

Family Meeting Mapping

STAGE 1: Introductions

Welcome, purpose, & goal

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Meeting Participants (*Family Tree/Simple Genogram*)

- Introduction of each participant's name, relationship to the child and/or family

Shared Agreements

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STAGE 2: Identifying the Situation

What are we worried about?

What are the immediate concerns affecting the children? If a video had been recording the situation and we were watching it back right now, what exactly would we be seeing? Hearing?

CURRENT & PAST STRUGGLES

- What happened
- Negative impact on the child(ren)

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STAGE 3: Assessing the Situation

What are we worried about?

What are you most worried could happen to the child(ren) if nothing changes or if things get worse?

FUTURE WORRIES

- Who is worried?
- What are they are worried might happen?
- Possible negative impact on the child(ren)

COMPLICATING FACTORS

Conditions and circumstances that may make the process of building wellbeing more challenging.

STAGE 3: Assessing the Situation

What is working well?

What are the most helpful things that you have tried that have made things even a little bit better when situations like this have come up in the past? Are there times when the problem is less intense or doesn't happen at all? What is different about those times? How do you/the family manage to deal with such difficult situations each day?

CURRENT & PAST SUCCESS

- What happened
- Positive impact on the child(ren)

Who are the people in your life who step in to help the most when there is a struggle or crisis?

FAMILY RESOURCES

Conditions, circumstances, & people that may be helpful in the process of building wellbeing.

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Stage 4: Developing Ideas

What needs to happen?

What do you most want for your child(ren) going forward? What would progress in this area look like? What is your best thinking about how to make things better?

WELLBEING/SAFETY GOAL

- What would need to be different for the child(ren)
- Anticipated positive impact on the child(ren)

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Stage 5: Reaching a Decision

What needs to happen?

EXPLORING THE IDEAS: How will each idea work in day to day life?

- *What specific behavioral changes will be needed?*
- *Who will be around to support the family as they get used to their new plan?*
- *What can the support people do to help build everyone's confidence that the plan is working and that when it isn't working, everyone will be able to talk honestly about how to adjust?*
- *If a service/intervention is needed, can that service/intervention be available today?*
- *For how long will the plan be in effect? When/how will the plan be reviewed?*
- *Are there any special needs or considerations?*
- *What happens if the plan isn't working the way we hoped it would?*

CONFIRM LEVEL OF CONSENSUS FOR THE PLAN

- *On a scale of 0-10, where 10 is you're fully confident this plan will address the worries and 0 is that you have no confidence at all in this plan, where would you rate it?*

NEXT STEPS

Agreed upon action steps that will be taken after the conversation

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STAGE 6: Closing & Recap

Everyone knows what the action plan is and who will do what, by when. Contact information for all of those present at the meeting. Remaining Questions are answered.

Concerns / Action Steps / Time Frame / Person(s) Responsible

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