

Child Safety Meeting (CSM):

This first meeting is the anchor to establish that the future will be better, and that a family can get to that desired future. The primary goal is ensuring the safety of the child. Are there smaller goals to achieve this? Remember that when people are in distress they do better with short-term goals that can be easily achieved. How can the team provide pathways to those small goals?

Case Transfer Meeting:

Ensuring continuity of services for the child and family by maintaining a continuity of specialists working with the family. While it is normal for this meeting to focus on the organizational tasks, be sure the family goals are the focal point.

Initial Meeting:

Help the family see how the service referrals are pathways to the goals. Discuss barriers and obstacles they may encounter and develop a plan together to problem solve. Are there smaller goals to help ensure the continuity of resources for the family? What are ways we can support the family in the adjustment of this pathway? Acknowledge that many of these services may require significant willpower to pursue. What is a source of motivation the family member can use to help them keep going when willpower is depleting?

- **The plans that are created can feel overwhelming. Help the family by setting benchmarks that will help them see they are making progress. For example, if sobriety is the goal what are the benchmarks? (screening, joining an AA group, therapy, etc.)**

Ongoing FMs:

Whether in FCS, Court Supervision, or PP, FMs are a forum for reporting progress on achieving case plan goals, identifying barriers, creating pathways around or through barriers and supporting the family in achievement of goals.

- Is there progress being made in obtaining the goal? What are the barriers inhibiting progress? What are other pathways that can be used? In what areas can I support this family?
- Celebrate progress towards goals at the start of each meeting. The family is likely navigating a significant life change, and each small step towards a goal is a milestone. Remember, hope begets hope!

Placement Stability:

This meeting is held any time placement instability is identified or any time moving a child in OKDHS custody from one placement to another is under consideration. It is held prior to the move, whenever possible, with the goal of supporting the family and maintaining the child's placement when safely possible. Be sure that placement meetings consider goals, pathways and willpower in the placement change decision. Remember, the loss of hope is a stepping process. It begins with anger or anxiety, moves to despair and finally apathy (hopelessness). If this placement is the result of the loss of hope, what can be done to nurture hope moving forward?



OKLAHOMA
Human Services

A HOPE Centered Family Meeting Continuum



HOPE for every type
of meeting

A **HOPE** Centered Family Meeting Continuum is inclusive, trauma-informed and equitable in strengthening the well-being of families.

The **Family Meeting** is a place for goal setting:

- **Think:** What are the specific goals that this family is wanting to make? What are the obstacles that are inhibiting these goals? Is the problem rooted in willpower or pathways? What is the primary goal for this family? Are there similarities?
- **Ask:** What is the most important goal to you? What do you want to happen in this meeting today?

The **Family Meeting** is a pathway:

- **Think:** Who or what are the pathways to this goal? Does this person have access to these pathways? What is the best intervention for creating solutions to the problems in the pathways? What are the problems rooted in willpower?
- **Ask:** How can these meetings act as a pathway to the family's goals? Are there any barriers or obstacles that you can help eliminate? What are some other pathways that could help achieve your goal?

The **Family Meeting** and collective **HOPE**:

- Is everyone in this meeting here to help this person or family reach their desired goals to move forward in their future?
- Are other team members using Hope language?

The **Family Meeting** is a place of discovery and a place to foster willpower:

- **Remember:** Trauma impacts help-seeking behavior as well as a person's sense of safety. Nurturing Hope can improve this problem. How might past and current trauma affect the present situation? Does this person have all basic needs being met (i.e. food, safety, home, sleep)
- **Do:** Notice if someone is disengaged, burnt out, hostile, desperate, or apathetic. These are all major signs of low hope. It is important to nurture willpower for this family. Praise past successes. While using a strengths-based approach, help this person see their own strengths.

What is **HOPE**?



HOPE is the belief that your future will be better than today and you have the power to make it so.



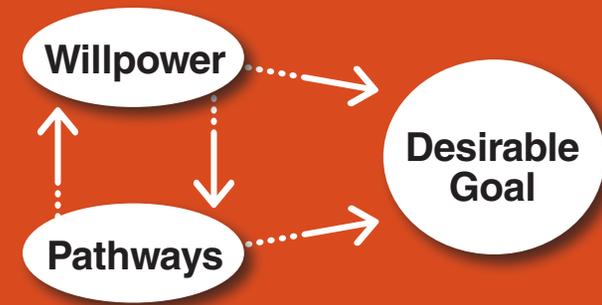
Pathways

Roadmaps that allow individuals to begin the journey toward the future. A goal without a pathway is just a wish!



Willpower (Motivation)

The ability to dedicate mental energy to begin and sustain the journey towards your goals. We all have limits to the amount of willpower we have.



Goals: Desired outcomes you are trying to accomplish.

- **Achievement:** Positive goals that we want to attain.
- **Avoidant Goals:** Goals that we want to prevent.

Why **HOPE**?

- Hope acts as a buffer to adversity and stress.
- Hope is the mindset that drives resilience.
- Family meetings can be a pathway to the goals that are set within the meetings. This is also where willpower can be fostered.

Apathy is low HOPE and collective HOPE.

After repeated attempts to reach a goal without success, individuals will react with anger, despair or apathy.

Those who appear to be hostile or seem to not care in the family meetings are likely to have very low Hope.