

Building Families Phase Outline

Phase 1: Identifying Strengths and the Family's Agenda (1-2 weeks)

Phase 2: Structural Assessment (1-2 weeks)

- Review/Improve/Support scheduling and structure in the Home
 - Clarify and define House Rules/Expectations
 - Determine a workable Household Routine
 - Challenge family to move beyond what they have been doing to find a more workable family rhythm
 - Introduce concept of family meeting/making the most of family time
- Educate/Explore use of a Motivation System
 - Define and model use of an effective motivation system
 - Review Motivational/Incentive systems used in the past
 - Leave family with several options for future use
- Introduce use of Positive and Negative Consequences
 - Encourage and model the use of Positive Language to develop an Atmosphere of Praise in the home
 - Develop a set of reasonable rewards and consequences to allow adults to respond to behaviors immediately

Phase 3: Developing Treatment Plan and Focused Teaching (2-3 weeks)

- Child's Skill: *Determined during Phase 2*
- Parent's Skill: *Determined during Phase 2*
- Skills are taught and reinforced through role plays, modeling, games, and art activities

Phase 4: Build on Phase 3 Skill, Focused Teaching on New Skill (2-3 weeks)

- Child's Skill: *Determined during Phase 2*
- Parent's Skill: *Determined during Phase 2*
- Skills are taught and reinforced through role plays, modeling, games, and art activities

Phase 5: Stimulate family to reach its full potential (1-2 weeks)

- Self-Reflection and Generalization
 - No new skills taught—refine and adjust previous skills
 - Evaluate competency in using skills and goal attainment
 - Encourage generalization of skills/problem-solving
- Future Planning
 - Moving toward independence

Phase 6: Independence (1-2 weeks)

- Recommendations for discharge and areas of follow-up
- Closing paperwork and evaluation
- Celebration/Termination