

Case study for Effective and SMART plans training

Zoe is a 14-year-old girl who resides with her father, her mother passed away when she was aged 11 years as a result of an alcohol related illness. Father is a chronic alcohol user who started using alcohol following the death of Zoe's mother. Father works full-time in a factory and works shifts. Zoe has a younger half-brother who lives with his mother nearby. They have no relationship although Zoe would like to know more about him.

Zoe has a significant friendship with a 22-year-old female who lives locally and at times when Zoe goes missing, she is often found at her property. The 22-year-old female is a care leaver and young mother, her one-year old son is currently on a Child Protection Plan due to concerns around neglect and alcohol & drug misuse.

Zoe's attendance at school fluctuates and her current attendance is 43% with a pattern of being absent on Monday's and Friday's. Zoe is sporty and is good at P.E. Zoe also loves drama. Zoe is described by teachers as likeable and she has a good relationship with her Form Tutor. Zoe would like to be a paramedic when she leaves school.

Last Friday evening there were reports received by the Police that there was a disturbance in the local park. Police arrived and found Zoe under the influence of alcohol in the company of females of similar age and several older males. The males are well known to the Police for various offences including drug offences.

Police tried to return Zoe home however, there was no-one home and so Zoe was taken to her maternal grandmothers with whom she has a good relationship and who is described as a protective factor.

Activity:

Part 1: Identify strengths and what you are worried about for Zoe, grading the level of risk using **RED**, **AMBER** and **GREEN**.

Part 2: Next prioritise your top 5 concerns. NB: It is helpful to list risk and concern under headings **e.g. Health, Relationships, Education, Safety, Parenting**. Using headings will help to identify what needs to be done first before moving onto another task or action as well as identifying which service can support the family to make the changes; this in turn will reduce duplicating the support offered at any one time.

Part 3: Using the 5 key priority concerns, now formulate a plan for Zoe ensuring you are clear about the information required under each section of the plan *i.e. avoid identifying action – how you the family will be supported and who will lead on this – under What needs to change. This is where you identify the expected outcome for the child when change has been made....what good looks like.*

Reducing the number of tasks/ actions to be completed will encourage engagement of the family, reduce the risk of the family feeling overwhelmed, ensure A's are put before B's and C's. It will also make it easier for professionals to monitor the progression of the plan, including the level of compliance from the parents and identify if any change for the child is being maintained.