

Signs of Safety / Wellbeing / Success – Case Tool

Child's ID:	Date Started:	
What are we worried about?	What's working well?	What needs to happen?
<p><u>Past Harm/worries</u> Consider – what has happened to this child / young person in their life and how is this affecting them now?</p> <p>What has the child/young person had to do to survive what has happened to them?</p> <p>What are they telling us? What are they showing us in their behaviour?</p> <p><u>Questions to the young person (adapt to ask to family / network / carers)</u></p> <ul style="list-style-type: none"> • What is your biggest worry right now? • What do you think my biggest worry is for you? • I wonder what your best friend / your family / your carers biggest worry about you is right now? • When you've (used drugs / ran off / kicked off in anger) can you tell me what happened that led up to this? • I wonder what is going on in your life / what has happened to you that has meant you've ended up running off / lashing out / kicking off? How long has this been going on? When was the last time it happened? • How do you feel about it? • When you've tried to cope by (running off/using drugs/kicking off etc), what's the worst thing that's happened because of this? • What are the things that people do that are unhelpful and make you feel or act worse? <p><u>Worry Statement(s)</u></p> <p><u>Questions to the young person (adapt to ask to family / network / carers)</u></p>	<p><u>Existing Strengths / success</u></p> <ul style="list-style-type: none"> • Explore everything positive in the relationship between the child / young person and their carers / family members / network • Explore strengths in relation to the worries • Include questions to explore the network • Explore the child / young person's achievements <p><u>Questions to the child / young person:</u></p> <ul style="list-style-type: none"> • What are the things you enjoy doing? • I wonder what your carers / your mam / your teacher would say you are good at or enjoy doing? • What are the things that you are most proud of? • What is the best thing about being in your foster family / home? • What do you like best about your carers? What do they do to help you or show you that they care about you? • Who are the people that are most important to you? What do you like about these people? • Who would be the first person that you would go to or show that you were worried about something? • What do these people do that is helpful? • Who would you like to be involved in some conversations about how to make things better? <p><u>Questions to family / the network / carers:</u></p> <ul style="list-style-type: none"> • What do you like best about the child / young person? • What kind of things do they enjoy? • What are they good at? 	<p><u>Success Goal(s)</u></p> <p><u>Questions to the child / young person</u></p> <ul style="list-style-type: none"> • Who are the people (or pets) that you don't see right now, but who you would like to be in touch with? • If things were better than they are right now, what would that look like? • When you think about your future, what are your hopes? <p><u>Questions to the family / network / carers:</u></p> <ul style="list-style-type: none"> • What are your best hopes for the child / young person? • What do you think the child / young person wants things to be like? • If things were better than they are right now, what would that look like? What would be different? <p>Success goals should be clear about what life will look like (behaviour, relationships) when the child / young person is succeeding or being kept safe, now and in the future</p> <ul style="list-style-type: none"> • Start with an acknowledgment of what is working well • State in behavioural or relational terms what life will look like when things are better / stable • Include the network <p><u>Next Steps</u></p> <p>Next steps are informed by scaling questions, which we ask to the child if they are old enough:</p>

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<ul style="list-style-type: none"> • What do you think I worry could end up happening to you if we can't help to make things better for you? <p>Our worry statements should state:</p> <ul style="list-style-type: none"> • Who is worried • What they are worried about (give an example and include the voice of the child / young person) • What we worry will happen to the child / young person if things don't change • In language that the child / young person can understand <p><u>Complicating Factors:</u></p> <ul style="list-style-type: none"> • Are there things going on for you that are making life harder or getting in the way of what you want things to be like? 	<ul style="list-style-type: none"> • What are you most proud of when you think about the child / young person? • Who is the child / young person close to and what makes these relationships good? • What impresses you about the way that mum/dad/wider family spends time with or responds to their child? • What brings out the best in the child / young person? <p><u>Existing Safety:</u></p> <ul style="list-style-type: none"> • Times when the worry / danger could have happened but didn't, or • Times when someone did something or stepped in to make sure that the child / young person was okay when something risky did happen, for example... <p><u>Questions to the child / young person:</u></p> <ul style="list-style-type: none"> • When things are going well, what does that look like? Who or what helps when things are going well? • Who are the people that help you to feel safe? What do they do to help? • Who do you keep in touch with when you're away from home, so that people know you're okay? • When you're using drugs, how do you try to do this in a safer way? • Who are the people who you are least likely to get into bother with? • Has there been a time when you've found a way to cope with all the stuff that has happened to you in a way that isn't as risky? How did you manage to do this? Did anyone else help? • What is the most helpful thing that the people around you can do to help you? (e.g. stay in control of your feelings; help you to feel like you belong?) 	<p>e.g. if 10 is that you've got a plan that means if you do use drugs you do this in a safer way and you've got people looking out for you who will step in to make sure that you are okay if something goes wrong and 0 is your drug use is scary, you're using so much that you don't know what you're doing and no one notices when you need help,</p> <ul style="list-style-type: none"> • Where would you rate it? • What would need to happen for you to move up a point on the scale? • Where do you think I would rate it?
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- If you do start to lose control, what would you want the people around you to do to help you?
- What would be a warning sign to you that you maybe should be worried, even if your friends don't seem to be?
- Who would you get in touch with if you were worried and what would you want them to do to help?

Questions to the family / network / carers:

- Who are all of the people that you know who see or keep in touch with the child / young person when they aren't at home? How do you keep in touch with each other?
- Who would be the first person to get in touch to let you know if they had any worries about the child / young person?
- What would be a warning sign to you that you need to take some action to make sure that the child / young person is safe?
- What have you noticed is the best way to respond when the child / young person starts to get angry, so that things don't get worse?
- What is the best way that you've found to respond to the child / young person when they are angry, so that they are helped to calm down?



Safety / Success Scale