

## **SafeGenerations Safety and Wellbeing Clinic**

The Safety and Wellbeing Clinic guides agencies and families through effective safety planning and grows practitioner depth through direct observation of Signs of Safety work in the Learning Lab (described below). All work in the Safety and Wellbeing Clinic will be grounded in the Signs of Safety framework and flows out of the Signs of Safety assessment and planning map.

### **1.0 The Learning Lab:**

At no extra cost, the referring agency will have the option to send practitioners to SafeGenerations to observe live (from a different room), direct practice of the Signs of Safety approach with families. Whether new to Signs of Safety or practicing for years, participants will enhance their skills and gain practice depth. They will have the opportunity to interact with practitioners from other agencies and SafeGenerations staff who will facilitate the process.

### **2.0 Safety Planning:**

Safety and Wellbeing services will first address physiological and safety concerns for the service recipient and their family by collaborating with the social service agency to clearly define the goals that need to be addressed due to social services involvement. All work in the Safety and Wellbeing Clinic will be grounded in and flow out of the Signs of Safety risk assessment and planning map. The practice modality is based on the Signs of Safety approach; however, other change models/interventions will at times be incorporated.

#### **2.1 Referral Process and Pre-Work: At the time of the referral**

SafeGenerations will begin the work with the social service agency from wherever the agency has brought the case. For example, the work can begin with the Signs of Safety assessment map the agency has developed or SafeGenerations can lead the agency and other key service providers in a mapping process.

##### **2.1.1 Referral:** First, the social service agency sends SafeGenerations:

- A completed Safety and Wellbeing referral form
- A Signs of Safety risk assessment map (if a map has been started)
- A Release of Information (signed by the family)

Then, someone from SafeGenerations will contact the referring social worker within 24 hours to review the referral form and answer questions either person has. If the decision is made to move forward, the referring agency sets up a service agreement.

##### **2.1.2 Mental Health and Safety Assessment:** The purpose of this session is to:

- Have family sign applicable paperwork including informed consent
- Complete a diagnostic assessment with the identified service recipient (when billing a third party health insurance provider)
- Get the family's perspective on harm, danger, safety goals and existing safety.

**2.1.3 Assessing safety and well-being with the social service agency:** If determined necessary, SafeGenerations will meet with the social worker, supervisor and any other key service providers, to get a clear harm statement(s), danger statement(s), and safety goal(s).

**2.1.4 Recommendations for the scope, elements and expected time frame:** SafeGenerations will facilitate a discussion and make recommendations regarding the scope, elements and expected time frames to complete the work.

## **2.2 Creating Safety with the Family**

Once the social service agency, SafeGenerations and any other key service providers share a common vision for the scope and nature of the work, SafeGenerations will begin work with the family.

**2.2.1 Joint Signs of Safety Assessment and Planning Session:** SafeGenerations will go through the Signs of Safety assessment (the map) with the parents and available professionals to outline the proposed scope, elements and expected time frame of the work. This meeting will focus on gaining collaborative clarity and understanding by sharing and sharpening the harm, danger, and safety goals.

When billing a third party health insurance provider, a treatment plan will be developed with the family and will include goals for our work. Goals will always focus first on safety, second on wellbeing and third on overall mental health and wellness. The goals for treatment provided through the safety and wellbeing clinic will directly correlate to addressing the dangers and wellbeing worries that the social service agency has.

**2.2.2 Safety and Wellbeing Planning:** SafeGenerations will work with the parents and safety network to create clear plans for how they will demonstrate their safety goals. In this critical part of the work, SafeGenerations will expect the parents to think through typical worst case scenarios they have either experienced or might expect that could lead to the worries in the danger statement(s). SafeGenerations will then empower them to figure out exactly what needs to be in place so those worries do not happen.

After the parents and safety network have created an initial safety plan that they 'own' and are utilizing, SafeGenerations will work with the parents and safety network to further refine the plans. They will turn these plans into simple clear family rules that can be understood by everyone, including the children. In the session where the rules are presented to the children the children will make drawings for each rule – thereby creating a 'Words and Pictures' Safety Plan. The safety plan will continue to be monitored and necessary changes will be made over a period of time negotiated between the parents and the social service agency.

**2.2.3 Involving Children:** The Signs of Safety approach puts children and teens in the middle of the work using very specific age-appropriate tools and practices. These tools include:

- The Three Houses or the Wizard and Fairy
- Safety House
- The Words and Pictures method for informing children about the concerns
- Child Safety Plans that are created with everyday rules children can understand in an age-appropriate Words and Pictures format

## **2.3 Case Closure**

To prepare for case closure, SafeGenerations will prepare what will hopefully be the final Signs of Safety risk assessment map to describe in detail all the family achievements, signs of safety relative to the danger statements and wellbeing worries that initially generated the referral.

An Appreciative Inquiry (A.I.) may be conducted by SafeGenerations. The purpose of the A.I. in this context is to hear from the family about their experience working with the agency. Also, SafeGenerations may conduct an A.I. of the worker to hear what they have learned through their work with the family.

## **2.4 Follow-up Research and Evaluation**

With parent consent, immediately following case closure, SafeGenerations may undertake follow-up phone evaluations with at least one of the parents and when appropriate with the children and/teenagers within the family. Equivalent follow-up evaluations may be conducted with the relevant social worker and supervisor. These follow-up phone evaluations will be conducted by people with no connection to the casework.

## **3 Location:**

Typically, the work will take place at the SafeGenerations office in Chaska, MN.

## **4 Allocated Hours (estimate):**

SafeGenerations is committed to working with the family, social service agency and other pertinent service providers in the most efficient manner while always prioritizing child safety. Typically, sessions with the family, agency and/or safety network will be between 60 and 90 minutes. SafeGenerations will follow this general framework for the entirety of the work.

## **5 Collaboration with other organizations:**

Shared understanding of the concerns, strengths, goals and each professional's respective role is critical to good outcomes. SafeGenerations will be seeking the social service agency's permission to convene meetings of all key professionals as needed. The more professionals that are involved in a particular case, the more meetings will be necessary to keep everyone on the same page and moving in the same direction. It is also critical that parents understand the different roles each professional has. SafeGenerations will always look to integrate its services



with the other services that are required to achieve child safety and wellbeing.

If you have question feel free to contact us at 952-448-3625.