

A GUIDEBOOK FOR FAMILIES



Navigating Nebraska's Child and Family Service System

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Forward

As committed family advocates, we understand the foundational role of the family and its role in getting children ready to be members of the community. Even for the most experienced advocates, reflecting on the impact families have on our communities and each of us is powerful. Every day across Nebraska, families are working hard to do well for their children. From time to time, parents are forced to navigate difficulties and obstacles in their lives that they need support to address. When a family cannot navigate these barriers alone, services may be needed. Being involved in child welfare services can, at times be a scary and confusing experience. The goal of the Division of Children and Family Services is to provide a network of resources and support to children, youth and families that will ensure the wellbeing of children families. Our deepest desire is that children and families are safe and well. Our partners also share this desire. The Family Run Organizations of Nebraska are key partners leading the vision for child and family well-being.

In order to support parents and families involved with the child welfare system, the Family Run Organizations of Nebraska developed a guidebook for families needing help. This guidebook was designed to help parents and youth navigate the child welfare system and learn about available supportive services. I would like to extend my sincere appreciation for their work in developing this guidebook. Their commitment to the success of children, youth and families is reflected in this resource. Nebraska has a wonderful asset with our Family Run Organizations in supporting youth and families across Nebraska.

Families are our greatest strength in ensuring that children are safe. We need to keep families strong and this resourced developed by the Family Run Organizations of Nebraska will be very informative in helping families achieve their goals. Thank you again to each team member that provided their time and insights in developing this tool. I am confident it will help families as they seek to overcome life's obstacles.

Sincerely,



Stephanie Beasley
Children and Family Services Director
Nebraska Department of Health and Human Services



Introduction

What happens next? How did this happen? Where do I go from here?

These are common questions we all ask ourselves when we are going through the hardest times in life. The information, resources and activities in the following pages are meant to help you through what admittedly is a difficult chapter in the life of your family. Our hope is that when provided with information, encouragement, and hope – you and your family will meet the challenges you are currently facing and grow stronger together through this process.

Please know that there are supports available to you, you are not alone in this journey. Our hope is that you will see your team as your cheering section as you move toward a future you design for your family. If there is a need you are unsure how to meet, please ask questions, it makes the process easier.

As you prepare for what is ahead, also consider reaching out to some of your personal supports to vent, seek help, and encourage you to keep going. It is also important in this time to remember that caring for yourself is vital in allowing you to meet the needs of your family. Be kind to yourself, take a breath and ensure you are strong and ready to meet these challenges. There may be many requests made of you in the coming weeks and that sometimes can be overwhelming, but if you take good care of yourself, and rely on the supports around you, you can accomplish what is being asked of you.

If you have a need for peer support, the Family Run Orgs of Nebraska are here to help. We are here to walk with you through this process, shoulder to shoulder to meet the goals you have set for yourself and your family. We are a group of parents who may have experienced some of the same challenges you are facing, and our role is to be a safe place to turn for judgement free support and encouragement. Please feel free to ask your Child and Family Services Worker for a referral, or you are welcome to call the office in your area listed below.

Wishing you and your family all the best -

The Directors, and Staff of the Family Run Organizations of Nebraska (FRON)

Western Service Area
[Independence Rising](#)
308-537-4332

Central and Northern Service Area
[Families CARE](#)
308-237-1102

Southeastern Service Area
[Families Inspiring Families](#)
402-441-4369

Eastern Service Area
[Nebraska Family Support Network](#)
402-345-0791



The Basics

As a parent who has a child that has become involved with the Child Welfare System, it is important to remember you are the expert on your child and even if your family may be going through a difficult time, things will get better for you and your family. DHHS has committed to forming a partnership between you and the Child Welfare System which involves listening to what you have to say, engaging in two-way communication and seeing you and your family as partners. If your family becomes involved with the court system, understand that there are legal procedures that are mandated and must be followed. However, you do have the right to ask questions and to be fully informed regarding what is expected of you as a parent.

Common Questions

Q: What happens after my child is removed from my home?

A: If your child is removed from your home, you will be notified in writing from the State of Nebraska, and you will receive a copy of the petition that has been filed with the court.

Q: When should I appear for scheduled hearings?

A: It is best to arrive 15-20 minutes before your scheduled hearing. This gives you a chance to meet with your attorney before the hearing to understand what will happen during the court hearing and to ask any questions you may have. The court runs on a daily schedule, so it is best to be on time.

Q: What should I wear?

A: Dress appropriately, first impressions are always important. The judge, the guardian ad litem (GAL), and your caseworker notice your appearance, so the clothing choices you make for court and team meetings can help you present a positive impression and foster respect from other team members. Your case manager, family peer support specialist, or attorney can answer any questions or concerns you have about what to wear to court.

Q: What is basic court etiquette?

A: All parties to the case including yourself, the judge, the guardian ad litem (GAL), the CASA, and your caseworker should show respect to each other.

Q: Will I have an attorney?

A: Yes. You have the right to an attorney. If you cannot afford to pay for one, the court will appoint one for you at no cost to you.

Q: Will my children have their attorney?

A: Yes. The judge will appoint an attorney to represent your child's best interests. This attorney is usually called a Guardian Ad Litem. You cannot use the child's attorney and they cannot use your attorney. In some cases, your child may request an attorney if he/she disagrees with how his/her GAL is representing his/her wishes.

Q: Who attends the court hearings?

A: You, the child(ren), the caseworker, the foster parents, or relative caregivers, the Court Appointed Special Advocate (CASA), the Guardian Ad Litem and other individuals you want to invite can attend the court hearings. However, this hearing is open to the public so other people may also attend the hearing.

Q: Who is legally required to report child abuse?

A: In Nebraska, everyone has a responsibility to report child abuse or neglect. State law (Neb. Rev. Stat. 28-711) requires any person who has a reason to believe that a child has been abused or neglected to report their concerns to the Child Abuse and Neglect Hotline at: **(800) 652-1999**. Your contact with the hotline is confidential and will not be shared with the family. You may be contacted by a Child and Family Services Specialist during the investigation, however, you may request to remain anonymous.

Q: How do I show that I am ready to care for my children.

A: You must be honest in identifying your needs and any barriers you have faced while caring for your children. You are the expert on your family and the parties of the case want to hear what you have to say. The court will order certain services for you to participate in. Following your court order to the best of your ability shows that you are committed to having your children placed back in your care. If you have questions about a service or think another service may be more helpful to you and your family, talk with your attorney.

Q: What if I don't understand the questions?

A: You are entitled to have full information and have all your questions answered. It is the responsibility of your case manager and your attorney to make sure you are fully informed. If you do not understand something, continue asking questions until you do.

Q: Does everyone have to do what the judge says?

A: In Juvenile Court, all parties have a responsibility to work towards reuniting your family. All court orders are expected to be obeyed by the parent, the case manager, and attorneys are expected to follow the directions of the judge as well. As a parent, if you decide not to follow the court's orders, you could be held in contempt of court, fined, or even put into jail. If your children are living with you, your children could be removed from your home for failing to follow a court order.



The Nebraska Juvenile Court Process

Court Involved:

Report of abuse or neglect is received the report is accepted or screened out.

If accepted, there is an Investigation - The child may be removed from the home if an emergency safety situation exists.

County Attorney files a petition requesting removal from the home or requesting DHHS supervision of the home.

- 1) **Protective Custody Hearing is held** –This hearing determines if probable cause exists to warrant the continuance of Court action and/or the child remaining in out-of-home care.
DHHS is given custody at the Protective Custody Hearing –if the court finds probable cause that the child should remain out-of-home.
DHHS makes a placement – the child’s needs are to be evaluated and the child is to be placed in the most home-like setting possible that meets the child’s needs, whether through direct foster parents, relatives, or agency-based care. This may occur either before or after the detention hearing, depending on circumstances.
- 2) **Adjudication Process**
 - **Plea-bargaining** –If there has been a plea agreement, there will not be a formal adjudication but rather a court order detailing the terms of the plea agreement and an admission/no contest by the parent(s).
 - **Adjudication hearing is held** – facts are presented to prove the allegations in the petition. The burden of proof is on the State, through the county attorney.
- 3) **Dispositional/Review Hearing Process**
 - **Dispositional review hearings** – If it is found that a parent(s) committed the acts as alleged in the petition, or they admit to the acts, a disposition hearing is held.
 - **Review Hearings** - After the initial dispositional hearing, review hearings are held at least every six months thereafter for every child or youth under the jurisdiction of the juvenile court.
 - **Permanency hearing** – After the child has spent 12 months in foster care, the Court is to hold a special dispositional hearing to determine the most appropriate permanency plan for the child.
 - **Exception Hearing** - When a child has been in foster care for 15 of the last 22 months, the court is required to hold a hearing to determine whether reasonable efforts are no longer needed and the termination of parental rights should be filed or to find that one of the statutory exceptions apply and termination is not needed.
Permanency – is obtained through any of the following: 1) a safe return to the parent’s home, 2) adoption, 3) guardianship, 4) independent living or 5) by reaching adulthood. Adoption or guardianship can occur following either a voluntary relinquishment of parental rights or by a Court-ordered termination of parental rights.
 - **Trial Home Visits** – Anytime during the life of the case, the child/youth could be returned home and still be under the jurisdiction of the court.
 - **Termination of parental rights hearings** – If the State through a county attorney proceeds to a termination of parental rights action, the parents have the right to counsel.

Non-Court Involved/Voluntary:

Non-court involved or “voluntary” cases are available for families for whom the Nebraska Department of Health and Human Services (DHHS) has determined that no safety threat exists and/or, and the family agrees to work with the agency.

What is Alternative Response (AR)? AR is a type of non-court involved case in which DHHS tries to take a more collaborative or family-focused approach to non-court involved cases.

What is Traditional Response (TR)? TR is also a type of non-court-involved case, but DHHS utilizes an investigational approach in interacting with your family.

What are the differences:

- Families participating in AR cannot be placed on the Central Child Abuse/Neglect Registry.
- Rules and regulations are governing how you receive assistance in an AR case.
- You have the right to refuse to allow a DHHS caseworker into your home, however, there could be consequences of refusing DHHS entry.
- You have the right to hire an attorney to assist you in your non-court case.
- You have a right to file a complaint with the Office of the Inspector General.
- You have a right to request that your name be expunged from the Central Child Abuse/Neglect Registry.
- No rules or regulations are governing a TR case; it is entirely within the discretion of DHHS whether you are offered a TR case and what types of assistance you receive.
- You have the right to refuse to participate in a non-court involved case and cannot be coerced into participating in a non-court involved case without due process.
- If your child is placed outside of your home in a non-court involved case as part of a safety plan, you have the right to have them returned to your home and to end the non-court case. However, choosing to do this could also result in the filing of a court case.

How do I advocate for services?

In non-court-involved cases, DHHS and its contractors are obligated to create a case plan that specifies the services to be provided to the family. Some of the services you may participate in include: Family Peer Support; Family Support; Intensive Family Preservation; Counseling and Therapy. There may be other services available in your area. Your case manager can help you access the services that are right for your family.

When do I contact an attorney?

If you feel your rights are being violated in any way, including feeling coerced or threatened into participating in a non-court case, you may want to hire an attorney.

Here are some options for finding an attorney:

You can call to see if you are eligible for free legal help:

- Legal Aid of Nebraska (877-250-2016)
- UNL Civil Clinic (402-472-3271)
- The Creighton Legal Clinic (for Douglas County 402-280-3068)

You can also search for attorneys in your area by visiting <http://nefindalawyer.com>

Safety Organized Practice

Nebraska Division of Children and Family Service has embraced a practice model - Safety Organized Practice (SOP) that is designed to help child welfare staff build good working relationships with families to improve child safety.

What is SOP?

Safety Organized Practice aims to build and strengthen partnerships between the family and child welfare staff by involving the family's informal supports of friends and family members. A central belief of SOP is that all families have strengths. SOP is designed to help those working with a child and family to keep a clear focus on child safety at all points in the process while working together to achieve case closure.

Who benefits from SOP?

Parents, friends, families, child and family service specialist, supervisor and administrators, attorneys, judges, schools and even the child him or herself.

Why is SOP important?

Supports building safety networks and safety planning, leading to improved safety and outcomes for families.

The overarching objectives of Safety Organized Practice:

- Development of good working relationships
- Use of critical thinking and decision supported tools.
- Creation of detailed plan for enhancing daily safety of children.

Key Features of the Model

- It focuses on teamwork.
- It aims to build and strengthen the partnership between the agency and the family.
- It involves the family informal supports and builds on their strengths.
- It uses strategies and techniques that support the child and the family being the focus.
- The partnership between the family and agency is key to ensuring safety, permanency and well-being.



SOP supports a culture of shared learning between the family and stakeholders by increasing:

- Transparency by inviting families, youth, staff and partners to suggest improvements.
- Shared responsibility for using data to drive decision and outcomes.
- Understand what we're doing well and grow those practice.
- Develop interventions to reduce or eliminate problems.

The Court Process

Detention or Temporary Custody Hearing: The judge has to sign an order for temporary custody within 48 hours of the child's removal from the home. After an order is signed by the judge, the date and time for the hearing will be set by the judge, usually, a few days after the order is signed. This hearing provides due process for the parents and child to assure that the removal of the child was necessary. The court will determine if there is a risk to the child's safety in sending him/her back home. If so, the court will enter an order to remove the child from the home.

Adjudication Hearing: Generally occurs within 90 days of the child's removal from the home. This is the trial stage at which the court determines whether the allegations in the petition concerning the child are proven by the evidence. Attorney's present evidence, both sides can have their attorney question witnesses, and then the judge makes a decision. If the judge finds that the petition has not been proven, your child will be returned to you. If the judge decides there was abuse and neglect, he or she then directs that a plan be developed to correct the conditions of abuse and neglect. This next decision takes place at the Dispositional Hearing.

Disposition Hearing: Generally occurs within 30 days after adjudication. At this hearing, the judge decides what is best for your child and puts it in a court order. This is called a case plan. The plan could be to send your child home if she or he will be safe, or the plan could order the child to be placed in a safe foster care home or other placement. The judge may also order the caseworker to provide certain services for your child and your family and may order you to participate in these services.

If the child is removed from your care, the judge will tell you that you must cooperate with your caseworker, follow the requirements included in your case plan, and correct the conditions which required your child to be placed in foster care; otherwise, you could risk having your parental rights to your child terminated.

Review Hearing: Generally occurs at least every 6 months after the initial dispositional hearing. The purpose of this hearing is so the court reviews the status of the case. This will include examining the progress made by the parent(s), determining whether court-ordered services were provided, allowing for changes to be made to the case plan, and making sure that the case moves forward and the child spends as little time as possible in temporary placement.

Permanency Hearing: Generally held within 12 months after the child's removal from the home. This hearing is very similar to a review hearing in all aspects; however, it will emphasize the child's permanent living situation. The judge will decide whether you and your child are receiving and participating in the services that will help your family and your child fix your problems. A permanency goal could be: returning the child home, adoption, or guardianship. Keep in mind that the judge may also change previously set permanency goals at this hearing.

Termination of Parental Rights (TPR): May be required to be filed if the child has been out of the home for 15 of the last 22 months unless the judge finds an exception under the statute. If you do not correct the conditions that led to your child's removal, the state may decide to file a motion to terminate your right to raise your child permanently. The judge would then have to find that there were grounds to terminate parental rights to your child and that it would be in your child's best interests. Termination of Parental Rights means that a parent no longer has any legal rights to a child and is no longer responsible for the child. This is a permanent situation that may discontinue any more contact between you and your child.

Key Partners in the Court Process

WHO'S INVOLVED

The Judge: The judge is the person who conducts the court hearings. He or she will listen to each side and will make a decision that is in the best interests of the child.

Your Attorney: As a parent, an abuse and neglect case may lead to the termination of your parental rights so you need to get an attorney. The court process is complicated, and an attorney will advise you and advocate for your rights at every stage of the court process. This can include helping you get the services you may need to help correct the problems with your situation. If you cannot afford an attorney, the court will appoint one for you at no cost to you.

You should meet with your attorney before every hearing and ask him/her to help you understand your rights. Your attorney should tell you about the hearings you are going to attend and what to expect. He or she should advise you about decisions you will need to make. *If you are not getting this help from your attorney you should tell the judge in your case.

Your Caseworker: If child abuse is suspected, one of the first people you will meet is a caseworker from the Nebraska Department of Health and Human Services. He/she is generally called a Child and Family Services Specialist (CFSS). He or she has the job of providing and coordinating services on your case and keeping in contact with your family regularly. The CFSS has the best interests of your child in mind; therefore, you must develop a strong working relationship with this person. The caseworker will attend all hearings and will make recommendations about what kinds of services should be provided to your family.

Guardian Ad Litem (GAL): The GAL is the attorney who legally represents your child's best interests. The GAL is responsible for investigating the allegations presented in your child's case, interviewing the professionals working with your child, and making recommendations to the court on what is in your child's best interests. The GAL will visit your child and other persons involved in your child's case. *If you believe your child is not getting this help from their GAL, you should tell the judge in your case.



County Attorney: The county attorney files the petition and is responsible for initiating the abuse and neglect case. The county attorney works with the caseworker from the Nebraska Department of Health and Human Services in your case to make recommendations to the court regarding your child's best interest.

Court Appointed Special Advocate (CASA): These people are specially screened and trained volunteers appointed by the court to assist your child and the judge. They gather information about your child and provide recommendations to the judge. The CASA volunteer's only role is to advocate for the best interests and safety of your child. Not every case will have a CASA volunteer.

Foster Care Review Board: This is a five-member panel of citizens who regularly review the cases and plans of children in out-of-home care to make sure the children's best interests are protected. These local boards meet in locations all around the state and review the plans of children in their communities. You as the parent will be notified of any hearing reviewing your child's case and have the right to attend and send in your written comments.



Parents Rights

Parents have many rights when they become involved with Child Welfare, both in and out of the court system. It is important to remember that this system is in place to ensure the safety and wellbeing of children. We know that parents want their children to be safe and well supported to reach their full potential; this is a common goal between the system and parents. When parents can keep their focus on moving towards what they want to see happen for their family and accept the help/support they are offered, the progression of the case is greatly enhanced.

Let's start by looking at the **rights** that parents have in the court system. Here are the most important rights parents have in court:

- You have the right to an attorney. If you cannot afford to pay for one, the court will appoint one for you.
- You have the right to admit or deny the allegations made about you and your family, and in some cases plead "no contest."
- You have the right to be notified of all court hearings and to fully participate in them.
- You have the right to a language interpreter or a sign language interpreter if you need one.
- You have the right to talk to your caseworker and attorney.
- You have the right to have your attorney ask questions of the witnesses in court.
- You have the right to have your attorney present evidence including having witnesses testify or testify yourself about the allegations of child abuse, neglect, or dependency.
- You have the right to know what is in your court file and what is in most of the reports that are given to the court.
- You have the right to see your child if he or she has been placed outside your care, unless the judge determines that visitation is not in the best interests of your child.
- In most cases you have the right to services and assistance to prevent the removal of your child from your home, or to make it possible for the child to be returned to the home. Your attorney can also request the judge to order needed services if they are not provided in a timely manner.
- You have a right to receive a written case plan that should be signed by you, within 60 days of a child's removal from your home.
- You have the right to be given a copy of the judge's written decisions.
- You have the right to appeal certain rulings or decisions of the judge if you do not agree with what the court ordered.
- You have the right to request to work with Peer Support.

Know Your Rights! Exercise Your Rights! **Rights of Non-custodial Parents:**

Non-custodial parents, who do not themselves face allegations of abuse and neglect, usually have the right to have their child live with them if their child has been removed from the custodial parent.

Non-custodial parents have all the previously listed rights of parents including the right to a court-appointed attorney.

Rights of Parents of Indian Children

Courts have the responsibility to determine whether a child is a member or eligible for membership in an Indian tribe.

Upon the court's determination, the tribe must be notified. The tribe may get involved in the case or request transfer of the case to the tribal court.

Courts must notify parents and custodians of any proceeding that involves an Indian child and their right of intervention. Notification must be made by certified or registered mail with return receipt requested.

The grounds for any case under the Indian Child Welfare Act (ICWA) must be proven at a higher standard than for non-ICWA cases.

Now let's look at **responsibilities** that parents are expected to meet in the Court System:

- It is your responsibility to be actively engaged in all aspects of your case and to ask questions if you do not understand something.
- It is your responsibility to keep a record of all court hearings and other appointments, including family team meetings, evaluations, and visitation.
- It is your responsibility to show up on time to all court hearings and other appointments that impact your family's case.
- It is your responsibility to write down names and contact information for everyone connected to your case.
- It is your responsibility to follow court orders to the best of your ability.
- It is your responsibility to clearly state your needs and fully participate in case planning.
- It is your responsibility to be willing to commit to addressing personal challenges that are hurting you/your family.
- It is your responsibility to take appropriate actions that show you are working on your challenges.
- It is your responsibility to speak out appropriately if you feel your rights are being violated.

Next let's look at **rights** you have in the broader system:

- You have the right to understand what is going on with your case at all levels.
- You have the right to file a grievance if you feel you have not been heard, that your efforts/progress have not been noted, or if egregious errors have been made by the system.
- You have the right to request Peer Support to help you focus on moving toward what you want to see happen rather than avoiding negative outcomes. You can work with Peer Support, even if you have a family support worker – the roles have different focuses.
- You have the right to request a new Case Manager or attorney if you feel that your case is being harmed by insufficient efforts or lack of communication with these key roles.
- You have the right to NOT sign anything you do not agree with and request that system documentation reflect why you do not want to sign. You have the right to request to see that documentation.
- You have the right to request that Family Team meeting are held at times/locations that fit your schedule/ability to access.
- You have the right to invite whomever you want to attend your family team meetings.
- You have the right to help set the agenda of your family team meeting.
- You have the right to request that parties making reports regarding your family's case who are not part of your core team, leave the family team meeting after they have given their report.

Filing a Grievance if you feel that your rights have been violated:

This link allows you to complete an online grievance to State of Nebraska Child and Family Services:
<http://dhhs.ne.gov/Pages/Protection-and-Safety-Grievance-Form.aspx>

The State asks that prior to submitting this grievance; you try to resolve the concern by talking with the assigned CFS Specialist and the CFS Specialist's Supervisor.

Contact the Nebraska State Ombudsman Located in: [Nebraska State Capitol - Address: 1445 K St, Lincoln, NE 68508](#) Phone: (402) 471-2035

The Office of the Public Counsel (also known as the State Ombudsman's Office) is an independent complaint-handling office for the use of citizens who have complaints about the actions of administrative agencies of state government, that is, the bureaucracy of state government.

You can file a complaint with the Inspector General. Call at 402-471-4211 (855-460-6784 toll free)

- Email at oig@leg.ne.gov
- Send a letter outlining your concerns to the Office of the Inspector General, State Capitol, P.O. Box 94604, Lincoln, NE 68509

Make sure you document dates/where you submitted a grievance AND that you keep copies of any written grievance or online submissions.

Important Numbers/Contacts - MY Team

Your Judge: _____

Name: _____ Phone: _____

Address: _____

Notes: _____

Your Caseworker / Case Manager: _____

Your Child's CASA Worker: _____

Your Child's GAL: _____

Your Peer Support Provider: _____

My Family



- What makes my family strong?
- What are our traditions?
- What are our hopes & dreams
- How do we communicate?
- Who does my family count on?

In my family home, there are:

_____ people _____ adults
_____ children _____ pets

Outside of our home, these people are there for us, supporting us:

The way we best communicate with each other is:

(Some ideas from other families: We set aside a regular time to talk each day, at the table, at bedtime or during car ride to school. Leave notes for each other on the refrigerator.)

The way we best communicate with others is:

(Some ideas from other families: We prefer to communicate by text with others outside our home. I like to meet in person with my friends and family. I will call the doctor or school when I have a question, or I will send a note to the teacher if I have a concern)

How my family stays healthy is:

(Some ideas from other families: we eat healthy meals together, or get regular activity & exercise together playing in the yard, we help each other by expressing our feelings & monitor mood changes, having time to check in with each other when things are “off”. We make sure to get our regular checkups at the doctor, dentist and eye doctor. We utilize our therapists.)

Here is how my family spends time together:

Here is how my family shows respect to one another:

(Some ideas from other families: we listen when someone is talking, without put downs. We show appreciation of each other, saying encouraging things and celebrating accomplishments. We follow the family rules. We communicate openly and honestly with each other.)

Some of our family’s cultural traditions include:



We are a STRONG family!

Here are some of our greatest strengths:

Here are 3 things we are doing or have done to become stronger:

Here are some things we would like to do to continue to strengthen our family:

My One dream or wish for my family is:

Who could help us accomplish this?

Safety Planning

What does it look like when our family is doing well?

What signs will we see when we're not doing well?

Who could be helpful?

Name/Phone Numbers

Please DO NOT involve - Name

What can supports do to help? What doesn't help?

How will we know when support is no longer needed?

Wellness Planning

What wellness tools can family members use?

What do I do for daily maintenance? (examples - shower, eat healthy meals)

What are some external events or circumstances that may make you feel very uncomfortable?

Early warning signs that things aren't going well

What can we do to restore wellness?

Action plan

Crisis Planning

Crisis Planning allows a parent to prepare for when their child has a crisis such as being physically aggressive, having an emotional melt down, destroying property, running away etc. This worksheet is designed to think through a situation to do what is possible ahead of a crisis, so the likelihood of a crisis incident is reduced.

Information:

What does my family need to understand about the situation?

What do my child's teachers need to understand about the situation?

What do the people working with my family need to understand about the situation?

What can those working with my family do to support us?

For my family:

For my child's teachers:

For providers working with my family:

What changes are needed?

What are some ideas to change my response?

What are some ideas for positive changes within my family?

What are some ideas for positive change at my child's school?

What are some ideas for positive change for services providers working with my family?

Are there additional services that would help my family?



