

# Choice-Making Protocol

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| 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. |
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| **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. |  |  |