

## MRSS Certification - Core Competence Worksheet

Competency	MET
<b>Communication</b>	
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"/>
<b>Crisis Intervention/De-escalation</b>	
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"/>
<b>Assessment &amp; Planning</b>	
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"/>
<b>ICP Implementation</b>	
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"/>
<b>Overall Approach</b>	
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"/>