

MRSS Certification - Core Competence Worksheet

Competency	MET
Communication	
Demonstrates and models empathic communication by using attending, listening and interactive skills to engage and build relationships with youth and families in crisis.	<input type="checkbox"/>
Asks questions respectfully and skillfully to elicit relevant information.	<input type="checkbox"/>
Discusses observed family dynamics and recurring patterns with family.	<input type="checkbox"/>
Models functional skills including problem solving and boundary setting.	<input type="checkbox"/>
Effectively synthesizes information gained through observations and conversations.	<input type="checkbox"/>
Documents specific, individualized descriptions of behaviors, crisis intervention, strengths-based strategies, measurable outcomes, and progress monitoring.	<input type="checkbox"/>
Crisis Intervention/De-escalation	
De-escalates crises and attends to safety concerns by addressing immediate environmental, personal, and interpersonal factors contributing to crisis.	<input type="checkbox"/>
Shares relevant information and skills to help youth and families prevent future crises (i.e. coping skills such as self awareness, self regulation).	<input type="checkbox"/>
Develops Family Crisis Plan including proactive and reactive strategies for managing identified crisis triggers and context.	<input type="checkbox"/>
Assessment & Planning	
Applies knowledge of Positive Behavior Support to identify functions of target behaviors, antecedents, triggers, and consequences.	<input type="checkbox"/>
Develops interventions addressing both immediate crisis triggers and underlying circumstances contributing to crisis, geared towards prevention of future crisis.	<input type="checkbox"/>
Maintains annual certification in the use of the Crisis Assessment Tool (CAT).	<input type="checkbox"/>
Facilitates individualized plan development based on youth and family vision, needs and strengths to address crisis behaviors using strengths-based strategies.	<input type="checkbox"/>
Develops plans that routinely address all high level needs identified during assessment.	<input type="checkbox"/>
ICP Implementation	
Facilitates linkages to culturally appropriate community-based resources that address identified needs, to support sustainability throughout and following MRSS involvement.	<input type="checkbox"/>
Regularly and effectively communicates with family and collateral contacts providing supports to the child/family in order to monitor progress and plan implementation.	<input type="checkbox"/>
Demonstrates accountability in developing, implementing, evaluating and adjusting strategies based on available resources and progress monitoring.	<input type="checkbox"/>
Overall Approach	
Applies knowledge of contexts such as child development, family dynamics, mental and physical health symptoms and trauma to make observations, formulate hypotheses and address challenging behaviors from multiple perspectives.	<input type="checkbox"/>
Demonstrates a learning approach to working with children/families from varied cultural backgrounds.	<input type="checkbox"/>
Makes effective use of team members and supervision process throughout assessment, plan development, implementation and transition.	<input type="checkbox"/>
Uses effective strategies for self care to maintain self awareness and a neutral perspective during intervention and service delivery.	<input type="checkbox"/>
Demonstrates a hopeful, flexible, energetic, and creative approach.	<input type="checkbox"/>
Family members report feeling respected, supported, and empowered by worker.	<input type="checkbox"/>