Want to Get to Know The Youth You Work With Better ?

Tanager
Inspire. Empower. Heal.

Individual RISE Plans (IRP)

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What is an IRP?

An IRP, or individual RISE plan, is a tool based on Tanager's philosophy of care, the RISE Wellness & Resilience Framework (T. Hotchkin, 2024). An IRP guides the way staff conceptualize young people when they enter care to ensure a holistic view.

Check out a sample IRP & more!

SCAN ME

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Creation

Upon admit, treatment counselors or therapists begin creating a young person's IRP

Reviewed

Interdisciplinary team reviews & updates weekly throughout treatment

Daily Use

Direct Care staff use the IRP daily for building meaningful relationships and for responding during crisis

Key Elements

Getting to Know Me	Deeper Knowledge	Cultivating Relationships	Personalized Support	Clinical Profile
RELANTIONSHIPS The elements for engaging in authentic relationships rooted in emotional intelligence				
• Love Languages • Apology Languages • Supports • Birth Order	• Attachment style • Attachment Tendencies • Private Logic	• Engagement Plan • Meta-communication plan		• Presonality Priorities
Indicators of Wellbeing The conditions for fostering a sense of psychological wellness & resilience *-Safety -Connection & Belonging -Meaning & Purpose -Efficacy*				
	• What makes it worse? • What is helpful?	• Cultivating indicators of Wellbeing Plan		• Crucial C's • Life Tasks
Social Emotional Development The skills for developing regulatory interactions with self, others, and the world *-Awareness -Affect Mgmt -Relational Rhythms -Healthy Choices*				
	• CRSSA Baseline • Triggers • Warning Signs	• Cultivating Social & Emotional Development Plan	• Extra plans such as a porch plan, wind down plan, nutrition plan, etc.	• Goals of Misbehavior • Conflict Styles
Enhancements The Experiences for integrating the whole person *-Body -Mind -Spirity*				
• Hobbies/Interest • Strengths	• New Me Activities	• Cultivating Enhancements Plan		• Energy Level