

Family Connections Oregon Strengths, Needs and Culture Discovery

Parent(s) Name: Mary and Doug

Date Completed and Reviewed with Parents _____

Identified Child: Sara

<p>Family Overview <i>How the parents see their situation</i></p> <p><i>Hopes for the future</i></p> <p><i>What they want their family and professionals to know about how to help</i></p> <p><i>What has worked in the past/not worked in the past?</i></p> <p><i>What will help support their child while in placement? (Mental health, physical health, education, comfort and adjustment)</i></p>	<p>Mary and Doug have had some really tough times in the last year. Doug lost his job and has been drinking more. Mary has been depressed and at times is not able to get out of bed. Sometimes she just starts yelling at everyone.</p> <p>After Doug lost his job they ran out of money and just lost their home. They have been arguing a lot and sometimes this has ended with Doug hitting Mary. The police came one time and removed the children and arrested Doug.</p> <p>Mary says she doesn't like the current situation. It's depressing because she doesn't have a home or her kids and she and Doug are not supposed to see each other. She wants things to be better right now.</p> <p>Doug says he is feeling overwhelmed and hopeless and like he is being treated unfairly. He sees that his anger has created problems for his family but feels he is being judged by his caseworker. He wants to make things better for his family.</p> <p>Mary and Doug would like to be together as a family again. Mary says she would like to have a good relationship with Doug and work out problems without fighting. She would like everyone to be healthy and happy and to be emotionally ok with themselves. Doug would like the children to grow up happy. He wants to be able to handle his problems without blowing up.</p> <p>Mary says it is helpful when people understand what she is going through and are supportive. When she is depressed, it helps to have people to talk to.</p> <p>Mary says that her children need someone to help them understand what is going on, and</p>
--	--

	<p>that Sara (daughter) is confused about why they are not with their parents. They need hugs, to be told it's going to be ok, and someone to let them know it's ok to have the feelings they are having. Mary would like Doug's parents to read the bible books she used to read the children, but grandparents are not religious. Mary believes this would comfort the children.</p> <p>Doug says that the children need to know that their parent's love them and that they will be ok. Sara needs to have some special time with adults away from her baby sister.</p>
<p>Strengths (<i>Values, attitudes, skills, abilities, cultural beliefs and traditions, preferences</i>) <i>Parent's strengths</i> <i>Caregiver's strengths</i> <i>Child's strengths</i></p> <p><i>How parent and family strengths can help support</i></p> <ul style="list-style-type: none"> • <i>The child while in placement</i> • <i>The caregiver (to understand the child's; to stabilize placement)</i> • <i>The parents address safety issues and achieve goals for their family</i> 	<p>Mary says her faith provides strength and she has strong values. She says her ability to feel and express her emotions is another strength.</p> <p>Mary loves her children and when she feels good she enjoys time playing games and reading to them. She likes to bring them to Sunday School so they can learn about God. Mary is able to talk with other mother's at the church about parenting and finds that helpful.</p> <p>Doug says his strengths are that he loves his children, he follows through and he wants to be a good parent. He says he shows interest in how his children's day is. He says he also is an advocate for his children and he doesn't pick favorites.</p> <p>Doug is a hard worker and has always tried to support his family. He is able to 'tough it out' even when something is unpleasant or hard if he knows it will help him or his family. He is willing to do whatever is asked of him in order to have his family back together.</p> <p>The children have many strengths. Natalie is two and she is "one big strength" according to Mary. She is very independent. Sara (6) is sweet, helpful and tries to make people happy. Sara does very well in her first grade class. She loves learning to read and takes pride in reading to the adults. Both children are very attached to their parents and happy to see them and very sad when they leave.</p> <p>The children are living with their paternal grandparents Grammy Cheryl and Grandpa George. The grandparents are loving and supportive of the children.</p>

<p>Extended Family /Natural Supports/Resources <i>Relationships with extended family</i></p> <p><i>Close friends, family-like; People in the family's life who can help; Resources/environmental supports that can help</i></p>	<ul style="list-style-type: none"> • The children are living with their paternal grandparents. Grandma Cheryl is very close to Sara. Grandparents want to see problems resolved to family can reunite. • Both parents are able to have visits at the grandparents' house and this is good for all. • Doug has a good relationship with his cousin Vinnie. He is staying with Vinnie and his wife. Vinnie talks with Doug about his relationship with Mary and how Doug needs to be more patient and understanding. • Mary's friend Jen is letting Mary stay with her. Jen also goes to Mary's church. • Mary's sister Rebecca is an emotional support for Mary. Rebecca lives in Washington but talks with Mary every week. • Mary's priest is a support to her. • Mary also gets emotional support from her mother Lea. Lea says she thinks Mary is a good mother and just needs to keep on her medications.
<p>Goals and Needs <i>What the parents and extended family sees as important to accomplish for child and family safety and well being</i></p> <p><i>Issues and concerns to address so goals can be accomplished</i></p> <p><i>What does the child need</i></p> <ul style="list-style-type: none"> • For a safe return home to parents • For stability and well being while in care? 	<p>Goals: Both Mary and Doug want to have a better relationship. They both want the children to be happy and do well. They want to be a happy family that can manage problems. They want a home.</p> <p>Needs Identified by Mary and Doug: The children need loving, supportive, emotionally stable parents who can provide a home free of physical and verbal aggression.</p> <ul style="list-style-type: none"> • Mary needs to be able to feel confident and positive about herself. • Mary needs to continue to care for her mental health by seeing her therapist and following through with her medication. • The children need their mother to be consistent with them. • Mary says Doug needs to take care of himself, eat and sleep better, so he can be healthy for the children. • Doug says the children need parents who have patience, good listening skills, and who put the children before themselves and give positive reinforcement and consistency. • Doug needs to learn how to manage his emotions without becoming physically or verbally aggressive. • Doug needs to learn about the control issues that can trigger aggression. • Doug plans to follow through with the anger management and parent mentoring resources he has engaged in.

<p>Trauma Considerations <i>Child exposure to trauma, triggered behaviors; strengths and resiliency factors; identified needs for support</i></p> <p><i>Parental history of trauma, triggered behaviors; strengths and resiliency factors; identified needs for support</i></p>	<p>Sara has reportedly witnessed physical and verbal aggression in the home. She doesn't talk very much, and can be sneaky and aggressive with her baby sister. However Sara does know that she is loved and has positive relationships with both her parents and her grandparents.</p> <p>Need: Sara needs help dealing with what she has experienced. She needs to learn to cope with the feelings that come up for her in healthy ways.</p> <p><i>If Mary agrees to sharing this:</i> Mary saw her mom getting beat up when she was growing up. She learned to cope by both yelling and by shutting down she was young. She states she experienced physical abuse by her stepfather. She needs people to talk calmly and give her information and choices.</p> <p><i>If Mary does not want details about her childhood shared:</i> Mary has experienced many difficult things in her life. She learned to cope by both yelling and by shutting down. She needs people to talk calmly and give her information and choices.</p> <p>Strengths and resiliency factors: Mary's faith has gotten her through tough times. The support of her good friends and her church really help. Mary is able to talk about her feelings and is willing to seek help.</p>
---	--