

SOP DEEP DIVE MODULE 1

THINGS TO TRY: CASEWORK

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.

THREE-COLUMN MAP:

Think about a family that you work with, and try one of the ideas listed below.

- Jot down a quick list of things that are working well for that family and begin your next contact or conversation by highlighting the family's or caregiver's strengths. If children are in the home, it could be helpful to engage in this activity in their presence.
- During your next home visit, ask the caregiver(s) to share two or three things that they are worried about. Remind them that their worries are important to the agency and that we want to partner in success with them.
- Together with the caregiver(s), create two actionable items that need to happen next.

SAFETY SCALE

- As you are conducting a home visit with a child on your caseload, pause and ask them, "On a scale of 0 (unsafe) to 10 (very safe), how safe do you feel in your home?"
- Immediately follow up by asking what it would take for them to feel safe enough to move up by one number.
- Consider posing a similar question to the caregiver(s): "On a scale of 0 to 10, how safe do you think your child is to return/remain at home?"

LABELS MATTER

In this reflective exercise make a mental or physical note of every label you or your coworkers attach to the families we work with, such as "crazy mom" or "deadbeat dad." Next, consider the impact the label could have on the family's level of success. Do you notice any biases?

CAREGIVER + BEHAVIOR + IMPACT ON CHILD

Thinking about three cases on your case load, can you summarize DHS's involvement with each of the families by creating a statement using the C+B+I method?

APPRECIATIVE INQUIRY

The next time you notice a coworker having a difficult day, ask them to share something that they have done in one of their cases that make them proud, something that they feel like went well. Remind your coworker of your appreciation for them. In return, consider telling them something challenging that you have overcome.

SOLUTION-FOCUSED QUESTIONS

Try one of the following solution-focused questions the next time you engage with a family/child on your caseload.

- **Exception:** "Can you tell me about a time that you wanted to use X, but didn't? Tell me what was going on."
- **Position:** "What would your child say is their favorite thing about you?" "How do you think [important person] would feel about all of the work you are doing?"
- **Scaling:** "On a scale of 0 to 10, how confident are you about the circle of support that we've developed together?"
- **Coping:** "I can only imagine how frustrating this can be. Can you tell me what you do to calm down when you're feeling really angry?"
- **Preferred-Future:** "Describe what you want your life to look like in three months."