

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?*

Feedback Prompts:

- *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?*

#1 – Score 2: Talks about Amy's problems, indicates need for mental health services but very general – "she needs help". Does not acknowledge own needs.

#2 – Score 3. Can articulate the nature of problems, but excuses them (divorce). Father does not have a complete idea about how to progress.

#3 - Score 3 – Articulates most of needs but not all. But feels that they have not worked so far, and is discouraged.

#4 – Score 1 – Denies needs. "I'm ok" – describes some violent episodes but says that it is not affecting him. Not getting any support. Can handle this.

#5 – Score 2 – Feels hopeless. Talks about calls in the middle of the night and dreading them. Doesn't feel that Amy is connecting and really feels that she is at risk for really bad outcomes. Does not see a way out.

#6 – Score 1 – Hard to talk with other family members about Amy. Their kids all seem to be doing well. They blame Amy for ruining the marriage, but really they are blaming me. Hard to talk with others – feels embarrassed. Really difficult to go to family therapist.

#7 – 2: Knows about how to approach problems, love my kids but feel like a failure because “I should have known from a long way back that there were problems.” Feels failure about marriage.

#8 – 2 - Says it is difficult now to talk about strengths – can get angry with her. She gets angry at me and says the most vile things. Most of the interactions are negative. Although she is smart, says father put too much pressure on her. Has given up her talents. Doesn't like her friends.

#9 – 2 – Knows that family has important information to give but feels reluctant to talk up because of the sense of failure. “Somebody needs to help us.”

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 support staff.*
- *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. Why don't you come to a support group next week?*

#10 – 3. Is the dominant force in making decisions. Mother looks to him to make most decisions “you’re the professional.” Understands that he does not have answers. Feels he should bear responsibility.

11 – 3. Come to all meetings. Speaks up. Does not always consider other family members thoughts and beliefs.

#12 – 2 Caregiver will, with reluctance, contact formal supports (therapists, psychiatrists), but does not participate as strongly as needed.

#13 - 1. Family is very alone. Has no other natural supports. Will not approach family members, dreads talking with them.

#14 – 2. Mother and father follow work habits, but otherwise family functions separately. Children are not involved in chores, get their own meals. Enforcement has been given up.

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?*

Feedback Prompts:

- *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?*

#15 – 3 or 4. Father is very knowledgeable about services and mental health problems. Somewhat reluctant to ask others for help, preferring to work things out himself.

#16 – 3 or 4. Knows about possibilities of mental health treatment but not about DJS or more intensive types of treatment.

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 story with others?*

Feedback Prompts:

- *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?*

#17 – 3. Father is reluctant to share with others and work with other stakeholders fully. He feels attacked at times and embarrassed.

#18 – 2. Seeks some supports and assistance but is reluctant to do so.

#19 – 1. No contact with other families with similar problems.

#20 – 2. Father mostly thinks of his own situation. At times he can understand how Amy may feel but does not think about mother's point of view. Mostly feels adversarial with DJS.

#21 – 1. Finds it very difficult to share story with others. Feels uncomfortable and embarrassed.

#22 – 1. Does not participate in family support events.

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 you 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?*

#23 – 3. Family does follow through on suggestions by therapists and other stakeholders around services. However, they find it difficult to try new strategies themselves.

#24 – 4. Family always attends meetings (although sometimes a little late) and speaks up.

#25 – 3 or 4. Caregiver expresses thoughts in a logical and effective manner, but has difficulty expressing own emotions. Listens calmly and respectfully.

#26 – 3. Caregiver tries to be an advocate, provides information and resources, contacts necessary stakeholders but usually prompted by some crisis. He tends not to always persist or remain firm.

#27 – 3. Can communicate ideas about Amy's problems (divorce, adoption?) but is reluctant to talk about what affect it has on him or other family members.

#28 – 2. Caregiver has approached, reluctantly, traditional supports (therapy) but has been reluctant to find out about other programs or more family based interventions.

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 do you do for yourself?*

Focused Prompts:

- *I know there have been a lot of crises and stress. How have you been handling that?*
- *Do you feel hopeless at times?*
- *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?*

Feedback Prompts:

- *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?*

#29 – 1. Caregiver is very reluctant to talk about own feelings, feeling that he should not be seen as being affected by the problems. Should be strong. Does not show much emotion – frustrating to others.

#30 – 2. Caregiver feels helpless, the patterns of Amy's behavior and family interactions seem impossible to change. Try to "clean up the mess" all the time.

#31 – 1. Neither mother nor father finds ways to relax. They continue to work, pay little attention to their own needs. Try to deny them.

#32 – 1 Caregiver does not recognize high stress level and does think about ways to reduce his stress. Does not use social support.

#33 – 2. Caregiver does not become completely stuck in the face of crises. Gets motivated but the solutions are usually short term. Does not consider range of options. Just tries to "get through."

#34 – 1 or 2. Caregiver has begun to think of a plan but mostly this just involves recruiting providers and getting evaluations. No longer-term plans in place.

#35 - 1 or 2. Has only contacted providers not developed a real plan.

#36 – 1. Caregiver has not given much thought to coping strategies—dealing with crises and ignoring own needs.