

Case mapping tool used to inform your first questions / first visit with a family.

Issue: Teenage behaviour – pushing boundaries / being aggressive

| Child ID: | | Date Started : | |
|--|--|---|--|
| What are we worried about? | What is working well? | What needs to happen? | |
| <ul style="list-style-type: none"> • When was the first time you became worried about his / her behaviour and why? What were you seeing that was different at that time? • What would school say they are most worried about in the change in behaviour? And what has been the impact because of this change? • How often would you say this behaviour was happening and what is the worst thing that has happened? • What would your son / daughter say people are most worried about in the way they are behaving or getting on at the minute? <p>Complicating Factors:</p> <ul style="list-style-type: none"> • What else is going on at the minute that isn't helping things? | <p>Strengths:</p> <ul style="list-style-type: none"> • What are your happiest memories / times as a family? (question to everyone). • What makes you most proud of your son / daughter? • What is it that they do that makes you smile / laugh? <p>Existing wellbeing:</p> <ul style="list-style-type: none"> • Tell me about a time now or in the past when you have managed the behaviours well and it didn't get as bad as it has before? What happened and what did you do to help? • Child: what would you say that mam / dad do that help you when things are getting to breaking point between you all? And why? | <ul style="list-style-type: none"> • What would be the first thing that you all needed to do differently for things to get back on track? • Who could help you get there that you and the child knows best and trusts? • If life were just how you all wanted it to be what would that look like and what would you need to do to get you there? | |

Issue: Arguing over the kids / difference in parenting.

| What are we worried about? | What is working well? | What needs to happen? |
|--|---|--|
| <ul style="list-style-type: none"> • When was the first time things became difficult / obvious that you and your partner weren't agreeing over the children? • What was happening at that time? What did it look like and what would the kids say it was like? • Worst time and last time? • What has been the overall impact on you both not agreeing on the children what would they say and what would school or people who know the children well say? • Complicating factor question: what other stuff is going on in your lives that isn't helping? • What are some of the things that are getting in the way of good stuff happening? | <p>Strengths questions:</p> <ul style="list-style-type: none"> • See above to lead you in? <p>Existing wellbeing:</p> <ul style="list-style-type: none"> • Tell me about a time when it could have ended in an argument, but either of you didn't want to kids to see that so one of you did something different instead? What did you do and why? • Tell me about a time when someone could see that the pair of you were going to get into an argument in front of the kids so they stepped in and made sure the children weren't exposed to that? | <ul style="list-style-type: none"> • See questions above? |

Issue: managing younger child's behaviour and feeling anxious about this.

| What are we worried about? | What's working well? | What needs to happen? |
|---|--|---|
| <ul style="list-style-type: none"> • How often would mam say she struggles with child's behaviour and what does her behaviour look like? • In a week how often does this happen? • What has been the worst thing that has happened when mam has struggled with child's behaviour? • Are there other things that mam would say gets in the way of coping better? | <ul style="list-style-type: none"> • Who would mam say are her support people? Who can she always rely on? • What would child / young person say are the happiest memories with her mam / dad? • What would dad say mam does well as a mam? • Mam tell me about a time when you managed child's behaviour and it didn't make you feel stressed? What would your mam say you did well and what would child / young person say? • Tell me about a time when you felt proud of the way you managed child and her pushing your buttons? | <ul style="list-style-type: none"> • If I were to ask child if life were just how she wanted it to be what would she say? What would mam say? • If you were managing child's behaviours in a way that didn't make you feel anxious what would that look like? • What would be the one next step you would need to so to help you get there |

Issue: Poor home conditions / deteriorating home conditions

| What are we worried about? | What is working well? | What needs to happen? |
|--|---|---|
| <ul style="list-style-type: none"> When was the first time people started noticing that the home conditions were becoming a worry? And what were they seeing at this time? Thinking about the time when the home conditions were at their worse what did that look like? What were the children living in during that time and what was the impact on them? (ie head lice, smelly, not getting fed) What would gran / best friend say are the things that mam / dad do that makes the situation worse? What would the children say is the worse thing about not having a place to play or being able to invite their friends over? <p>Complicating Factors:</p> <ul style="list-style-type: none"> What would mam / dad say gets in the way of being able to keep on top of it all? | <p>Existing strengths questions:</p> <ul style="list-style-type: none"> What would the children say are the best things about their family? What would dad say he likes most about mam and the way she cares for the children? What would school say are the best bits about the children? <p>Existing safety / wellbeing:</p> <ul style="list-style-type: none"> Mam / Dad tell me about a time when you felt like you were on top of the housework and things were much better than they are now? How did you do that and what helped? Tell me about a time when someone could see that things weren't good in the house / things were dipping so they stepped in to help in the house? Who did that? And what was it they did? Worker – tell me about a time (even if it was only for a few weeks / days when things were definitely better and conditions had improved) what was happening then? What would mam / dad / children say was different? | <ul style="list-style-type: none"> If we were no longer worried about how the children were living what would we be seeing and what do you think needs to happen to get there? What could you do mam / dad / grandma and what could we help you with? What would the children say they would need to see before they can invite their friends around or feel like they have somewhere nice to play? |

Issue : Mental health (young person / parent)

| What are we worried about? | What is working well? | What needs to happen? |
|---|--|---|
| <ul style="list-style-type: none"> • What would people who know mam / dad or child / young person say are the behaviours that they are most worried in terms of mental health? • When were people first concerned / when was the worst and when was most recent? Impact on the child (whether it is their mental health or parental) • What would mam / dad or young person say worried them most about how they are feeling? • What would school or others who know them well say they are most worried about and why? <p>Complicating factors:</p> <ul style="list-style-type: none"> • What are some of the things that are out of your control that makes things worse or harder to deal with? • What would you say others do that don't help the situation at all? | <p>Existing strengths:</p> <ul style="list-style-type: none"> • Tell me what a good day looks like? • What would mam or dad say is a good day for their child? • What would children / young people say is a good day for their mum / dad? • What makes you smile / laugh? <p>Existing wellbeing:</p> <ul style="list-style-type: none"> • Tell me about a time when you felt better than you do now and what made you feel that way / who helped? • Even though life can knock you sideways at times what is it / who is that keeps you going and gives you strength? • On a scale of 0 – 10 where 10 means 'yeh life can be crap at times, but today is better than others and I have ways to cope or people I can turn to and 0 means that everyday is the same, its hard to even pinpoint a time or people who made it feel better. Where would you rate yourself today? And why? | <ul style="list-style-type: none"> • If you woke up tomorrow and life had no worries what would that look like? • What are some of the next steps to get you closer to your goal of feeling better and who are some of the people who you could trust to get you there? |

Same can apply with any situation use the case mapping tool to think through and prepare some questions for all three columns this will inform your assessment – also map all of your case notes in this way and again it means less to do with the assessment as all information already there.

Once you start gathering your information for you assessment this way you will start seeing what your worry statement, wellbeing goal and wellbeing scale will be.

Reminder Worry Statement:

Who is worried?

What they are worried about?

Why? (impact)

Wellbeing goal:

Recognise the positives within the family based on your middle column

Network and plan

What behaviours you would be seeing and how that would make life different for the children/

Wellbeing scale:

On a scale of 0 – 10 where 10 means (be realistic and think about your goal, what behaviours you would be seeing and what difference that would make) and 0 means (think of your worry statement and what that would mean for the children if nothing changed, what would people be seeing)