

# DEEP DIVE MODULE 4 THINGS TO TRY: RESOURCE AND ADOPTION

Challenge yourself by choosing one of the ideas below and TRY IT ON. Consider sharing your chosen activity and outcome with your supervisor, field instructor, or deep dive leader.

## REFLECT

Take a moment to reflect on your last visit with a family. Think about something you did or said during your engagement that you feel really good about.

- Was there a moment when you wish you had done something differently?
- Now, reflect on how the family experienced the home visit. What would they say they appreciated most? Is there something that they wished had been done differently?
- Are you aware of how the child reacted and/or feels? What did you do well to engage the child? How could you use your time even more intentionally in the future to help the child feel heard?

## LISTEN TO THEIR VOICE

Thinking about a family that you're working with, ask yourself the following questions, and rate them on a scale of 1 to 10. Identify the families or children that you feel you know the least about.

- "How well do I know how this family or child feels?"
- "Am I preparing the family well enough to know and understand the child's triggers?"
- "How well do I know how this family or child feels and sees in their world?"

## GO ONE STEP FURTHER

With the families you feel you know the least about in mind, consider which ones would benefit from a Three Houses Interview, a Safety House Interview, or an empathetic conversation.

- Consider completing an interview with what worked well in previous placements in mind.
- Complete the Three Houses activity to gain insight into how the family or children feel about home visits and DHS's presence.

## SEEK OUT THE CHILD'S VOICE

Try the Three Houses activity during a victim or sibling interview. Be intentional with your time and allow space for the child to tell you about their world. Use open-ended questions.

- **House of Good Things:** "Can you tell me something that you love about your home?" "what makes you feel good or safe at home?"
- **House of Worries:** "What in your home makes you sad?" "Sometimes things make us feel angry or upset—is there anything in your home that makes you feel like that?"
- **House of Hopes and Dreams:** "What would your life or home look like if all of your worries were gone?"

Try the Safety House the next time you are creating an immediate safety plan with a family. Review the five key concepts.

- **The Inner Circle:** Who lives in the safety house?
- **Within the Walls:** What do we like about the safety house?
- **The Safety Network:** Who can visit the safety house? (Circle of Safety and Support)
- **The Rules Roof:** What rules do we need to ensure everyone is safe? How should the adults behave?
- **The Path to Safety:** A scaling question to determine how safe the child feels.

## COLLABORATE WITH CAREGIVERS

With the child's permission, appropriately share the child's completed Three Houses activity or Safety House Interview with the caregivers involved. Collaborate and reflect with caregivers about what the child is telling us to determine worry and goal statements. Share at your next staffing or consultation.