Administration of the Family Journey Assessment Discussion Prompts

Cluster 1: Self-Knowledge

General Prompts:

- Tell me about how things are going with (child's name).
- What do you think would really help (child's name)?
- How easy is it for you to talk with others about (child's name)? What helps?
- Tell me about how things are going with you.

Focused Prompts:

- Let's talk about what has caused (child's name) difficulties.
- What are the good things that people say about (child's name)?
- How do you think you and your family can help with (child's name)'s difficulties?

- It sounds like you have a great sense of what (child's name) needs to succeed. Maybe you are focusing so much on her needs that you have difficulty making time to take care of yourself. What do you think?
- We talked (child's name)'s strengths, challenges, and needs. You explained his needs very clearly. Do you think that you are able to recognize and communicate his strengths and challenges in the same way?

Cluster 2: Family Well-Being

General Prompts:

- How has the family working together lately?
- How are decisions made in your family?

Focused Prompts:

- Does your family feel you're getting the support you need?
- How is this situation affecting your daily life?

Feedback:

- It sounds like you might be so overwhelmed that you're having trouble completing normal daily tasks. Does it feel that way to you?
- I think I'm hearing that you feel comfortable expressing your opinions to your family, but that you are less comfortable expressing yourself to your formal supports.
- It's great that you're feeling support from your religious community. It seems like you like the idea of connecting with families with similar difficulties, but you haven't been able to do that yet. Would you feel comfortable/are you interested in coming to a support group next week?

Cluster 3: Seeks Information

General Prompts:

- What have you found out about (your child)'s challenges?
- Where have you gone to find information and get help?

Focused Prompts:

• Do you need more information about how (child's name)'s school system works?

- I think there are lots of resources available to help with (this situation) that you are not aware of or that you haven't been able to access. Are there things we didn't talk about that you have used or tried?
- You've really collected lots of resources to help (child's name) navigate the school system. Is it easy for you to find information when you are looking for it?
 Do you have a similar understanding of the other systems (child's name) is involved with?

Cluster 4: Collaborates with Others

General Prompts:

- Who do you go to for help?
- Have they been helpful?

Focused Prompts:

- Do you find it easy to work with these people?
- Have you had the chance to meet other families going through the same kind of thing?
- Have you been able to participate in family support activities?
- How do you feel sharing your story with others?

- It sounds like you've made some good connections outside of the family. Are you comfortable working with those people and asking for help?
- So you've heard about family support activities but haven't had a chance to get involved?

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Cluster 5: Uses Newly Attained Knowledge

General Prompts

- Do you feel like your voice has been heard when you talk about your child?
- You've really been attending a lot of meetings lately. Have they been helpful?

Focused Prompts

- Have you been able to use the information and help you received?
- Tell me more about how it feels to be at those meetings.
- Have you gotten what you need?

Feedback:

It sounds like you know about a lot of resources in your community and have a
good understanding of what your child needs, and that you feel comfortable
expressing that at meetings.

Do you think it would be helpful to identify additional resources and supports?

Cluster 6: Coping Skills

General Prompts:

- How are you coping with all of this?
- What would be the best way to help you with this situation?
- How do you feel? How have you felt?

What would make you feel more hopeful?

What do you do for yourself?

Focused Prompts:

- I know there have been a lot of crises and stress. How have you been handling that?
- It's amazing what you've gone through. What has been most helpful to deal with these crises?
- What have you done, or tried to do, to help your family move forward?

- It sounds like you've had a variety of feelings and that you'd like some support in coping with the situation.
- So, you have a good idea about where you're going, but could use some help taking the steps to get there?

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