

Resource	Link	Description
Scarborough Library	Teen Services Scarborough Public Library	Offers several different teen programs and hosts several teen events that he could attend and gradually work on being better in large social situations
BGC East Scarborough Boys and Girls Club	Boys and Girls Club BGC East Scarborough Offers after-school programs, leadership opportunities, recreation, and youth engagement activities.	Provides opportunities to make friends, build confidence, and participate in positive peer activities.
Drop-In Activities	Heron Park Community Recreation Centre Youth center for teens to play music, write music and do it together	Musicians can bring their own instruments and play together which could help him boost his confidence and work on overcoming his social anxiety
Greif counselling	https://healthandcounselling.com/ This can be done virtually or in-person for convenience	I think this would be a great tool for Evan to use to work through his trauma from losing his grandpa and working through his grief

Toronto East Youth Wellness Hub	Programs & Services - Strides Toronto This is an exclusive environment for youth to receive support, connect with peers and engage in different activities to promote healthy coping skills for anxiety	I think this would be a great fit for Evan to get out of the house and work on building coping skills with other youth his age struggling with social anxiety
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When creating Evan's service plan, I tried to focus more on his strengths rather than just the challenges he is dealing with. Even though he struggles with anxiety, low self-esteem, and making friends, there are also a lot of positive things about him. He is creative, caring, hardworking, and has a real passion for music. Looking at these strengths helped me think about ways to support him that build on what he already does well.

One of Evan's biggest strengths is his love for playing guitar and writing songs. Music gives him a way to express himself and could also help him build confidence and connect with other people who have similar interests so one of the resources I included in his chart is drop in activities where he can play guitar and write music with other people who have the same interest as he does. Another important strength is his family. His parents and extended family seem very supportive and involved in his life, which gives him a strong support system when things get difficult.

I think strengths-based practice can lead to better outcomes because it helps youth focus on what they are good at instead of only focusing on their problems. It can help them feel more confident and motivated to work towards their goals. One challenge I found while creating this plan was making sure I acknowledged Evan's struggles without letting them define who he is. Overall, this case reminded me that every young person has strengths, and as CYC workers it's important to help them recognize and use those strengths to overcome challenges and grow. When I was researching resources for him I made sure to include things that weren't too overwhelming for him and allowed him to gradually work on his social anxiety by starting with small youth groups who he has things in common with because it's always easier to socialize with people who are interested in the same things you are.