

Bringing It Back to Work: Essential Elements 7 and 8

7

ESSENTIAL ELEMENT 7

Support and promote positive and stable relationships in the life of the child.

What can help? *(Of the following, mark an “X” in up to three boxes next to the ideas you think you would MOST like to emphasize in your daily child welfare practice.)*

- Over the next three months, I will review my caseload and identify at least three children who need further support in stabilizing relationships. I will invite their teacher, important family friend, priest, mental health counselor, etc., to participate in at least one meeting or conference about the child in the next three months.
- Over the next three months, I will review my caseload and identify three traumatized children who are struggling in their foster placements. I will contact their foster parents and help them develop a trauma framework to better understand the child’s needs and reactions and increase the likelihood of successful placement. Each time I meet with these foster parents over the next three months, I will ask them if they have any questions about trauma and their child’s behavior.
- For at least three children on my caseload over the next three months, I will pay attention to the child’s stress responses and seek to understand their trauma reminders to better inform decisions about placement, visitation, and permanency. Each time I meet with these children over the next three months, I will ask them about their stress responses and trauma reminders, and ask them for their input in preparing for any type of transition.
- Over the next three months, I will review my caseload and identify at least three children who were removed from their homes of origin or who have been placed with more than one foster family. Over the next three months, for each of these children I will try to maintain existing positive relationships in the child’s life (i.e., teachers, friends, siblings) by asking children if they have been in contact with those individuals and facilitating meetings with those individuals as much as possible.

- Over the next three months, I will review my caseload and identify three children who have siblings, but are separated from the siblings. Over the next three months, each time I meet with these children, I will ask them about their siblings and will facilitate contact between them when I can in order to promote positive sibling relationships.
- Over the next three months, I will review my caseload and select three children who I will encourage and support in their attempts to preserve memories of important relationships and connections (i.e., photos, Life Book, etc.). Over the next three months, each time I meet with these children, I will ask them about the relationships in their life and ask them if they need help organizing their photos or memories.



ESSENTIAL ELEMENT 8

Provide support and guidance to the child's family and caregivers.

What can help? *(Of the following, mark an "X" in up to three boxes next to the ideas you think you would MOST like to emphasize in your daily child welfare practice.)*

- For all new cases over the next three months, I will identify and assist children and families with getting concrete needs met. This includes, but is not limited to, assisting the child/family in finding overnight shelter, obtaining food, obtaining medical care, obtaining clothing, obtaining respite care, etc.
- For at least three families over the next three months, I will assess for and integrate family, church, and community supports into a service plan for the family when appropriate.
- Over the next three months, I will review my caseload and identify at least three families to connect to other families for mutual support. Over the next three months, I will facilitate one meeting between each of these families.
- Over the next three months, I will review my caseload and identify at least three families where the children are experiencing trauma reminders on an ongoing basis. I will work with these families to help them deal with trauma reminders for children in their care, in order to decrease the risk of placement disruption. On a monthly basis over the next three months, I will check in with the children and families to find out how they are doing on this goal.

- Over the next three months, I will review my caseload and identify at least three children whose parents or other caregivers are struggling with their own traumatic experiences or secondary adversities. I will tell them that studies indicate that parents who cope well with adversities and their own reactions to trauma are better able to care for their children and can assist their child's coping as well, and I will provide them with referrals to trauma-informed providers. Over the next three months, I will check in with parents and ask them how they are doing.
- At least once over the next three months, I will review my caseload and select three children from diverse cultural groups. Over the next three months, I will obtain information about their cultural groups via any of several methods: research and resources that include the perspective of the group being researched or are written by members of the group under study; contact persons in each of the respective communities who are considered "cultural brokers"; and/or ask these children and families about their culture and preferences for services. After beginning the process of researching cultural values and practices, I will work with the child and family to incorporate culturally sensitive services into their case plan, including services to address the healing of trauma.