

Preparing for the Family Goal Process (FGP)

Instructions: The Family Goal Process (FGP) supports families in strengthening their protective factor of Parental Resilience by:

- Empowering families to make decisions about their own lives and futures.
- Promoting problem-solving and critical-thinking skills
- Building planning and solution-focused skills
- Increasing self-esteem through celebration and accomplishments!

The goal-setting process occurs throughout the course of services, beginning no later than 60 days after a family begins services and continuing until they graduate or exit from the program. Family Goals are discussed At least once a month for families on Level 2P, 1P, 1, 1b, and 2 and at least every 3 months for families on L3. This reference is created to support staff in facilitating FGP conversations with families and supervisors in their conversation with staff.

FGP Phase

FSS & Supervisor

FSS & Family

Brainstorming Phase

**within 60 days of services*

- Importance of the FGP
- Questions about the FGP
- Engaging the family
- Introducing family goals
- Cultural considerations
- Change Talk from the FROG
- Celebration ideas - how parents nurture themselves

- Hopes for My Child
- Family Values
- Vision Board
- Listening ("I wish, I want..")
- Introducing concept of goals and why they are helpful

Development Phase

- Defining whose goal it is and what motivates them
- Creating achievable goals in 4 weeks or less (HFA recommendation)
- Coming alongside versus "fixing it"
- Recognizing and separating our own beliefs, values, and press during the FGP
- Coaching parents through FGP

- Facilitating Family Goal Conversations Bookmark
- Consider readiness for change
- Use PT to explore potential barriers
- Completing the FGP form
 - Leaving with family
 - Taking picture for chart

Maintenance Phase

- Supporting families in crisis and FGPs
- Celebration and success
- Families level of engagement
- Changing goals
- Key take-aways from the process

- Check-ins (based on level)
- Reflective Strategies
 - PT, SATP, ATP
- Updating progress on HVR
- Reevaluate goal if needed