are present at this meeting</p> <ul style="list-style-type: none"> <li>- Mainly practical</li> <li>- Getting to know each other (passing on administration and previous steps taken)</li> <li>- Explain method, way of working, goals...</li> <li>- Agreements; who will do what?</li> <li>- Set up plan for the first two weeks</li> </ul> <p>2: week 1 and 2: setting goals</p> <ul style="list-style-type: none"> <li>- What is important for the youngster? Work with the chosen goals, make these concrete, perhaps SMART</li> <li>- Solution-oriented flowchart</li> <li>- Set priorities</li> <li>- Which sources are important for the youngster? How do they want to use them? Make these visual.</li> <li>- Use supporting conversational methods, schemes, ecogram, genogram, lifeline...</li> </ul> <p>3: steps: at the end of week 2 there should be steps and priorities to work towards. These will clarify which steps will be taken and how.</p> <ul style="list-style-type: none"> <li>- Start with the goals the youngster presents</li> </ul>

	<ul style="list-style-type: none"> <li>- Give enough attention to the context and supporting people for the youngster</li> <li>- Check what has to be done and agree upon who takes up which task</li> <li>- Go to services with the youngster and meet up with them</li> <li>- Visit other youngsters that transitioned from out-of-home care</li> <li>- Check each goal again if one or more do not work according to plan</li> </ul> <p>4: undertake action directed towards transitioning</p> <ul style="list-style-type: none"> <li>- Case worker takes initiative</li> <li>- Make visits and connect network</li> <li>- Roundtable invite context and relevant services</li> <li>- Evaluations in between</li> </ul>
<p><b>MATERIAL</b> <i>Which material is needed?</i></p>	<p>Guidelines Goal cards (Administrative) forms Notes meetings</p>
<p><b>COST OF THE METHOD (EXCL. PERSONEL)</b> <i>Is the method freely available or not?</i></p>	<p>Freely available</p>
<p><b>COMPETENCES OF THE AFTER CARE WORKER(S)</b> <i>Are any specific competences required? Can it be implemented by professionals, volunteers, ...?</i></p>	<p>Be open for the questions and goals of the youngster with a positive stance. It's about how they want to take their future in hands. Make contact with authenticity, respect, listening skills, hope for change, and clarity about knowledge and possibilities Prioritise things that are urgent Use personal strengths as a professional.</p>
<p><b>IN WHICH WAY IS THE METHOD SUCCESSFUL?</b> <i>Explain why the method works or seems to work, under which conditions. If research has been done on the method, please also add the information (link, publication, ...).</i></p>	
<p><b>MORE INFORMATION AT</b> <i>Is a website or publication available?</i></p>	<p><a href="https://www.nieuwland.be/Afdelingen/DeLimietUSB.aspx">https://www.nieuwland.be/Afdelingen/DeLimietUSB.aspx</a></p>