## Positive Youth Development (PYD) Model Core Components

### PYD/Strengths-Based Case Management
Youth participate for 12 months, through 4 phases; 2 one-hour in-person visits per month (quarterly visit in the home)
Visits occur in a supportive, confidential, and safe environment

### Motivational interviewing promotes positive behavior change and successful goal pursuit
Motivational Interviewing = Strategies for doing case management, fostering resiliency, and engaging in life planning

### Foster Resiliency
- Establish protective factors
  - Caring Relationships
  - High Expectations
  - Opportunities for Participation and Contribution
- Build youth strengths, skills, and motivation for and through life planning
  - Problem Solving
  - Autonomy
  - Sense of Purpose
  - Social Competence

### Engage in Goal Setting and Life Planning
- Support youth growth towards self-sufficiency and improved outcomes
  - Assess needs and interests
  - Address program priorities
    - Healthy Relationships
    - Health and Health Care
    - Family Planning and Safer Sex
    - Education/Work