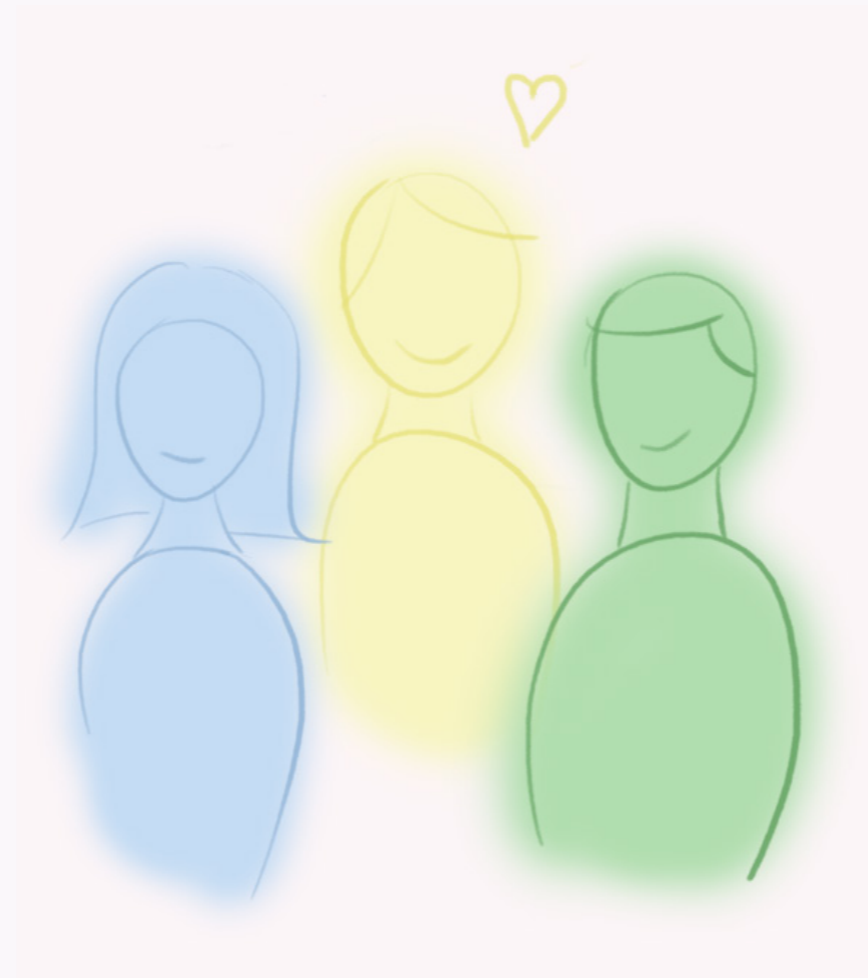


Next steps

Together with the other parts of Centering Your Story, Verbonden will be used in practice as a pilot project. Its effectiveness will be evaluated, and after improvements, Verbonden will be used in situations where psychiatric care has stagnated.

The experiences of youth, parents, and practitioners will be regularly checked, and changes will be made to improve the tool. It is important that Verbonden makes a good contribution so that youth, parents, and practitioners get a better view of the story and find a way forward.

Stay connected?



Design thesis and materials: <http://bit.ly/4lmHj6Y>
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Verbonden

A tool that helps youth, parents and practitioners map their shared story to bring stagnated psychiatric treatment back into motion

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Centering Your Story

This project was set up by the Leiden University Medical Center, Department of Child and Adolescent Psychiatry, and consists of several modules aimed at getting stagnated treatments moving again.

Stagnated treatments can have many negative consequences for those involved, including the loss of hope and trust. Youth and parents often feel unheard, and mutual understanding slowly fades.

The existing methods for resolving these situations are not ideal. A new approach is needed—one in which all parties are heard, treated equally, and able to reconnect.

Centering Your Story creates time and space to listen to youth, parents, and practitioners and to make a shared plan to restart the treatment process. It is carried out by an external systemic therapist and a youth peer support worker.

After the commitment phase and restoring the relationship, a new part follows: mapping and exchanging the story. Verbonden was designed for this part. I was involved in this as a Master's student in design, to bring in a designer's perspective and do what designers do best: dive into the topic, explore it thoroughly, and translate insights into a fitting design. As part of my graduation thesis, I worked on Verbonden for six months to contribute to Centering Your Story.

During these six months, various activities and meetings took place with youth, parents, and practitioners, including the Centering Your Story project group. These activities ensured that many experts and stakeholders shared their perspectives. All voices were heard, and Verbonden was designed with and for youth, parents, and practitioners.

Design goal

Design a **tool** that **centers the personal story of youth (12-21)** in Child and Adolescent Mental Health Services **experiencing stagnation in their treatment**, by **mapping the story** of the youth, whilst including the **perspectives of the parent and practitioner**, to **empower the youth**, **ease the tension** between youth, parent and practitioner and help them gain a **better understanding of each other**

Verbonden

Verbonden consists of a set of cards with questions on different themes and wooden story pieces to capture the answers.

The youth, parent, and practitioner each choose their own color of story pieces.

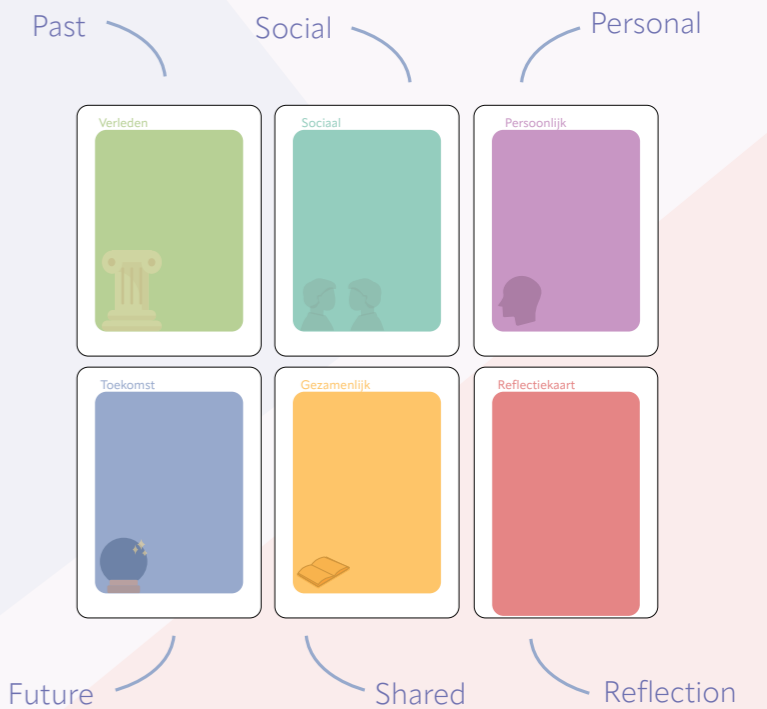
Individually, before the joint session, each participant writes their story on the story pieces. The cards can be used as a guide.

Together, the answers can be discussed, and the pieces are placed on the magnetic board based on differences, similarities, and connections. The youth is invited to take the lead and decide how the pieces are arranged.

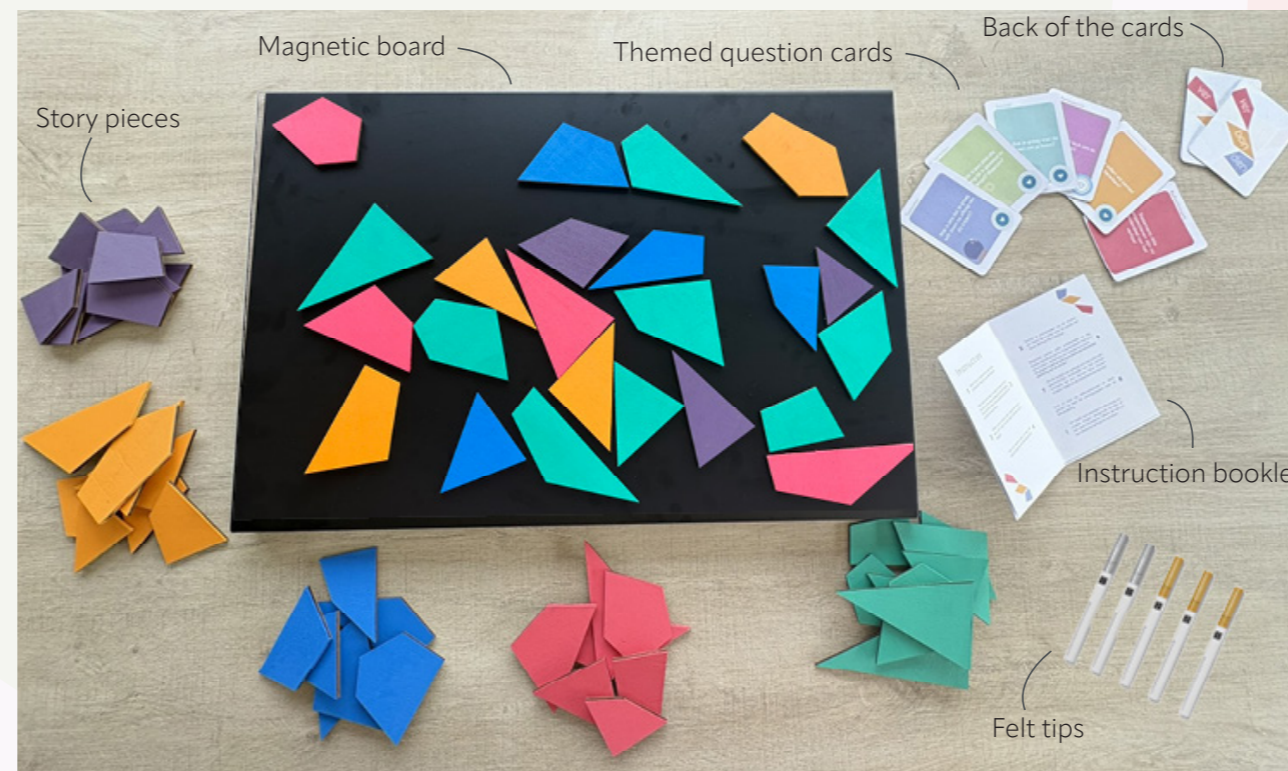
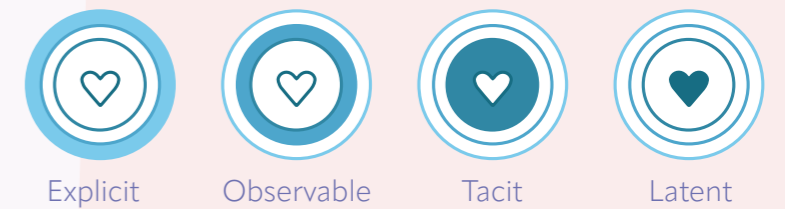
After placing the pieces, the shared and reflection cards can be answered together using a new color of story pieces. These pieces are also placed on the magnetic board.

In the end, a shared story and artwork are created. The story can be adjusted throughout Centering Your Story.

Cards



The cards have four levels of depth, which are indicated by the following icons:



Verbonden ensures that everyone works together in an equal way. The practitioner will also step out of the directing role: Verbonden will be led by a systemic therapist and a youth peer expert. Together, they make sure that everyone has a chance to speak and be heard. They also ensure that the sessions run smoothly and keep track of progress.

The story of the youth has priority, which is why youth, together with the youth peer support worker, are allowed to take the lead. This includes how the sessions are organized, which themes are discussed, and how the pieces are placed. How this will look, can be discussed together beforehand.

The number of sessions and how long Verbonden is used will vary depending on the situation. A comfortable atmosphere will be created where enough time is taken so that youth, parents, and practitioners can better understand each other.