### C:\Users\KStrader\Downloads\HFA Logo 2016 - Grey.jpg HFA Service Plan

**Parent(s)/Primary Caregiver: HENRO416933 Child Name and DOB: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of Parent Survey: 3/28/17 Date of 1st Home Visit: \_\_\_\_\_\_\_\_\_\_ Sup. Initials: \_\_\_\_\_\_\_\_ FSS Initials: \_\_\_\_\_\_\_\_**

 ***Use this portion of the HFA Service Plan to summarize all concerns discovered through the Parent Survey/ initial assessment.***

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| **Source:***Parent Survey* | **Family Concerns, Needs, Risks, & Stressors** | **Strengths/Protective Factors/P-C-I***(e.g. strengths, change talk, protective factors, etc.)* | **Plan Developed / Strategies***(e.g. f/u screening, referrals, HV activities, reflective strategies, observations, family goals, curriculum, or other materials, etc.)* | **Plan Implemented****Progress***(include* ***date*** *activities implemented and parent response)* |
| #1 Parent’s Childhood History❑ *Priority* | MOM:* Mom received hard physical discipline and witnessed same for siblings
* MGF was minimally in Mom’s childhood. Possible feeling of abandonment was not explored.

DAD:* Dad witnessed domestic violence of Mom and emotional abuse of his sisters
* Exposed to heavy and regular drug and alcohol use – “party house”
* PGF was a heavy drinker and was frequently violent towards Dad when he was intoxicated
 | **PF’s****Parental Resilience:**MOM: despite challenges in childhood was able to identify positive memories**Social Connection:** MOM: Had connections w/family members, positive relationship w/”Aunties”DAD: Has a good relationship with PGM**Knowledge of Parenting & Child Development:**BOTH: Desire to ensure that their children have happy and fun life**Strengths:**Both Mom and Dad want to do things together as a family | BOTH:* ATP the identified strengths
* Discuss differences/similarities between how parents were raised and how they plan to raise their children.

DAD:* Discuss effects of PGParents’ substance abuse on Dad.
 | BOTH:* From 4/19/19 on a weekly basis, FSS offered ATPs. Mom now seems eager to have visits. Dad has been making greater efforts to attend HVs
* Mom and Dad agreed they want to create a safe, loving home for their children, unlike their own upbringing. Both open to learning ways that they can do that.

DAD:* 5/10/19: Dad told FSS he didn’t want to talk about PGP’s drinking “until I get to know you better.” Will revisit in 1-2 months.
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| #2 Lifestyle Behaviors❑ *Priority* | MOM:* Mom feels depressed sometimes – “hard getting motivated…” – not seeking help, feels like she can handle things on her own
* Used drugs and alcohol from middle through high school

DAD:* Smokes marijuana almost daily
* Recurrent involvement with the law – sells drugs – seen as a problem by Mom and causes her to worry
 | **PF’s****Parental Resilience:**Mom: Despite her negative family experiences wants to do the best for her family**Knowledge of parenting and child development:**Mom read materials that addressed use of drugs during pregnancy and decided to stop using 2 years ago during SIB pregnancy**Strengths:**Mom is trying to get Dad to stop using and dealing drugs | MOM:* Administer PHQ2 (and PHQ9 if indicated)
* Explore what depression looks like for Mom: quantify and qualify past and current experiences.
* ATPs/Praise and support for Mom’s reduction in substance usage

DAD:* Discuss possible referral to counseling.
* Provide educational materials regarding substance abuse
* Discuss impact of criminal activities on parenting and family
* Discuss alternatives to criminal activity
 | MOM:* 4/12/19. Administered PHQ2 and PHQ9. Scored 8 on PHQ9. Mom is willing to try counseling; referred to Bright Horizons. Based on discussions, depression has been a frequent experience since her early teens, before history of postpartum depression
* 4/19, 5/17, 6/10, ATP’d Mom for her continued abstinence. Mom: “I appreciate the encouragement.”

DAD: * 4/12/19: Dad is not open to counseling at this time. Will revisit 6/19.
* 4/19: provided educational materials. Dad put aside. Dad is not willing to discuss criminal activity “until I get to know you.” Will revisit in 1-2 months.
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| #3 Parenting Experience❑ *Priority* |  |  |  |  |
| #4 Coping Skills & Supports❑ *Priority* | MOM:* Has no one who she can depend on and does not socialize – “keeps to herself”.
* History of post-partum depression, still periodically feels depressed – Red Flag – need to know more about how Mom experiences depression, i.e. what does it look like – quantify and qualify

DAD:* Smokes marijuana and sells drugs
 | **Strengths:**Mom: Stated she is proud of her employment longevity – 4yrs. Keeps prenatal appointments. Currently attending college. Has “close” relationship with MGM and has friends.Dad: Has transportation & phone, has employment longevity – 2yrs. | MOM:* ATP the strengths identified
* Use Solution-focused Talk to gather more information about Mom’s experience with post-partum depression in previous pregnancy; quantify and qualify
* Use Solution-focused Talk to gather more information. Explore why, despite having a “close” relationship with MGM and some contact with MGF, as well as having friends, Mom states that she has no lifelines and does not socialize?
* Discuss help seeking behaviors

DAD:* Explore alternative employment options

BOTH:* Discuss budgeting and financial planning
 | MOM:* From 4/19 onward, weekly ATPs. Mom: “What you say makes me feel more confident.”
* 4/19, 5/17: discussion of lifelines and support network. Mom reached out to a friend she lost contact with and can “trust.” Is spending more regular time with MGF.
* Referred for counseling re: depression 4/12/19

DAD:* 6/10. Dad stated he has a dream of becoming a recording engineer. Will provide resources for exploring that career path.

BOTH:* 5/17. Mom wants to set up a bank account. Dad prefers cash only and no banking at this time.
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| #5 Current Stresses❑ *Priority* | MOM:* Has moved several times over the past 6 months – current housing is unstable due to finances
* Parents argue daily and Mom is stressed about Dad’s continued engagement in illegal activities

DAD:* Finances are stressful – concerned about providing financially for children
 | **PF’s****Parental Resilience:**Mom: Was able to find housing even with her past housing challenges. Even w/challenges with dad has a positive outlook and feels hopeful about their future.**Strengths:**Mom: Has coping mechanisms. Mom wants she and dad to be together. Both Mom and Dad are employed | DAD:* Provide assistance with locating housing

BOTH:* ATP identified strengths
* Provide information and referrals for financial support services
* Discuss and provide educational materials regarding impact parents’ arguing and children’s well-being
* Provide information regarding positive communication skills
* Explore self-care and stress relief activities
* Discuss budgeting and financial planning
 | DAD:* 5/10. Made referral to HB101
* 4/19 and onward. Mom: “I guess I did work hard to find a home.” Dad: “Yes, I’ll just keep trying; it’ll happen.”
* Provided and reviewed “Money Peace” curriculum, which they liked. Arguments about Dad’s drug selling continue.
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| #6 Anger Mgmt❑ *Priority* | DAD: no information |  | DAD:Explore missing information regarding Dad’s anger management by using Solution-focused talk/OEQs with Mom and/or Dad | DAD:5/10. Dad states he takes a walk when he gets angry, and doesn’t return home until he has “cooled down.” |
| #7 Expectations -Developmental Milestones❑ *Priority* |  |  |  |  |
| #8 Plans for Discipline❑ *Priority* | * Parents may consider using physical discipline methods on a toddler and older child
* Mom felt she deserved MGM’s use of physical discipline because she was “bad” (10e)
 | **PF’s****Knowledge of Parenting and Child Development**MOM: Has some awareness of beating not being effective. Would not discipline an infantDAD: Does not use any physical discipline.Attends to TC sib’s safety needs**Strengths:**Mom and Dad agree about discipline choices | BOTH:* ATP parents for being in agreement on disciplines choices
* Provide information and educational materials regarding discipline techniques that keep children safe
* Discuss differences/similarities of how MGParents and PGParents disciplined and how parents want to discipline
 | BOTH:* 4/19. ATP’d Mom and Dad. Dad: “That’s one thing we have going for us as parents.”
* 7/15. Reviewed Positive Discipline curriculum. Discussed their experience as children with discipline. Mom doesn't want to spank (unlike her parents). Dad thinks spanking can work at times, but is willing to try disciplining without it.
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| #9 Perception of Infant❑ *Priority* |  |  |  |  |
| #10 Bonding & Attachment❑ *Priority* |  |  |  |  |

***Use this portion of the HFA Service Plan to summarize all concerns discovered through any additional tools such as a depression or IPV screen, or other concerns that emerge through conversation or observation during the course of services.***

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| **Additional Source***(name of tool or other source &* ***date****)* | **Family Concerns, Needs, Risks, & Stressors** | **Strengths/Protective Factors/P-C-I***(e.g. strengths, change talk, protective factors, etc.)* | **Plan Developed / Strategies***(e.g. f/u screening, referrals, HV activities, reflective strategies, observation, family goals, curriculum, or other materials, etc.)* | **Plan Implemented****Progress***(include* ***date*** *activities implemented and parent response)* |
| Home visit9/19/19 | During home visit, Mom disclosed history of sexual abuse as a child by MGM’s boyfriend | **PF’s****Concrete Supports****Resilience**MOM: is willing to attend counseling and wants to “work through” this trauma | MOM:Refer Mom to New Horizons Counseling | MOM:At Mom’s request, FSS sat with Mom as she called New Horizons. Mom has an intake at New Horizons on 10/1/19. Mom thanked FSS for helping her feel safe enough to share her trauma and pursue help.  |
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