**BRS Notes**

**Month/Year\_\_\_\_\_/\_\_\_**

**Week of: Sun\_\_\_\_/\_\_\_\_/\_\_\_\_\_\_\_\_to Sat\_\_\_\_/\_\_\_\_/\_\_\_\_\_\_\_\_ Current Date:\_\_\_/\_\_\_\_/\_\_\_\_\_\_\_\_**

**Name of Youth:**

**Name of Proctor Providing BRS Treatment Service:**

**BRS Treatment goals:**

**1.**

**2.**

**3.**

**Identify the BRS Treatment Tool Used**

| **Prevention Activity - Time allotted is up to 1.5 hours per session**  Scheduled or impromptu individual or group activity that involves role plays/videos and/or worksheets that teach problem solving skills related to the youth’s BRS treatment goals.  **STG (Skill Training Groups), IST (Individual Skills Training) GC (Group Counseling), IC (Individual Counseling)** |
| --- |
| **Intervention Strategy - Time- Up to 45 minutes per Intervention**  Collaborative Problem Solving - Plan A, B, or C must be identified in the BRS note.  **PSC (Problem Solving Conversation), CD (Crisis De-escalation)**  \*If the intervention exceeds 45 minutes then an incident report must be written. |
| **Example BRS Notes:**  **PREVENTION ACTIVITY**  **Identify the event** One to Two Sentences  Youth watched a 30 minute video and/or completed a worksheet on anger management.  **How was the BRS Treatment Goal addressed?** One to Two Sentences  The video/worksheet teaches them coping skills in managing their anger.  **What specific coping skills were taught to the youth from the video/worksheet?** One Sentence *Please give an example(s)*  The video and worksheet taught deep breathing exercises and mindfulness exercises for calming.  **INTERVENTION STRATEGY**  **Identify the event** *One to Two sentences*  Youth shouted profanity at me when being told they must wash their hands before going into the fridge.  **How was the BRS Treatment Goal addressed?** *One to Two sentences*  I reminded the youth of their behavior goal to take a moment to calm before reacting.  **How was the CPS Plan A, B, or C Strategy used?**  *Two to Three sentences*  Plan B-We then agreed to work together to discuss their strategies from their MSP/or their personal coping skills list that helps them to calm. I helped them to pick one of their coping skills that they felt good about using at that moment to calm themselves down. |

| **CPS (Collaborative Problem Solving) is REQUIRED for every Intervention Strategy Plan A/B/C:** Plan A – A hard no, (your plan is a safety option) Plan B – worked together to solve the problem, Plan C – dropping the problem for now. |
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| **How the youth responded, what the youth** (**NOT THE PROCTOR’s OPINION**) **said or did. -** One to Three sentences |

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