



Family Support Plan

The purpose of the Family Support Plan is a tool to assist in developing the skills of families providing foster care to enable them to meet the needs of children in the Arizona foster care system. The plan should be considered a living document, being reviewed at least quarterly, and revised as often as deemed necessary. Some of the information within the document may not change while other information will change frequently.

This document should be completed by the licensing specialist in conjunction with the family, it is not intended to be given to the family for completion. Please use this as a guide to have a conversation to assess and help the family self-assess their strengths and needs. Much of this information is initially gathered for the initial home study and can be completed in parallel.



Family Support Plan

Motivational factors

Have the family describe to you their motivation for becoming licensed. Maybe ask the family, when it gets tough what should I tell you to remind you of why you started this journey. If they are being licensed for community foster care and adoption families, consider their preferences and explore with them what they might need to grow from them. For kinship please consider any barriers that may need to be overcome. Motivation can change over time and can continue to be a conversation. This can be used as a reminder of continued motivation during challenging times.

What was your motivation to become a foster parent?

Foster

What resources do you need to help you achieve that goal? Foster (preferences), Kinship (consider waivers), Adoption attend heart gallery on adoption registry how do we evolve those preferences, are you willing to consider options outside of those preferences? How can we support you during this journey?

Kin

Adoption

Family members

This section is to get an idea of the family structure, who does what, etc. Be sure to add children as they move in or take them away as they reunify. Consider their roles and responsibilities within in the home.

names	relationship to applicant <small>(include age for children)</small>	responsibilities within household



Family Support Plan

development of family through foster care

This portion of the plan is to guide the conversation through strengths and needs of communication, relationships, boundaries and other important aspects of family. The questions should be discussion points rather than questions to answer. As the family evolves the answers may evolve. Family specialists can use this as a tool to identify strengths within a family and needs to be fulfilled or skills to learn.

1. How does your family show affection, love, praise and appreciation, etc.?

1.1 How has this evolved or changed through your journey with foster care?

2. What does quality time look like in your family?

2.1 How has this evolved or changed through your journey with foster care?

3. How does your family system encourage one another?

3.1 How has this evolved or changed through your journey with foster care?

4. What does commitment mean to you?

4.1 How do you show it?

4.2 How has this evolved or changed through your journey with foster care?

5. How does your family communicate?

5.1 How has this evolved or changed through your journey with foster care?



Family Support Plan

development of family through foster care ~continued

6. How does your family adapt to changes?

6.1 How has this evolved or changed through your journey with foster care?

7. How does your family handle challenges?

7.1 How has this evolved or changed through your journey with foster care?

8. How is your family connected with community? (e.g. Groups, activities, sports, church, hobbies.)

8.1 What communities do you belong to?

8.2 How has this evolved or changed through your journey with foster care?

9. Does your family system have clear boundaries?

9.1 What are they?

9.2 How has this evolved or changed through your journey with foster care?



Family Support Plan

Family development plan

Assist the family is setting goals. One or two big goals for the licensing period and then what would be the smaller milestones along the way to meeting those goals. Consider what specific skills that are to be developed, rather than a vague an ambiguous goal.

Goals for year of licensing period:

How will we know when the goal has been met?

Goal or skill to be developed:

steps required	who is responsible	dates to be completed
1.		
2.		
3.		



Family Support Plan

Family training record

Track the training courses that relate to the skills or goals being developed.

course	family members attending	hours & date
1.		
2.		
3.		
4.		
5.		
6.		
7.		



Family Support Plan

Family safety plan

This should be written prior to first placement, using a general scenario. When initially completing this plan the goal is to have families thinking about the safety needs of their family. This plan should be reviewed at least 30 days after placement and each time new potentially unsafe behavior appear in the home. This plan is not solely based on the behaviors of the children in foster care. It should be based on any unsafe situation for the family. Family Specialists can use this plan for multiple situations, and should be reviewed when crisis occurs.

1. Situations or potential situations that will create an unsafe environment for the family:

Action Needed to reduce/eliminate safety threat:

Who is responsible for each action?

- 1.
- 2.
- 3.
- 4.



2. Situations or potential situations that will create an unsafe environment for the family:

Action Needed to reduce/eliminate safety threat:

Who is responsible for each action?

- 1.
- 2.
- 3.
- 4.





Family Support Plan

Family expectations, needs & supports

This section of the FSP should be used to elicit what type of outside supports that family may be seeking. During this discussion the opportunity should be taken to discuss what respite may be needed or when the family calls the licensing specialist, what will be a helpful way for the specialist to respond i.e. in an emergency possibly assist with phone calls.

When the Safety Plan and Emotional Regulation Plans are in place, how does your family expect to be supported in the following categories? (i.e. What do you need from your licensing agency or worker, etc.)

1. Emotional Supports: (friends and family, etc.)

2. Financial Supports: (assistance with clothing, education, etc.)

3. Physical Supports: (respite, time for working out, etc.)

4. Resource Supports: (licensing agency, DCS, etc.)



Family Support Plan

Parental emotional regulation worksheet

This worksheet should be used to help parents within the home identify potential or known triggers and acknowledge the situations associated and then identify coping skills that they will use to manage their own emotional states. Seeing caregivers practice emotional regulation provides good role modeling for children in care. Family Specialists should review and coach parents as necessary.

List four situations someone else may do that may trigger your anger, anxiety, frustration, etc:

_____ situations

_____ your feelings



_____ situations

_____ your feelings



_____ situations

_____ your feelings



_____ situations

_____ your feelings



Why does this behavior, in others, cause you to become angry, anxious, frustrated, etc?





Family Support Plan



Parental emotional regulation worksheet - *continued*

List four behaviors someone else may do that may trigger your anger, anxiety, frustration, etc:

What do you do to calm yourself down when you are in an emotional state? (Be specific)

How would someone else know that you are angry, sad, frustrated, anxious, overwhelmed, etc?

How can others help you when you are in an emotional state?



Family Support Plan

my emotional regulation plan

Coupled with the parent and child worksheets, the emotional regulation plan pulls the information from the worksheet and ties it into an action for the parent to commit to when becoming dysregulated. A parent cannot help a child's behavior unless they are willing to commit to their own regulation and possibly needing to change their own behaviors.

To ensure the safety and well-being of myself and those around me I pledge to use the plan below:

When someone _____ and I feel myself _____, I will _____
(insert behavior) *(insert physical symptom)* *(insert coping skill)*



When someone _____ and I feel myself _____, I will _____
(insert behavior) *(insert physical symptom)* *(insert coping skill)*



When someone _____ and I feel myself _____, I will _____
(insert behavior) *(insert physical symptom)* *(insert coping skill)*



When someone _____ and I feel myself _____, I will _____
(insert behavior) *(insert physical symptom)* *(insert coping skill)*





Family Support Plan

Child emotional regulation worksheet

Much the like the parental worksheet the goal is to help the child identify some potential situations that may emotional dysregulation. The parent can assist the children in working through this worksheet. The licensing specialist should review. This worksheet can be used for every child in the home.

List four situations that may trigger emotional states for the child:

What behaviors are associated with this emotional state?

_____ situation
_____ child's feelings



_____ situation
_____ child's feelings



_____ situation
_____ child's feelings



_____ situation
_____ child's feelings





Family Support Plan

Child emotional regulation worksheet - *continued*

What are the observable physical symptoms when the child is becoming angry, sad, anxious, frustrated, overwhelmed?

What helps the child to calm? (Be specific i.e. time alone, cold wash cloth)

What does the child need from you during an emotional state?

How are you handling your own reactions to the child's emotional states?



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