



Working your Case

Part 3



Working your Case Part 3 Agenda

Key ingredients to a successful case

Day 1

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

Day 2

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

Day 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**



Getting back in the game: (mistakes happen..)

...More commonly than not.

There is no “perfect” child welfare case.

The problem with mistakes and missteps is they often bring up a lot of feelings, which then stop us from taking accountability and getting back in the saddle.



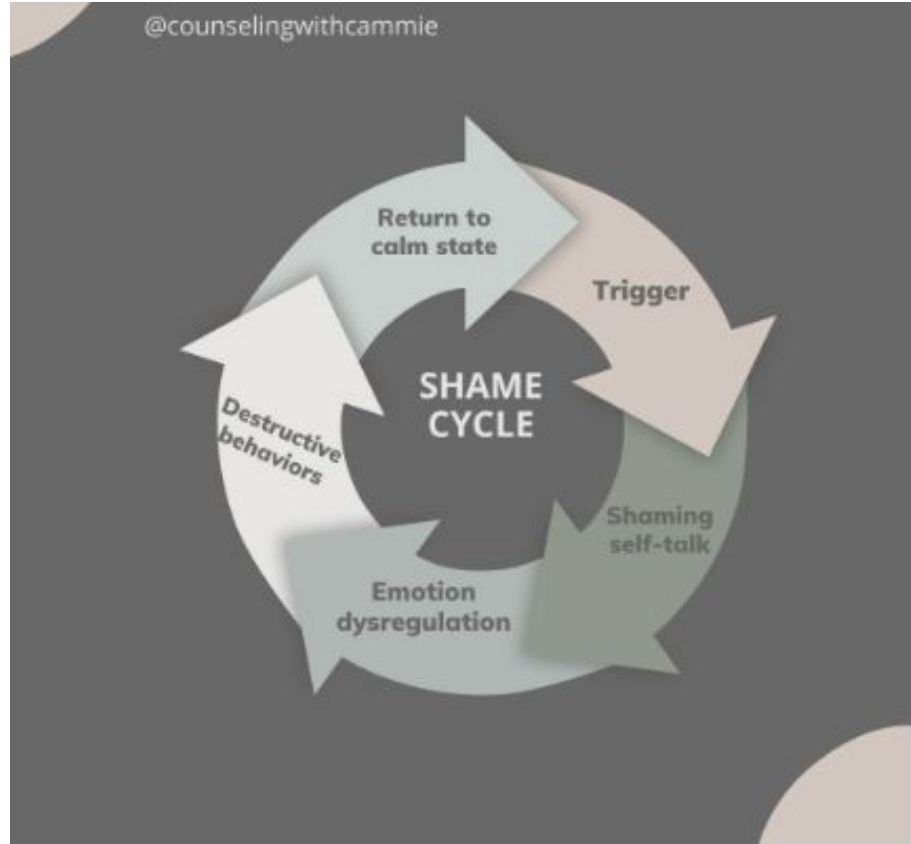
Exercise:

When I make mistakes...

- What feelings come up?
- What body/ emotional sensations come up? (Examples, hot cold, prickly, stomach ache)

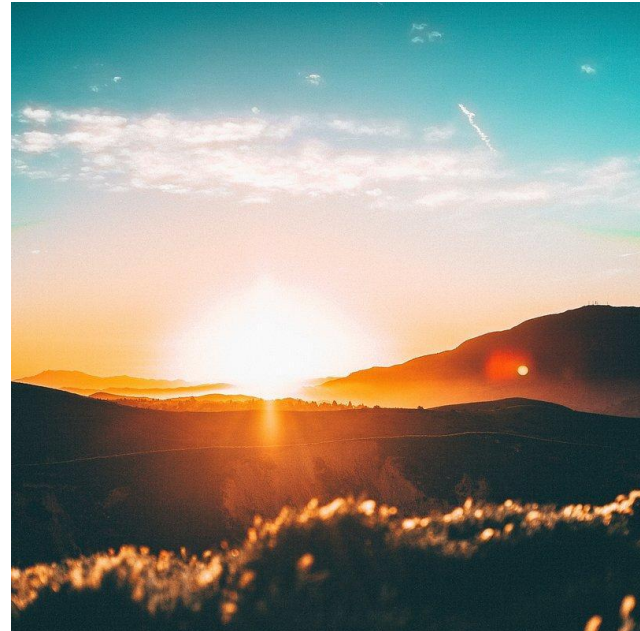
Shame

Remember shame from our first day?



Let's go to the morning after relapse

Instead of getting lost in the shame spiral, what are some alternatives?





Accountability and Honesty

If we switch from thinking:

“I did a bad thing and so I am bad (shame)”

to

“I made a mistake because I am a human,”

How does that shift our next actions?



Accountability and Honesty

What feelings / thoughts come up when we think of these words?



Often times, when we are thinking about being honest about something we have done that was harmful, we are afraid of punishment. Our whole lives we grow up in a society that focuses on punishment, so this makes sense.

However, in relationships, a person's ability to take accountability for their actions creates emotional safety.

Have you ever been honest about something and it went well?



Support network member unlocked: Accountability Buddies

People who have your back but will not let you sell yourself short!

Shame wants us to be alone, just like our addictions do. Connection is their enemy!

First step when we realize we are caught in shame or other big feelings after a mistake is to reach out to someone to keep us accountable. **Not to punish us.** But to remind us of our goals and help us get out of our heads.

Take a moment to write down who you might ask to be your buddy.


Break 10 minutes



When will my CPS case end?





Court

Court will review your case every six months to check your progress on your case plan.

You must show substantial progress by each review hearing. If the Court believes you have shown this progress they will order more services for you for up to 18 months.

Once you have completed your case plan goals, the Court can dismiss your case. Children can be returned home, with additional services before case dismissal.



Court Timelines

Court timelines are set up to keep children from waiting for a long time for a result.

This means you must get to work quickly on completing your case plan. Mistakes can be corrected, but it becomes more difficult the longer you wait to take accountability.

During your case, the social worker will discuss a concept with you called
“Concurrent planning”



Concurrent Planning



Concurrent Planning



What happens if I don't complete my case plan?

The Court then must look for alternative permanent options for the child.

In other words, the Court must find safety for the child with the goal of dismissing the case, first with a parent, and then with an alternative if that does not work out.

If you have been working with your social worker, you should know what the “concurrent plan” is for your child. If you are not sure, ask about it, and state your wishes.



Guardianships, Adoptions, APPLA

These are all alternative permanent plans that can be a back-up for your kid to have adults in their life who will take care of them.

While we don't like to think about this sometimes, the alternative would be that a child stays a Dependent of the Court until they become an adult. That is not a good plan for a child.



The first plan for a child after a family is separated?

Reunification with a parent.

Alternative plans keep kids from lingering in foster care, not from
you.