

# Choice-Making Protocol

|  |
| --- |
| Material: * **Journals or Notebooks**

For individuals to record thoughts, reflections, and decisions.* **Interest Inventories**

Tools to help individuals understand their preferences and strengths.* **Informational Brochures**

Providing relevant information about options and consequences.* **Pros and Cons Worksheets**

To evaluate potential outcomes and consequences of choices.* **Mentorship Program Resources**

Including mentor profiles and contact information for support and guidance.**Purpose:** The purpose of the choice-making protocol is to empower individuals by fostering autonomy, informed decision-making, and supportive connections, thereby promoting self-determination and personal growth. |
| Staff | Student | Contingency  |
| Review **Choice-Making Protocol:** - Encourage Independent Choice Thinking/Making-Honor Choices and Help Explain Consequences-Support and Connect-Reflect on Choices | Actively engage in the learning process and stay consistent with making informed choices.  | Supports for communication, job skills, target skill, etc. should be discussed and implemented based on individual need. |
|  |  |  |
| **Encourage Independent Choice Thinking/Making****Provide Options:*** **Multiple Choices:** Offer a range of choices to select from, ensuring that all options are viable and relevant, and based on the individual’s PINS.
* **Open-Ended Questions:** Use open-ended questions to prompt independent thinking, such as "What do you think would be the best option for you?" or "How do you feel about each of these choices?"
* **Scenarios and Role-Playing:** Present different scenarios and use role-playing exercises to help individuals explore the potential outcomes of various choices.
 | Be honest in your answers and be forward with what supports you need to be successful.  | Pre-existing or newly made PINS assessments can be utilized to get a clear idea for each individual. Provide visual supports, as needed, to get accurate and informative answers.  |
| **Honor Choices and Help Explain Consequences*** **Respect Decisions:**
* **Acknowledge Autonomy:** Validate the individual's right to make their own choices and express respect for their decisions.
* **Positive Reinforcement:** Reinforce their sense of autonomy with positive feedback, even if the choice is not what you would have preferred.
* **Non-Judgmental Support:** Provide a supportive environment where individuals feel safe to make and own their decisions.
* **Discuss Outcomes:**
* **Clear Explanation:** Clearly articulate the potential outcomes of each choice, covering both positive and negative aspects.
* **Impact Analysis:** Discuss the potential short-term and long-term impacts of their choices on their goals, relationships, and well-being.
* **Scenario Planning:** Use scenario planning to explore "what if" situations, helping individuals visualize the consequences of their decisions.
 | Actively engage in training programs offered, find specific training programs, and be an active member in making informed decisions.  | Individuals' choices should be honored, as long as there is no danger in that decision.  |
| **Support and Connect*** **Offer Guidance:** Provide support and guidance without taking control, helping individuals navigate the decision-making process.
* **Build Relationships:** Foster a supportive environment where individuals feel connected and understood.
* **Access Resources:** Connect individuals with resources, mentors, or networks that can support their decisions and provide additional insights.
 | Advocate for more/less supports needed to act out choice.Stay consistent in making informed chioces.  | Monitor the effectiveness of supports in place and adjust accordingly. Allow individuals to make mistakes and learn from their mistakes.  |
| **Reflect on Choices*** **Reflect on Outcomes:** Encourage individuals to reflect on the outcomes of their choices, discussing what went well and what could be improved.
* **Analyze Decisions:** Help individuals analyze their decision-making process, identifying strengths and areas for growth.
* **Encourage Resilience:** Promote resilience by framing mistakes as learning opportunities and encouraging a growth mindset.
 | Be open to feedback to make informed choices.  | Monitor the effectiveness of supports in place and adjust accordingly. |
| **Review**By following this expanded protocol, individuals can make well-informed, self-determined choices, learn from their experiences, and continually improve their decision-making skills. |  |  |