



YMCA

SUSSEX CENTRAL

A brighter future for children, young people & families



ADDING A BIT OF BOUNCE

ACTION PLANNING

WITH

CHILDREN & FAMILIES

HOUSING
YOUTH & FAMILY SUPPORT

COUNSELLING

ADVICE

SPORT

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Setting the scene - With the Noble Truths

Commitment The beginnings of a healthy working relationship.

The what, the how and the limitations.

Acceptance What's happened already can't be changed but certainly has a bearing on now.

What happens next we exercise some choice over.

Hearing & exploring the narrative.

Conserving Creating and maintaining a safe and trusting relationship.

Spotting and exploring protective factors, strengths & exceptions.

Enlisting Who else? Bringing in rather than sending out.

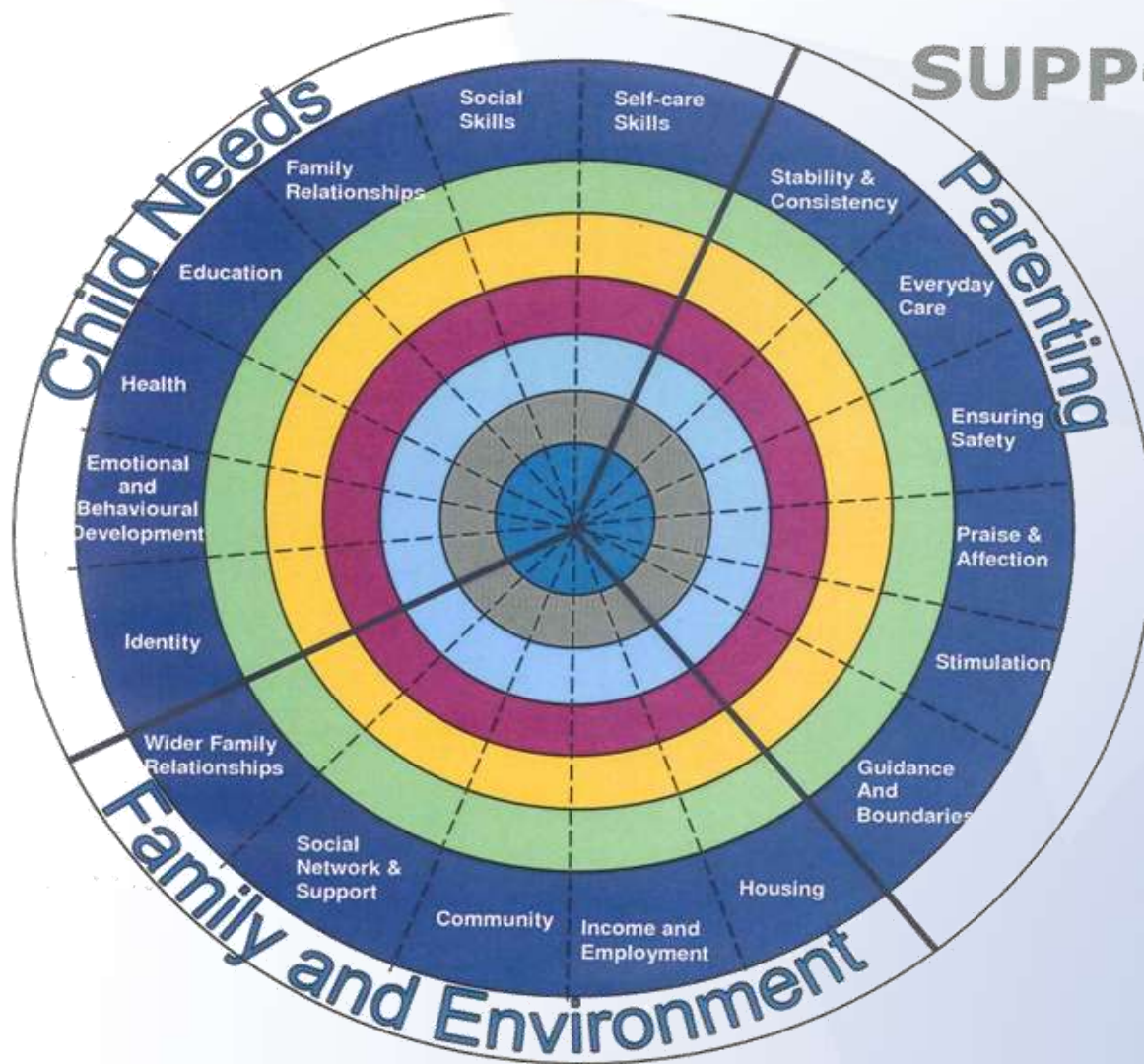
What could possibly go wrong?- fore-warned is fore-planned

CAF - a measured potion approach

Working resiliently with the Common Assessment Framework

Family Common Assessment Framework		[logo]
Child 1 profile: [insert name] (Before completing, please copy and paste for each child or young person as needed) Health = includes general health, nutrition, physical development, speech, language, communications development and substance misuse		
Strengths:		
Needs:		No Need <input type="checkbox"/>
Emotional and social development = includes mental health and attachment		
Strengths:		
Needs:		No Need <input type="checkbox"/>
Behavioural development = includes anti social behaviour and any sanctions i.e. ASBO, offending, behaviour difficulties at school or at home, school exclusion or risk of exclusion		
Strengths:		
Needs:		No Need <input type="checkbox"/>
Identity = includes self esteem, self image, social presentation, sexuality		
Strengths:		
Needs:		No Need <input type="checkbox"/>
Family and social relationships includes friendships		
Strengths:		
Needs:		No Need <input type="checkbox"/>
Self care skills and independence		
Strengths:		
Needs:		No Need <input type="checkbox"/>
Learning = includes school/college experience, understanding, reasoning and problem solving, employment, training, aspirations and achievement		
Strengths:		
Needs:		No Need <input type="checkbox"/>

SUPPORT MAP



Name

Date

Please indicate by marking the coloured sections on the chart the areas that feel are going well and those you would like to see improve.

- = 1 Feels very good.
- = 2
- = 3 Would like some change.
- = 4
- = 5 Feels very difficult.

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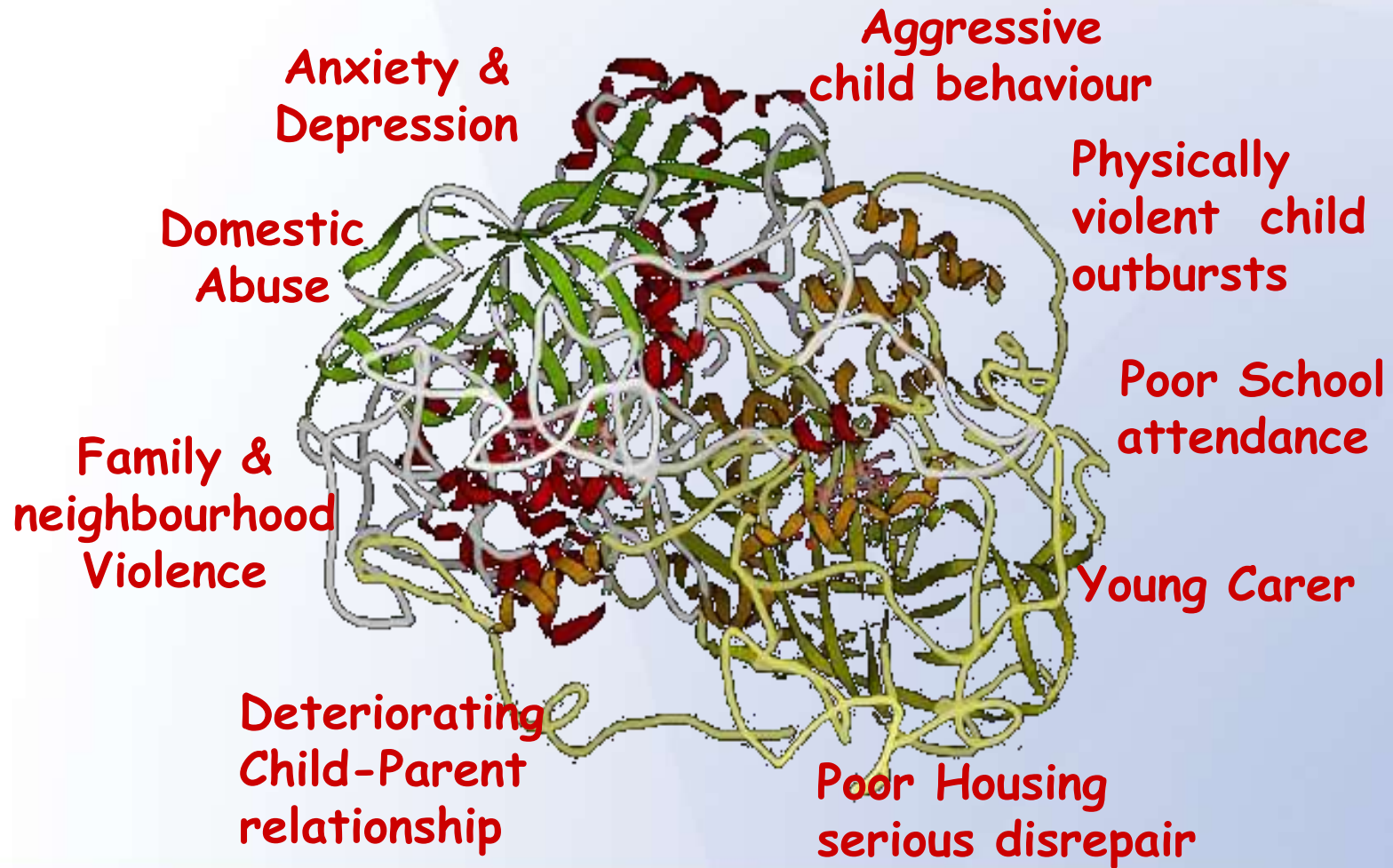
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What has RT done for us?

Joanne's story, the threads



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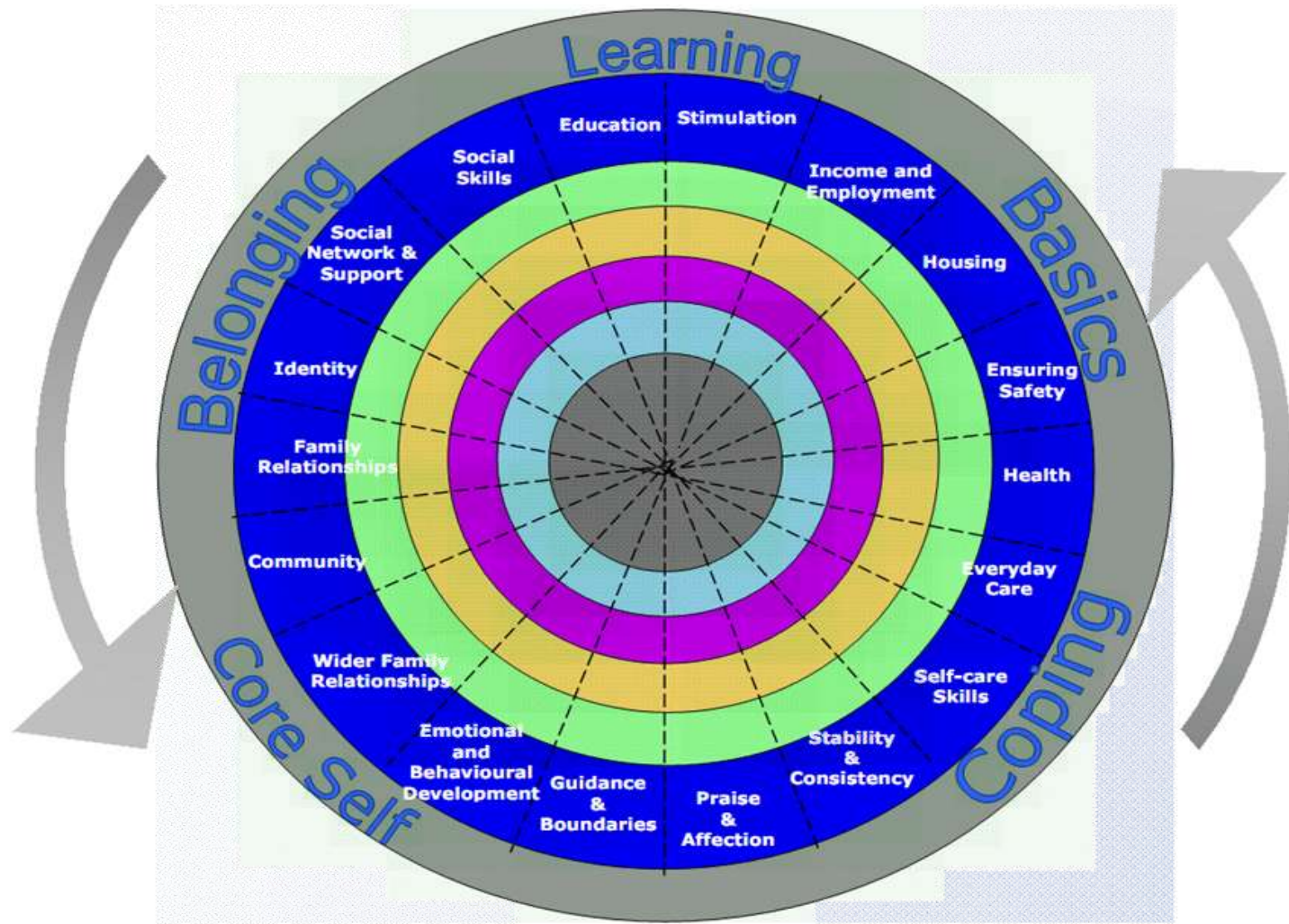
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Through an RT Lens



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SUPPORT MAP

Parent

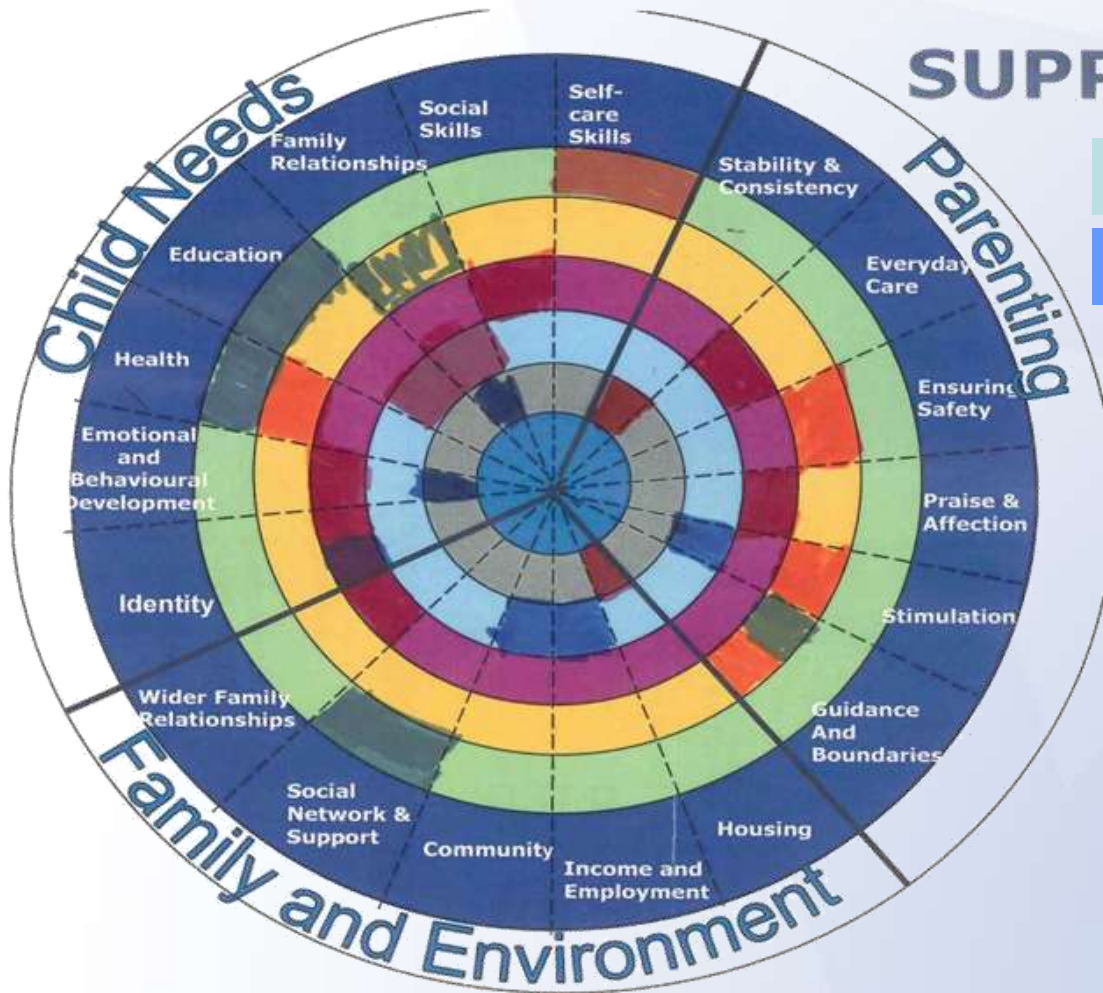
Child 1

Child 2

9/10

Please indicate by marking the coloured sections on the chart the areas that feel are going well and those you would like to see improve.

- = Feels very good.
- = Feels okay
- = Would like some change
- = Feels difficult
- = Feels very difficult



Following the intertwined Threads

Housing

Depression
& Anxiety



Domestic
abuse & now

Family &
Neighbourhood

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SUPPORT MAP

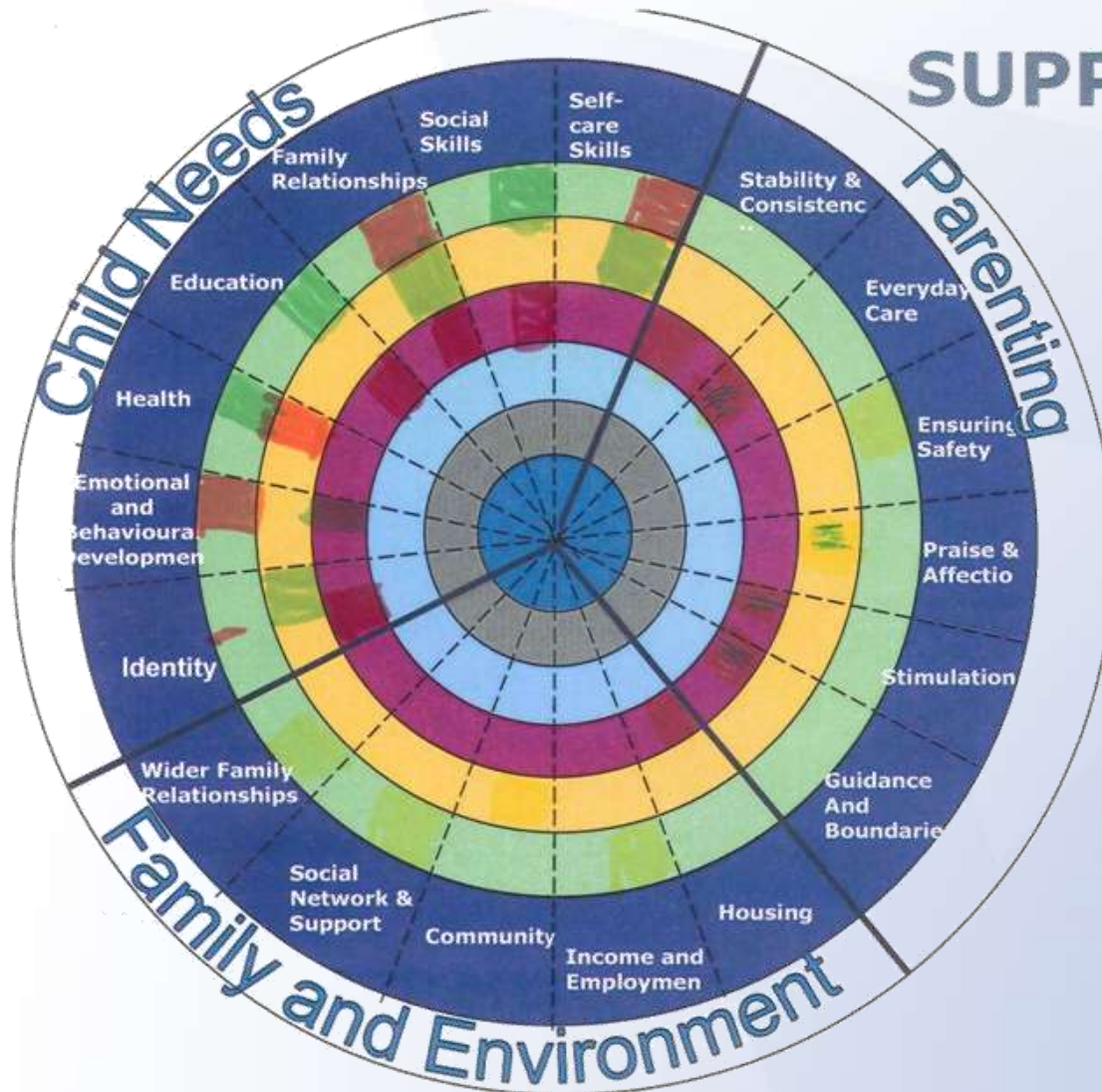
Name

Chloe Mahan

Date

7/2/11

Please indicate by marking the coloured sections on the chart the areas that feel are going well and those you would like to see improve.



- = Feels very good.
- = Feels okay
- = Would like some change
- = Feels difficult
- = Feels very difficult

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Core-Self

Sense of hope

Tried &
Tested
methods

Getting to
know a
different self

Basics

Safety

Housing

Opportunities
for leisure

Coping

Be brave

Self soothing

Foster
interests

Lean on
others

Belonging

Child understanding

Healthy relationships

A focus on the good times

Predict a good experience

Learning

Engage Mentors

New and rediscovered skills

Highlight achievements

Life ambitions

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