



Working Your Case

Part 1



Working your case Part 1: Agenda

Key ingredients to a successful case

Part 1

- Communication
- Parenting time with your child/children (visitation)

Part 2

- The Case Plan and Team meetings
- Working with your child's resource parent/caregiver
- Support network

Part 3

- Getting back in the game
- The end of a case



Helpful practices for working your case

- **Showing up**
- Cooperation
- Focus on solutions
- Accountability/Honesty



Part 1





Communication



Communication Basics

Technical skills

- Have an email and use it to communicate with your team.
- Make sure that voicemail is set up on your phone.
- Keep your team up to date on your current contact information
- Keep a list of your most important people and their contact information



Interpersonal Communication skills

Interpersonal skills

- Ask clarifying questions. It is ok to email your social worker to make sure you understand, or to ask questions, even the same question over and over again.
- Ask for support. Parent mentors can be present to help you make hard phone calls, or to reach back out to your team after time away. Keep coming back. We are rooting for you.
- Use your emotional regulation toolkit



Emotional Regulation Practice

Scenario:

You attend Court, hoping to get clarity and a chance to share your perspective. Unfortunately, everything goes very quickly, and you feel like your attorney did not give you enough time to explain anything. The Judge did not seem happy with your progress, but no one said much to you, and you leave disappointed. .

- What feelings are coming up imagining this scenario?



Emotional Regulation Practice

Pause: Let's practice a progressive muscle relaxation.

Connect: Now let's take a minute to be in eachothers' corner.

Share words of encouragement, support with each other, pretending that this situation was happening to others in this room.



Parenting Time Throughout Your Case



Parenting time with your child aka visitation

You and your child are entitled to have time together, as long as a Court has not found that visitation would cause detriment to your child.

At first, visits can feel awkward and restrictive.

Let's prepare ourselves.



Beginning visits

Visits typically start out supervised by a monitor for 1 -6 hours per week.

Visits can be moved into the community, or supervised by safe family members if you, the social worker, and the attorneys agree that this is safe.

*Ask your social worker about your specific situation.



Working with resistance from kids

Sometimes kids don't want to visit and have big behaviors during visits. Stay calm and ask for assistance if you need it. Check in with the visit monitor after for suggestions.

Staff are used to big behaviors from kids, so don't be embarrassed if your child is upset or rejecting of you in a visit. This can happen for many reasons.

Respond to difficult questions gently.



How to handle feedback about parenting time

Visit monitors sometimes give feedback about parenting time, or make suggestions about things that may make visits go smoother.

Has anyone experienced this? How did you handle it?

Don't compare your situation to others, but ask your social worker about how you should expect to progress visits.



Other ways to stay involved between visiting

- With your social worker's consent, write weekly letters or notes to your kids (keep it light, do not bring up Court matters)
- Stay on top of your child's medical needs and any doctor's appointments
- Continue to make educational decisions in the best interest of your child
- Find out how often phone calls and video chat can be arranged between in-person time (this is going to be based on your kid's needs)
- Talk with your child's caregiver and share critical information.



Practice scenario together





Tips to help your child through visitation

Use your own emotional regulation techniques to calm yourself as needed.

Routines help.

Bring activities that are easy and low pressure such as coloring activities, books (if that is already a part of your routine) or use the toys in the room.

Simple is good.

Keep the ending short, sweet and predictable.

Taking care of yourself before and after visits.

Prepare for visits/parenting time to bring up big feelings.

If you can, give yourself half an hour or more before and after to sit in your car, to listen to music, call a friend, cry, write observations or ideas, or go for a walk.

Find something that is comforting to you that will not hurt your case.

Being there on time is good care for your child and for you.



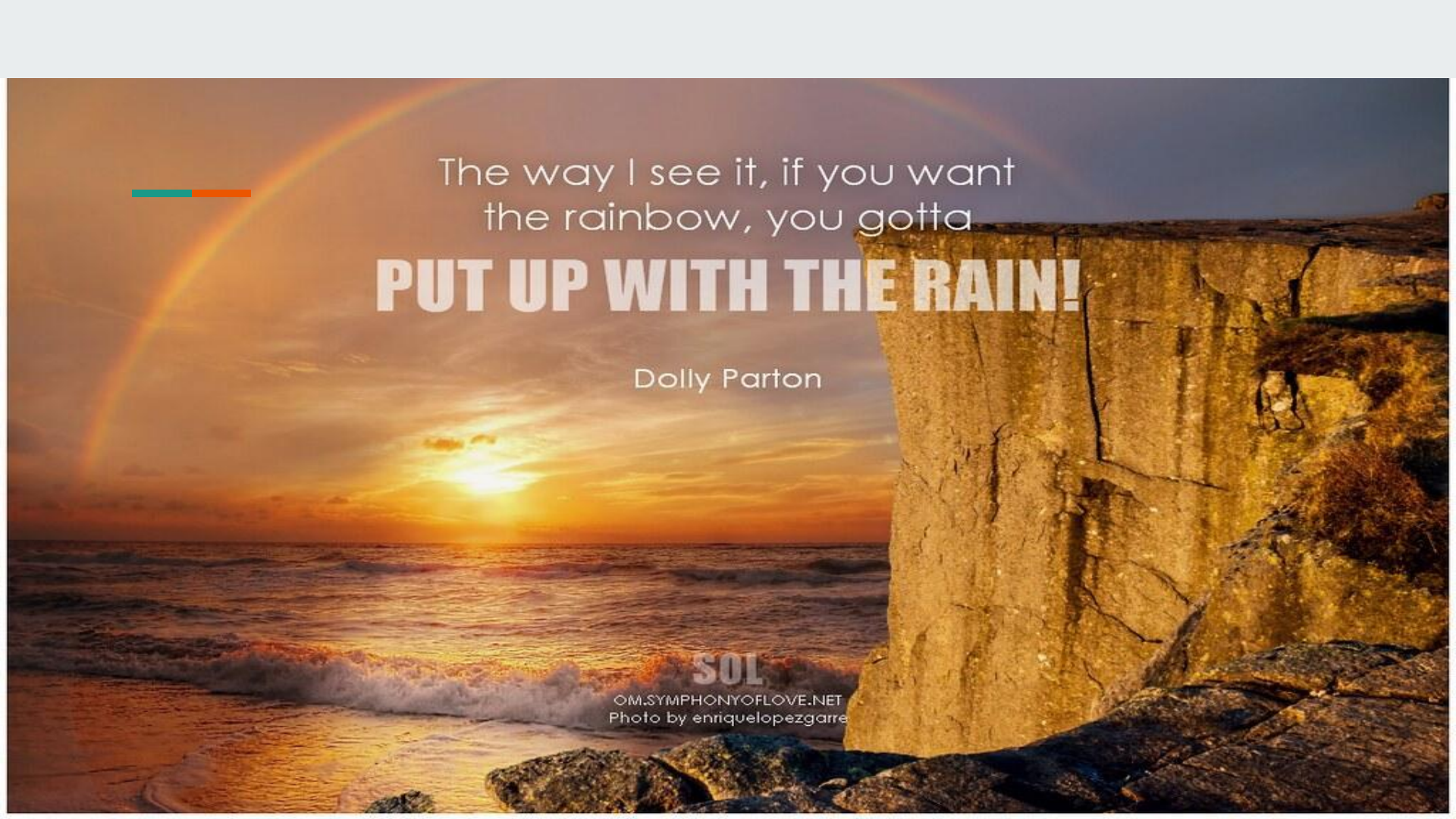


Talking to resource parents during visits

In most cases, checking in with resource parents is encouraged. However, transitions to and from visits are hard on kids, and it is not a good time for a long conversation.

Keep it brief and informational during visits and schedule meeting times for longer conversations.

Ex: She drank a bottle and I changed her diaper. She didn't take a nap.



The way I see it, if you want
the rainbow, you gotta
PUT UP WITH THE RAIN!

Dolly Parton

SOL

OM.SYMPHONYOFLOVE.NET
Photo by enriquelopezgarre



Showing up...

...Can be painful throughout your case.

But it is a deep commitment to healing yourself and your family

Focus on progress, not perfection.