

Youth Signature: \_\_\_\_\_

Staff Signature: \_\_\_\_\_

## RUNAWAY PREVENTION INTERVENTIONS GUIDE<sup>1, 2</sup>

*Used by permission of Los Angeles County Probation Department from the LA Responder Protocol.*

The following questions can be used to engage the CSEC in identifying triggers that might prompt a runaway episode. They also help identify coping strategies to prevent one.

- What are your strengths?
- What are you good at?
- What are some triggers or behaviors that you have noticed occur when you start to feel like running?
- What has helped prevent you from running in the past?
- Who is a good support to you when you feel like running?

Issues	Solutions and Interventions	Helpful	Not Helpful
<b>Youth wants to AWOL due to conflict at placement.</b>	1. Problem-solve conflict. 2. Utilize motivational interviewing skills. 3. Brainstorm and identify coping skills. 4. Other:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Youth is unable to sleep at night.</b>	1. Sleep with lights on/door open. 2. Develop a bedtime routine. 3. Remind youth that [s]he is safe. 4. Sit outside youth’s door until [s]he falls asleep. 5. Other:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Youth experiences symptoms of post-traumatic stress disorder (flashbacks, disassociation).</b>	1. Practice grounding – orient youth to the present. 2. Stay calm. 3. Speak in short sentences. 4. Remind youth that [s]he is safe. 5. Remind youth who you are and where [s]he is. 6. Other:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Youth is anxious about what will happen (placement, court hearing, etc.).</b>	1. Validate youth’s anxiety. 2. Engage in distracting activities. 3. Report anxiety symptoms to caseworker in case youth needs referral to therapist. 4. Other:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Youth wants to smoke.</b>	1. Validate youth’s frustration and anger about not being able to smoke 2. Offer the youth gum to chew. 3. Other:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

<sup>1</sup> Retrieved from Los Angeles County Law Enforcement. (2015). [First responder protocol for commercially](#)

<sup>2</sup> Retrieved from Washington State Department of Social Services. (2017). [Youth run prevention plan.](#)

Issues	Solutions and Interventions	Helpful	Not Helpful
<b>Youth doesn't like being told what to do.</b>	1. Speak to youth with respect.	<input type="checkbox"/>	<input type="checkbox"/>
	2. Ask youth to do things rather than tell them what to do.	<input type="checkbox"/>	<input type="checkbox"/>
	3. Provide choices.	<input type="checkbox"/>	<input type="checkbox"/>
	4. Other:	<input type="checkbox"/>	<input type="checkbox"/>

### Coping Skills and Distracting Activities

- Watch TV.
- Listen to music.
- Talk to someone from support system.
- Journal/write about future goals.
- Paint nails.
- Take a nap.
- Squeeze playdough.
- Exercise/do yoga.
- Color.
- Read a book/magazine.
- Play a board game.
- Do a puzzle.
- Take a warm shower.
- Play with a stuffed animal.
- Meditate.
- Sing.