



The Centre for  
Parent and Child  
Support

South London and Maudsley **NHS**  
NHS Foundation Trust

# Family Partnership Model Practice and Reflective Practice Resources



Crispin Day, Megan Ellis & Lucy Harris

 KING'S HEALTH PARTNERS

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**Before making contact:**

**What does the referral tell you about the current issue and family ecology?**

**What additional information do you need at this stage?**

**TOP TIPS:**

- Invite partnership
- Be brief and straightforward
- Be warm and engaging
- Avoid too much information
- Prepare before calling

**Telephone the parents to introduce yourself and arrange a first meeting:**

**Do you have time to talk?**

YES / NO

**Can we spend a little time introducing each other and arranging a first meeting?**

YES / NO

**Share with the parent what to expect in the first meeting e.g. venue, length of time, who will attend, content. Any comments?**

**What time/date would work best for a first meeting?**

**What could get in the way of this meeting taking place?**

**Do you know how to get to the location of the meeting?**

YES / NO

**What do you know about the referral? How do you feel about it?**

**What were you hoping I would be able to help with?**

**What would be useful for you to know about me and what my service does at this stage?**

**Are there any urgent issues that I can help you with now?**

**Summarise key points from the telephone call. Any comments?**

## Practicalities

### TOP TIPS:

- Have your say!
- Check you agree.
- Leave time to plan.

## Off-load and settle in



## Review last time and set an agenda for today

YOU?

ME?

HOW? eg. discussion, practice resource, trying something out

Do what we agreed to do...

## Re-cap the key points from today

### Quick win?

### Working Together

Any comments about what is helpful  
and what could be different?

### Anything else?

### Next Time

Date: \_\_\_\_\_

Time: \_\_\_\_\_

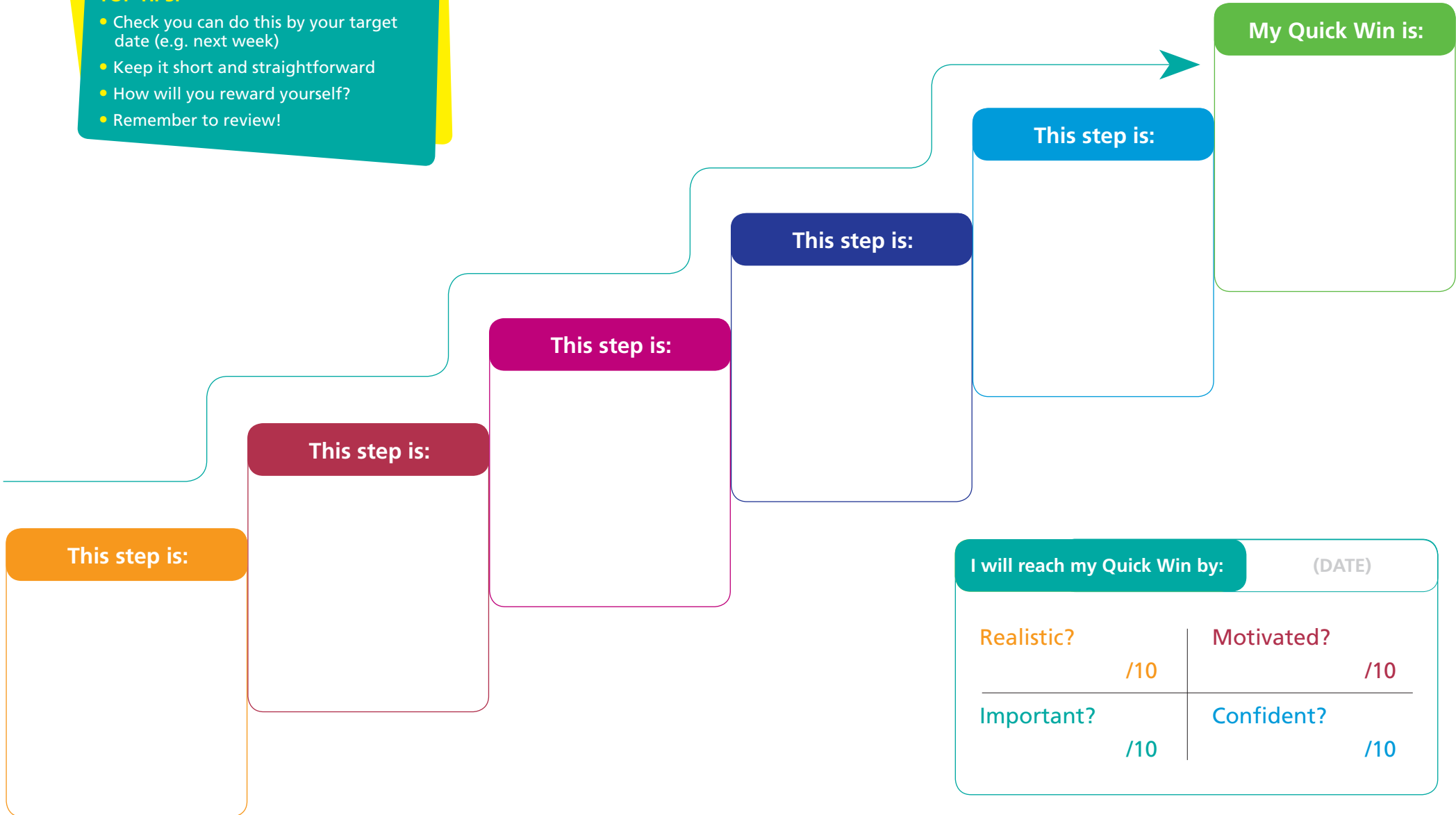
# Building and Sustaining Partnership

## Quick Win: The Steps I Will Take



**TOP TIPS:**

- Check you can do this by your target date (e.g. next week)
- Keep it short and straightforward
- How will you reward yourself?
- Remember to review!



I will reach my Quick Win by: \_\_\_\_\_ (DATE)

Realistic?	/10	Motivated?	/10
Important?	/10	Confident?	/10



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# Child



FPM Practice Resource  
Exploration

**Things to talk about...**

- Character and personality
- Feelings and behaviour
- Friends, relationships, and being close
- Health and development

**... where to start?**





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# Parenting



FPM Practice Resource  
Exploration

Things to talk about...

**Being a parent**  
**Being close, caring for your child**  
**Day-to-day routine and boundaries**  
**Having fun, learning and development**  
**Looking after your child**  
**Hopes and dreams**

... where to start?







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# Parents and siblings



FPM Practice Resource  
Exploration

**Things to talk about...**

- Family make up
- Getting on together as a family
- Parent health and well-being
- Looking after yourselves
- Getting on together as parents

**... where to start?**





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# School and early years



## FPM Practice Resource Exploration

### Things to talk about...



**Being in early years  
setting/at school**

**Learning and achieving**

**Relationship with teachers and staff**

**Parent involvement in learning**

**... where to start?**





# Family and friends



## FPM Practice Resource Exploration

### Things to talk about...

- Extended family and friends
- Life events and changes
- Work and social life
- Past family experiences, coping  
and well-being

... where to start?



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# Community and wider circumstances



## FPM Practice Resource Exploration

Things to talk about...

Neighbours and community  
 Sense of belonging  
 Feeling safe and secure  
 Help and support

... where to start?

E2

FPM

Practice  
Resource

Exploration

## Getting to Know You and Your Family: Family Map

### TOP TIPS:

- Tell your practitioner about you and your family
- Start where you want to start
- Be as honest as you can
- Jot things down to remember later

FAMILY STRENGTHS

Community and  
Wider Circumstances

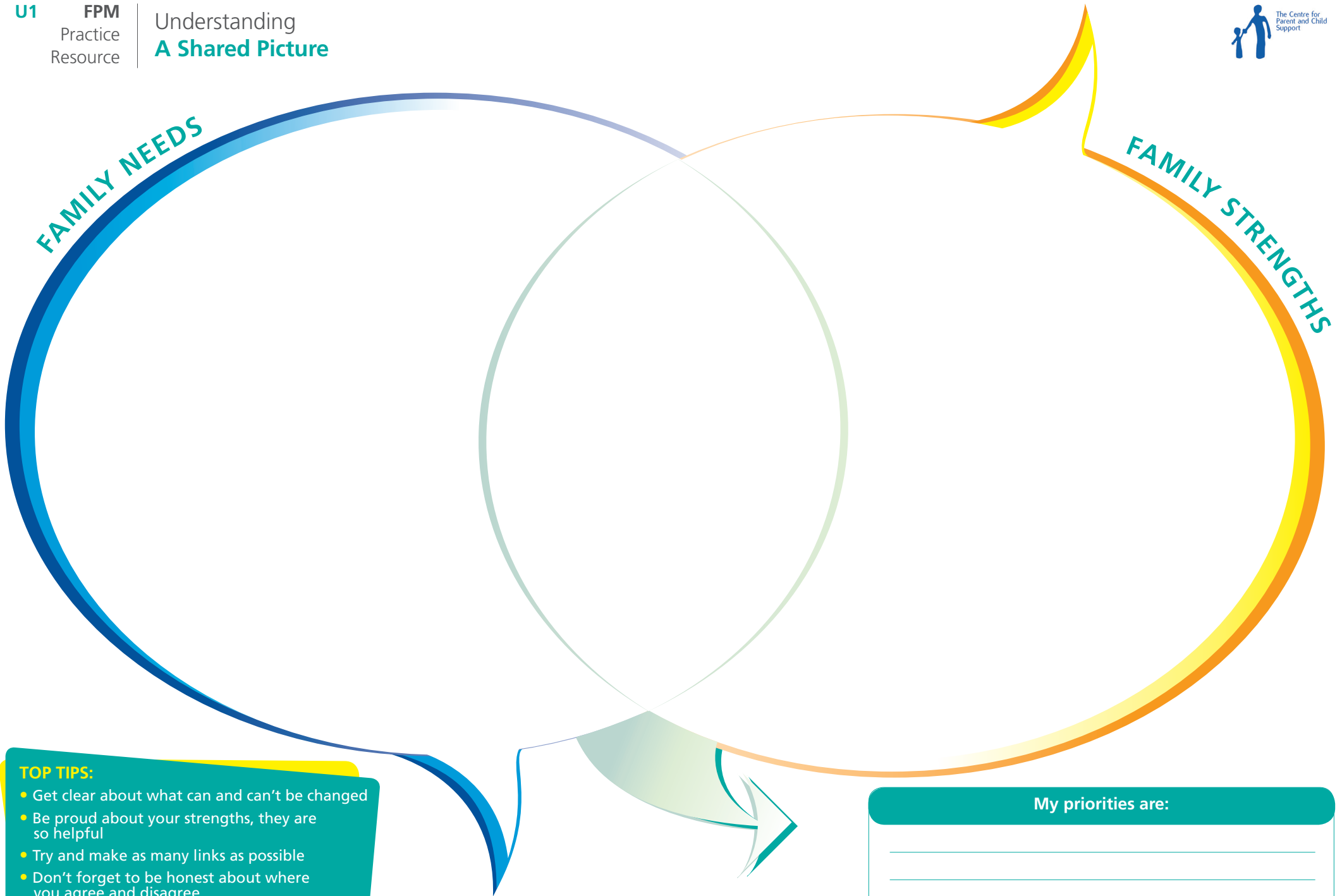
Family  
and Friends

Parents, Siblings,  
School and Early Years

Parenting

Child

FAMILY NEEDS



**TOP TIPS:**

- Get clear about what can and can't be changed
- Be proud about your strengths, they are so helpful
- Try and make as many links as possible
- Don't forget to be honest about where you agree and disagree

My priorities are:

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**Agreeing Change for the Future:  
Making SMARTER Goals**

How clear are you about  
your goal?

Which area/s do you want to work  
up into a goal?

When will you reach  
your goal?

Use the prompts to work up a SMARTER goal.

How realistic and achievable  
is this goal? How easy will it be  
for you to reach it?

How important and valuable  
is reaching this goal for goal?

How much do you feel involved  
and in control of choosing  
this goal?

When and how shall  
we review the progress?

**TOP TIPS:**

- Have a clear conversation together
- Remember SMARTER
- Don't forget to review

My goals are:

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# Naming change for the Future: Measuring Progress

One of my goals:

**TOP TIPS:**

- Be clear about what you want to achieve
- Imagine how things will be different with you and your family
- Have short, medium and long term goals
- Practice helps success!
- Mark on the line where you are today and the date

Where am I now?

Where am I now?

Where am I now?

One of my goals:

One of my goals:

One of my goals:

One of my goals:

Where am I now?

Where am I now?



Remember your goal!



**TOP TIPS:**

- Don't hold back, the more ideas the better!
- Narrow them down
- Combine them
- You know what will work for you and your family
- Your practitioner is there to support you

# Strategy Planning

## My Plan: The Steps I Will Take



**TOP TIPS:**

- Add your own steps!
- Check your chosen actions
- Prioritise and order
- Who will do what?
- Make sure the plan is SMARTER

**This step is:**

**This step is:**

**This step is:**

**This step is:**

**This step is:**

**My Goal:**

**My best strategies are:**

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**My preparation:**
**Have you practiced and tried things out with your worker?**

YES / NO    Comments

**Do you have everything you need?**

YES / NO    Comments

**Do you know what might get in the way?**

YES / NO    Comments

**How will you make a note when you have a go?**

YES / NO    Comments

**My action is:**
**I'm going to reward myself by:**
**I know I can do it because:**
**The help I will get is:**

Practitioner:

Family &amp; friends:

**The outcome will be:**
**Good Luck!**
**TOP TIPS:**

- It's important to reward yourself!
- Your practitioner is here to support you
- Note down what happens when you try it out so you can remember

What did you do?

What was the result you were hoping for?

What went well? Why?

What went less well? Why?

What have you learnt?

Would you do anything differently next time?

How did you reward yourself?

Next steps .....

What was it that you did that made the difference?

**TOP TIPS:**

- Be clear about what happened
- You can always learn, even if it didn't go to plan!

**MOSTLY**

**ALL OF  
THE TIME**

**NOT AT ALL**

**SOMETIMES**

FPM Practice Resource  
Partnership Review



You are easy  
to talk to and  
a good listener



FPM Practice Resource  
Partnership Review



You give me helpful  
ideas and advice



FPM Practice Resource  
Partnership Review



We make decisions and  
plan together



FPM Practice Resource  
Partnership Review



You respect and  
value me



FPM Practice Resource  
Partnership Review



You understand me  
and my situation



FPM Practice Resource  
Partnership Review



We work  
well together



FPM Practice Resource  
Partnership Review



It's important to me  
that you...



FPM Practice Resource  
Partnership Review



It's important to me  
that our work...



FPM Practice Resource  
Partnership Review



It's important to  
me that we...



**"You are easy to talk  
to and a good listener"**

Circle 1 2 3 4

**TOP TIPS:**

- Circle the number that best fits for you
- Be honest!
- Help your practitioner know what's helpful and what could be better

**"You understand me  
and my situation"**

Circle 1 2 3 4

**"You give me helpful  
ideas and advice"**

Circle 1 2 3 4

**"You respect  
and value me"**

Circle 1 2 3 4

**"We work  
well together"**

Circle 1 2 3 4

**"We make decisions  
and plan together"**

Circle 1 2 3 4

**"It's important  
to me that we..."**

Circle 1 2 3 4

**"It's important  
to me that you..."**

Circle 1 2 3 4

**Rating Scale:**

- 1 = Not at all
- 2 = Some of the time
- 3 = Most of the time
- 4 = All of the time

**"It's important to  
me that our work..."**

Circle 1 2 3 4

How do you feel about ending with your practitioner?

What have you done already to be ready to end?

What have your successes been?

What has been challenging or difficult to change?

How do you feel about ending the work?

How ready do you feel to finish?

What have you been working on with your practitioner?

What were your SMARTEN Goals and Plans?

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How are you going to celebrate?

**TOP TIPS:**

- Be Honest: Endings mean different things to different people
- Take time to review your work together
- Think about the challenges and the positives



# Ending The Future: The Steps I'll Take



**MY TOP TIPS:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**This step is:**

**This step is:**

**This step is:**

**This step is:**

**This step is:**

**My priorities going forward are:**

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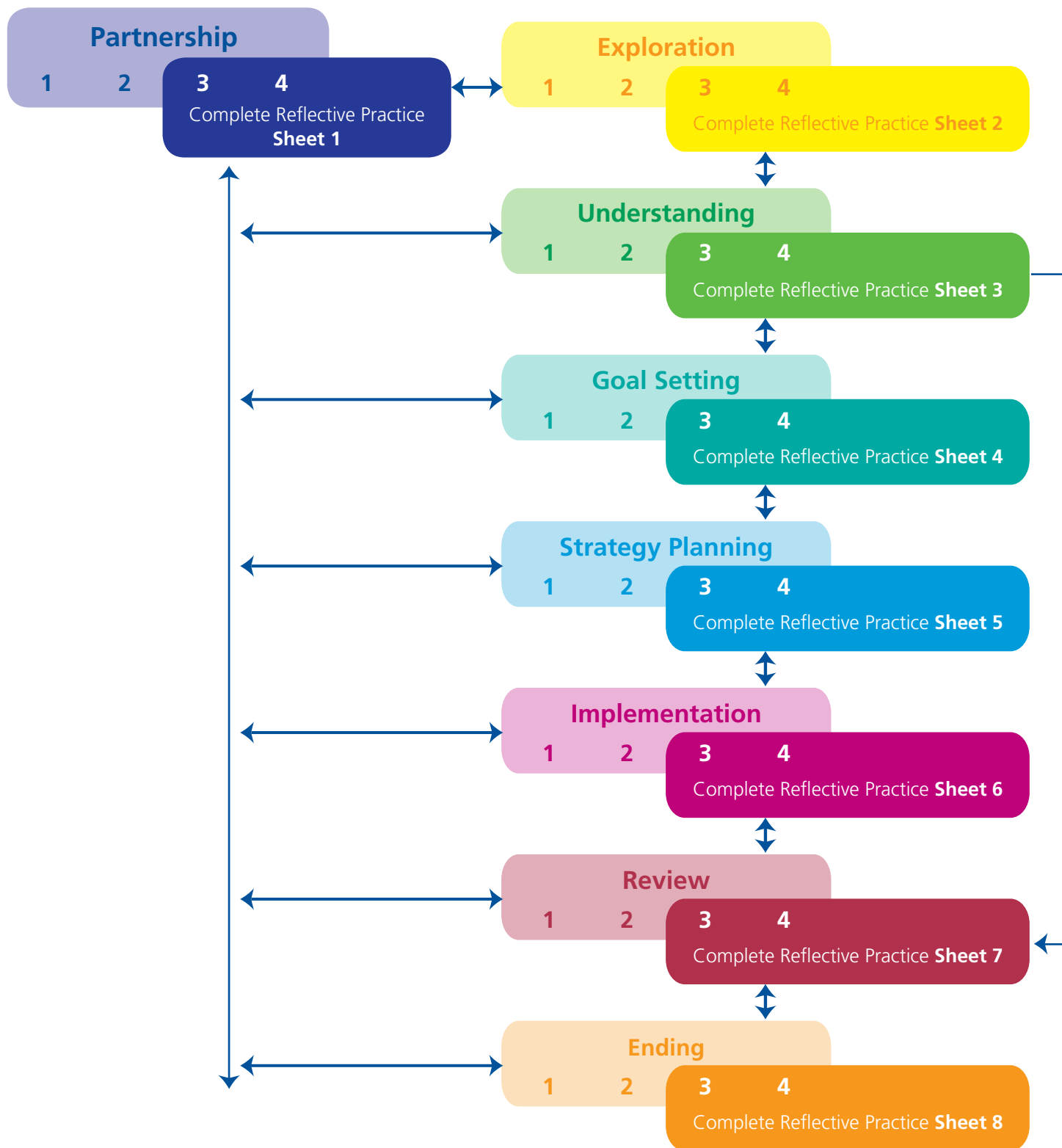
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**My hopes for the Future**

# FPM Reflective Practice Summary Sheet

Family name: \_\_\_\_\_ Date/Contact No. \_\_\_\_\_

Helper name: \_\_\_\_\_



**RATING SCALE:**

1 = Not at all    2 = Some of the time    3 = Most of the time    4 = All of the time

**Off-load:** Reflect freely about thoughts, feelings and actions in relation to a contact.

**Reflection:** Use the prompts to purposefully reflect on **Now**, **Outcomes** and **Possibilities**.

**Now:** Make a note of where you and the parent are currently in the work.

**Outcomes:** Reflect on the outcomes of the partnership-based task of the Helping Process considering strengths and difficulties.

- Parents and practitioners communicate clearly and openly with each other.
- Parents are constructively engaged in the Helping Process.
- Parent and practitioner use their expertise in complementary ways.
- Shared decisions have been made about the partnership and Helping Process.
- The partnership is trusting and respectful.
- The parents consider the practitioner and partnership to be supportive, connected, facilitative, influential and purposeful.

**Possibilities:** Consider where you'd like to be in the work and what is possible.

**Planning Action:** Deciding on the next steps, for the Helping Process, the Partnership and your action to be taken moving forward. Keep it SMARTER!

**EXPLORATION**

**Reflective Practice Sheet 2**

**Off-load:** Reflect freely about thoughts, feelings and actions in relation to a contact.

**Reflection:** Use the prompts to purposefully reflect on **Now**, **Outcomes** and **Possibilities**.

**Now:** Make a note of where you and the parent are currently in the work.

**Outcomes:** Reflect on the outcomes of the partnership-based task of the Helping Process considering strengths and difficulties.

- Parents have carefully described their situation in sufficient depth and detail.
- Exploration topics were mutually agreed between parent and practitioner.
- Exploration used the ecological model, which was shared by the practitioner.
- Family strengths and resilience, as well as risk factors, have been explored together, led primarily by the parent.
- A clear picture of the families' situation has been acquired through facilitation by the practitioner, in which the effects of key resilience and risk factors are known.

**Possibilities:** Consider where you'd like to be in the work and what is possible.

**Planning Action:** Deciding on the next steps, for the Helping Process, the Partnership and your action to be taken moving forward. Keep it SMARTER!

**Off-load:** Reflect freely about thoughts, feelings and actions in relation to a contact.

**Reflection:** Use the prompts to purposefully reflect on **Now**, **Outcomes** and **Possibilities**.

**Now:** Make a note of where you and the parent are currently in the work.

**Outcomes:** Reflect on the outcomes of the partnership-based task of the Helping Process considering strengths and difficulties.

- Achieving a clear and shared understanding of the immediate and wider family circumstances.
- The nature, complexity and role of family resilience and risk factors are understood.
- Stable and dynamic risk and resilience factors have been discussed.
- Key areas for change have been discussed and negotiated.
- Parents and practitioners have been open about the extent of their shared understanding as well as where differences exist.
- There is a shared understanding of the impact of parent constructs on family circumstances and the FPM Helping Process

**Possibilities:** Consider where you'd like to be in the work and what is possible.

**Planning Action:** Deciding on the next steps, for the Helping Process, the Partnership and your action to be taken moving forward. Keep it SMARTER!

**Off-load:** Reflect freely about thoughts, feelings and actions in relation to a contact.

**Reflection:** Use the prompts to purposefully reflect on **Now**, **Outcomes** and **Possibilities**.

**Now:** Make a note of where you and the parent are currently in the work.

**Outcomes:** Reflect on the outcomes of the partnership-based task of the Helping Process considering strengths and difficulties.

- Quick Wins have been negotiated, implemented and reviewed.
- Explicit agreement exists between parents and practitioners about the family issues on which the Helping Process will focus.
- Family issues have been mutually prioritised.
- Family outcomes and SMARTER goals are agreed in relation to (negotiated) priority issues.

**Possibilities:** Consider where you'd like to be in the work and what is possible.

**Planning Action:** Deciding on the next steps, for the Helping Process, the Partnership and your action to be taken moving forward. Keep it SMARTER!

**Off-load:** Reflect freely about thoughts, feelings and actions in relation to a contact.

**Reflection:** Use the prompts to purposefully reflect on **Now**, **Outcomes** and **Possibilities**.

**Now:** Make a note of where you and the parent are currently in the work.

**Outcomes:** Reflect on the outcomes of the partnership-based task of the Helping Process considering strengths and difficulties.

- Multiple options for achieving goals have been generated by parents and practitioners and evaluated together.
- Preferred SMARTER strategies that make best use of parent strengths, knowledge and expertise have been prioritised.
- Parents possess a clear, realistic plan to achieve the most important SMARTER goals.
- Potential obstacles to Implementation have been identified, explicitly discussed and addressed.

**Possibilities:** Consider where you'd like to be in the work and what is possible.

**Planning Action:** Deciding on the next steps, for the Helping Process, the Partnership and your action to be taken moving forward. Keep it SMARTER!

**Off-load:** Reflect freely about thoughts, feelings and actions in relation to a contact.

**Reflection:** Use the prompts to purposefully reflect on **Now**, **Outcomes** and **Possibilities**.

**Now:** Make a note of where you and the parent are currently in the work.

**Outcomes:** Reflect on the outcomes of the partnership-based task of the Helping Process considering strengths and difficulties.

- Parents have sufficient skills, expertise, resources, enthusiasm and confidence to carry out their plan.
- Parents and practitioners have put the plan into practice.
- Parents and practitioners have gathered evidence about the impact and process of Implementation from a variety of sources.

**Possibilities:** Consider where you'd like to be in the work and what is possible.

**Planning Action:** Deciding on the next steps, for the Helping Process, the Partnership and your action to be taken moving forward. Keep it SMARTER!



**Off-load:** Reflect freely about thoughts, feelings and actions in relation to a contact.

**Reflection:** Use the prompts to purposefully reflect on **Now**, **Outcomes** and **Possibilities**.

**Now:** Make a note of where you and the parent are currently in the work.

**Outcomes:** Reflect on the outcomes of the partnership-based task of the Helping Process considering strengths and difficulties.

- Parents and practitioners have reviewed the impact and experience of Implementation.
- Implementation effort and success have been acknowledged and appreciated, difficulties and challenges identified with parents and addressed.
- The impact of the Helping Process on goal and outcome progress have been explicitly explored and reviewed.
- The quality and effectiveness of the parent-practitioner partnership and other Helping Process tasks have been explored and reviewed.
- Necessary amendments and next steps to the Helping Process have been discussed together and put into practice.

**Possibilities:** Consider where you'd like to be in the work and what is possible.

**Planning Action:** Deciding on the next steps, for the Helping Process, the Partnership and your action to be taken moving forward. Keep it SMARTER!

**Off-load:** Reflect freely about thoughts, feelings and actions in relation to a contact.

**Reflection:** Use the prompts to purposefully reflect on **Now**, **Outcomes** and **Possibilities**.

**Now:** Make a note of where you and the parent are currently in the work.

**Outcomes:** Reflect on the outcomes of the partnership-based task of the Helping Process considering strengths and difficulties.

- Practical and emotional effects of completing the Helping Process have been explored in an open and transparent manner.
- The impact and value of the parent-practitioner partnership have been explored and acknowledged, with practitioners actively facilitating this when necessary.
- Success and challenges of family goals and outcomes have been explored and acknowledged together.
- Clear forward plans that draw on the parent's knowledge and expertise have been developed and agreed.
- Future plans address and manage outstanding difficulties, and sustain change.

**Possibilities:** Consider where you'd like to be in the work and what is possible.

**Planning Action:** Deciding on the next steps, for the Helping Process, the Partnership and your action to be taken moving forward. Keep it SMARTER!

Centre for Parent and Child Support,  
South London and Maudsley NHS Foundation Trust  
Child and Adolescent Mental Health Service Research  
Unit, Kings College, Institute of Psychiatry,  
Michael Rutter Centre  
De Crespigny Park  
Camberwell  
London SE5 8AZ

email: [info@cpcs.org.uk](mailto:info@cpcs.org.uk)

Web: [www.cpcs.org.uk](http://www.cpcs.org.uk)

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