

NAME OF THE METHOD	Vertrektraining (VT) Voorkoming thuisloosheid
CHARACTERISTICS According to strengths model	Social relations Competencies Aspirations Resources
MAIN GOALS	Creating a healthy and realistic future perspective <ul style="list-style-type: none"> - The youngster has supporting people in their surrounding - The youngster knows their talents and strengths and can use these - The youngster has a plan for their future - The youngster has skills to handle everyday life - There are basic things fixed to start independent living (such as: housing, work/education, leisure time...)
REGION OF IMPLEMENTATION Please fill in the geographical area(s) in which the method is used.	The Netherlands
THEORETICAL FRAMEWORK/IDEA/VIEW When a certain view on care or a specific theoretical framework is used, please add it here.	Strength based approaches Solution-focused short therapy
GENERAL DESCRIPTION OF THE METHOD / IMPLEMENTATION Describe the method in general. How is the method implemented?	The training is implemented in ten weeks and the goal is to reach concrete results. There are five success criteria: <ul style="list-style-type: none"> - The youngster has a stable place to live - The youngster has a way to fill their days - The youngster has an income or earnings - Possible lawsuits against them are finalised - There is a stable and supporting network
STEPS OR PHASES Does the method have a stepwise process? Which are the steps?	A first phase is screening. A second phase is where the professional and the youngster get to know each other (build a relationship) and the path the youngster wants to take (this phase takes 2 weeks). A third phase is the preparation and implementation, this takes 7 weeks and is focused on the network of the youngster (to strengthen and broaden it) and their skills and behaviour. The last phase is the evaluation phase. The professional will make contact with the youngster after finalising the training, three, six and twelve months later.
MATERIAL Which material is needed?	<ul style="list-style-type: none"> - Several forms provided in the paid training
COST OF THE METHOD (EXCL. PERSONEL) Is the method freely available or not?	1750 for a training for 1 person
COMPETENCES OF THE AFTER CARE WORKER(S) Are any specific competences required? Can it be implemented by professionals, volunteers, ...?	The professional needs to have: <ul style="list-style-type: none"> - A graduate degree - Some years of experience in the field - Formal training
IN WHICH WAY IS THE METHOD SUCCESSFUL? Explain why the method works or seems to work, under which conditions. If research has been done on the method,	Research shows that three quarters of the sample had reached 4 of the success criteria. Besides, a lot can be reached in ten weeks and it seems that the short period of time works more motivational for the youngster.

please also add the information (link, publication, ...).

MORE INFORMATION AT
Is a website or publication available?

www.nji.nl/jeugdinterventies
<https://www.nji.nl/nl/Download-NJi/Werkblad/Uitgebreide-beschrijving-Vertrektraining.pdf>