

Group Reflection Notes
May 16, 2022

List the personal qualities, behaviours and risk factors of the typical complex needs person supported CLYS.

- Impulsivity (2)
- Empathy
- Need for relationships (friends, romantic, family, etc.)
- Prideful (wanting to be independent)
- Not different from anyone else
- Communication skills
- Cloak of competency
- Purpose
- Wanting to busy but not sure how to be
- Ability to self-regulate or control emotion
- Medical resources to stabilize medication
- Drive and ability to want to better oneself
- Substance abuse
- Vulnerability (social vulnerability with gauging others)
- Lack of consistency
- Indecisiveness
- Addictions
- Defiance
- Not open to other points of views
- Lack of trust
- Trauma

Adding Onto the Wheel of *Components of a Safe Nurturing and Secure Living Space for a Person Supported- While They Have Complex Needs:*

- Like to include education for family and friends and how to support someone at home
- Potential for House Detention
 - people may not abide by court order-- our role is to support rather than supervise— we work with court system so that they are giving fulsome supervision
 - relationship building between bail, court, probation, police systems- if there is no follow through with education and strong backing, we are not getting anywhere
- What would happen if there is no secure housing? People get caught in the cycle of unstable housing/homelessness
- Conflict with our role of support vs. supervision
- Accessible to Community Partners' Resources
 - they aren't fully understanding of how to provide support and what is needed- their values may be different—they have a specific clinical role
 - waitlists and financial access to different services
- Daily Personal Development Activities and Identification and Treatment of Comorbidities
 - frequently working with people who are not engaging regularly- it's hard to maintain and treat when people are unwilling to be supported
 - goals can change frequently as people grow and change—people choose not to engage in goals
- Opportunities for 24/7 Direction
 - it will take time to gain trust and respect for the staff themselves
- Opportunity to Build Non-threatening Peer and Other Mutually Beneficial Relationships
 - vulnerability- social vulnerability (i.e., connections are one sided and no necessarily beneficial for the person we support)
- Life Skills Coaching
 - challenge of people may or may not engaging with skills- low to no motivation to care