

## Case Consultation Guide-CPS

A Solution Based approach means we focus on the family. The goal is to work in partnership with the family and their formal and natural supports to help identify their protective capacities, understand their developmental life stages, and help the family and its members build the skills necessary to manage every day life events and tasks that are difficult for them. This process will help the team organize the information by maintaining a focus on child safety and assessing if appropriate resources are in place to help diminish or eliminate the identified safety threats to the child.

Case consultations work best when the following outline is used:

1. Help members of the team get to know the family by **introducing the family members with a genogram**. Remind the team of the developmental challenges families like theirs face.
2. **Discuss the family's strengths, skills, and resources**. What does the family do well? What are they proud of? What gives them a sense of self-worth and satisfaction?
3. Discuss the reason we are involved with the family. What are the **identified safety threats and how do they meet the safety threshold?**
4. Discuss what is **difficult for the family**. What situations in everyday life are high risks for them? What is their current pattern for trying to accomplish these tasks?
5. Discuss **what individual problems family members might have** that serve as barriers to resolving the problems in the family. What do you know about those individual patterns of behavior
6. If you have a **co-developed safety plan with the family** (or individual family members), what is it? (Please bring enough copies for the team.) How is the plan going so far? Are the family, CPS social worker, and other supports **keeping track of their successes?** If so, bring some copies of their accomplishments.

The team will benefit just from hearing about your work with the family, however the team is also there to assist you and the family by brainstorming about other possible resources or approaches. Think about how the team might be helpful prior to your case discussion.