Do you know any youth who...

- presents behavioural risk?
- struggles to connect with family?
- needs emotional support?
- faces adversities in life?

**Chrysalis** is Trybe’s proposed solution to working with youths presenting at-risk behaviours. The programme involves assessing the youths and their families’ needs, behaviours and interactions, which provide a holistic understanding of the issues. In the course of case intervention, caseworkers will engage the family in committing and supporting the process. Parents are encouraged to seek help for their own needs too.

*Flip this paper for more details*
Chrysalis Programme

ABOUT THE PROGRAMME

• A 6 to 12 month programme to reduce youth's behavioural risk
• Cultivating positive youth development
• Consists of community based casework, and family and stakeholder engagement

OUR CLIENTS

• Youth aged 12 - 21 who possess;
  • Anti-social attitudes and behaviours
  • Conduct, peer, or family relationship issues
  • Psychological and emotional needs
• Keen to seek help

OUR GOALS

• Reduce risk behaviours
• Increase mental and emotional resilience
• Increase coping strategies and skills
• Improve familial and social interaction
• Improve network of community support
• Increase abilities to engage with purposeful activities (i.e. school, work, etc.)
• Increase help-seeking behaviour

OUR METHOD

Chrysalis goes through 5 phases, lasting up to 12 months. The phases are as follows:

Intake (start)
Chrysalis receives referrals mainly from schools, government agencies, hospitals, community agencies, and parents

Assessment
The assessment consists of home visits and family sessions

Conceptualisation
This includes stakeholders meetings where the caseworker will seek an understanding of the youth and the family and clarify roles with the stakeholders

Intervention
At the start of the Intervention Phase, the caseworker may conduct case conferences with stakeholders, connecting the youth and the family to resources, and engaging the youth in the community; at where the youths are to have their individual sessions

Termination
This takes place when the youth is assessed to have achieved the intended outcomes

For more information about Chrysalis, you may email chrysalis@trybe.org

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