**Example - Trajectory**

|  |  |  |  |
| --- | --- | --- | --- |
| **Weeks** | **Tasks** | **Meetings / appointments with professionals** | **Family time with mam** |
| **Preparation stage:** | Meet with all of the family – mam, boys, dad, step mam Sheila and Sheila’s daughter.  Complete assessment based on information gathered from professionals as well as all of above.  Direct work with the children.  Share the plan.  Agree to have a Family network who will come up with a plan. |  | Connor and Cole will have contact with mam via text messaging, phone calls (daily) and video calls/visits to hospital. |
| **Week 1 -2** | Regular visits or calls to mum – weekly.  Direct work with the children will explore the safety house with the children to start thinking through the safety plan.  Introduce the idea of words and pictures to parents and network.  Start safety planning with everyone – asking focused questions re triggers and red flags.  Decide who will the boss of the plan. |  |  |
| **Weeks 2-4** | Start 4-week plan of focussed direct work with Connor and Cole around recognising their emotions, managing anger/worries.  Start drafting words and pictures | Weekly meetings with Connor and Cole in school.  Meet with David and Sheila to gather ideas for draft words and pictures.  Meet with mam to talk through words and pictures and gather her thoughts and ideas. |  |
| **Weeks 4-6** | Develop safety plan and outline roles and expectations of each member of safety network.  Share draft words and pictures with safety network.  Family worker will start 2-week piece of work with Connor around gambling.  Family worker will start a 4–6-week piece of work with mam, David and Sheila to support parents to put routines and rules back into place for Connor and Cole  Review TAF meeting to be held. | Meet with safety network members to share ideas/worries/safety goals.  Discussions around words and pictures with David, Sheila and mam.  Work around gambling will be shared with mam, David and Sheila and support given for them to carry this forward with Connor.  David, Sheila and mam will join TAF members to review progress. |  |
| **Weeks 6-8** | Introduce safety journal (for Connor) and safety item (for Cole) to all family members/safety network.  Meet with children and family to share final copy of words and pictures.  Work around Connor and Cole’s emotions will now be coming to and end with keyworker and family worker. Any referrals needed that this work has identified will be made. For example, school counsellor/emotional resilience nurse. | Visits to the boys, mam, David and Sheila to explain safety items and support given to start using these immediately.  Children will be visited in the presence of family to share words and pictures.  Visit will be made to mam, David and Sheila to share update/progress on emotional work. |  |
| **Weeks 8-10** | All work around putting safe and secure routines/rules into place for Connor and Cole at mam and at dad’s will now be complete. We will review the progress of this work with family members and share thoughts on how family can continue and progress with this.  Meet with safety network to identify key signs to look for that will tell us things are getting hard for mam again. Possible challenges that may come from this will be discussed and solutions to this will be worked out. Safety journal will be reviewed. | Visit to mam, David and Sheila to hare views around routines we now have in place.  Meeting with safety network. |  |
| **Weeks 11 - 12** | Final review TAF will be held.  Final session with the family and network – celebrate all their successes.  Case will close to One Point but will remain open to the family network and mental health services until the children are adults | Final review TAF will be held. |  |