



Achieve My Plan

Pathways to Positive Futures RTC
Portland State University
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Achieve My Plan (AMP)

NOTE: All homework is due on the date listed in the syllabus. If you do not turn your homework in on time you will not be eligible to take the AMP Certification exam. Please see table below for the requirements of certification.

AMP Certification Requirements for Transition Facilitators

Attend or watch ALL eight video-conference meetings	Complete ALL homework assignments	Participate in feedback sessions with PSU team for practice videos (5 total)	Participate in feedback sessions with PSU team for client videos (3 total)	Successfully Pass the AMP Certification Exam (open-note, 4 hour time limit, 22 multiple choice questions & 1 short essay question)
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AMP Staff Contact Information

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Training Objectives

- Learn and practice the Achieve My Plan (AMP) curriculum. AMP is a strengths-based, self-determination approach designed for transition specialists who work with young people that experience mental health challenges to identify goals and develop plans to achieve those goals.
- Receive one-on-one feedback and coaching from Portland State University trainers to enhance skills and strengthen interactions with young people.
- Develop techniques for engagement, ensuring youth/young adult voice, “right sizing” support and challenge, and building perceptions of strengths and assets (e.g., open-ended questions, reflections, identifying strengths, etc.).
- Link theory to practice. Learn the “Pathways to Positive Futures Theory of Change,” and how it informs the AMP intervention.

Video-Conference 1: Kick off: Review of the AMP Project & Philosophy

Date: TBD

Time: TBD

Homework Due: Watch example clips of reflections and open-ended questions, and upload a video of yourself using reflections & open-ended questions with a practice person. Submit youth consent form for when you will film videos with a youth client.

Video-Conference 2: Foundational Techniques

Date: TBD

Time: TBD

Homework Due: Receive feedback on reflections & open-ended questions video, watch example clips of techniques, and upload a video of clip of you talking to a practice person about their strengths.

Video-Conference 3: Vision to Activity (V2A)

Date: TBD

Time: TBD

Homework Due: Complete Strengths Inventory and Dream Wheel for yourself, watch Vision to Activity example video, and upload practice Vision to Activity video.

Video-Conference 4: Preparing for a Meeting (P4M)

Date: TBD

Time: TBD

Homework Due: Receive feedback on V2A video, watch example Preparing for a Meeting (P4M) video, and upload practice P4M.

Video-Conference 5: Booster Check-in

Date: TBD

Time: TBD

Homework Due: Receive feedback on practice video (P4M), watch Booster Check-in example video, upload practice Booster Check-in video, write a few sentences that describe how someone was supportive when you were a teenager/young adult

Video-Conference 6: Positive Connections to People and Community

Date: TBD

Time: TBD

Homework Due: Receive feedback on your booster check-in with a practice person. Upload a video of yourself using the V2A with a youth (client). *Note: At this point in the training, your AMP coach codes for both foundational and advanced techniques.*

Video-Conference 7: Advanced Skills

Date: TBD

Time: TBD

Homework Due: Receive feedback on your V2A with a youth. Upload video of yourself using the P4M with a youth (client).

Video-Conference 8: Evidence-Based Research and Theory of Change

Date: TBD

Time: TBD

Homework Due: Receive feedback on your P4M with a youth. Upload video of yourself using the booster check-in with a youth.

Final Homework Due: Receive feedback on Booster Check In with a client

Trainees will be invited to complete the certification quiz after they have turned in all of their homework and they can demonstrate that they can deliver the AMP curriculum to fidelity. If the trainees need more practice and support to get up to this level, they will be asked to submit more videos to the PSU team to review and provide feedback.

AMP Certification Quiz

- Quiz is 22 multiple choice questions 1 short answer
- The quiz is timed 4 hours (typically people finish it in about 30 minutes)
- A score of 80% or better is required to pass.