

Using the CANS Puzzle Strategy to Develop Creative and Effective Plans of Care

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Creating the Context

- Orientation - parents, youth, providers, natural supports
- Engagement and trust building
 - Incorporating the values of CST in practice
 - Trauma-informed approach
 - Person-centered approach
- Initial team meetings
 - Team rules
 - Roles, strengths, and goals exercise

Purpose of the Assessment Process

- Team Level
 - Communicate the family's story
 - Helps create a shared vision or common goal
 - The identification of needs and strengths leads to planning decisions
- County, Tribal, and State Levels
 - Are the lives of youth and families improving?
 - Compare outcomes with other youth and families being served in the public mental health system

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A Few Things About the CANS (Child and Adolescent Needs and Strengths)

- Helps create and communicate a shared vision
- Reflects current and relevant information
- The information provides direction for the team in developing a Plan of Care
- The focus is on **what** is happening, not on **why**
- The rating of items always considers the youth and family's development and culture

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Child and Adolescent Needs and Strengths (CANS)

Youth Needs

- Trauma
- Life Functioning
- School
- Youth and Family Acculturation
- Youth Behavioral / Emotional Needs
- Youth Risk Behaviors

Youth Strengths

Current Caregiver Strengths and Needs

Identified Permanent Resource Strengths and Needs

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Child and Adolescent Needs and Strengths (CANS)

Rating Needs:

0. No evidence of a need
1. Watchful waiting/prevention
2. Action needed
3. Immediate/Intensive Action needed

Rating Strengths:

0. Centerpiece strength
1. Strength that can be used
2. Strength has been identified – must be built
3. No strength identified

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Completing the CANS with the Family Suggestions, Considerations, and Options

- Preparation
 - Give the family an overview of the process
 - Share information related to the CANS with the family, for example, a copy of the narrative CST Assessment Summary – CANS
 - Gather relevant information
- Meet in an environment that is comfortable for the family
- Involve the youth, if possible
- Order of CANS Items – use your judgment and/or ask the family where they feel most comfortable starting
- Try to focus on “the what”, try to redirect discussions about “the why” or about planning
- Other suggestions and experiences....

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Strengths

- Identified by getting to know the family, their supports and their community
- Natural supports and providers also bring strengths to the table
- Can be found in qualities, skills, and interests – both personal and professional
- When strengths are identified, ask for concrete examples of that strength in action

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CST Values Principles and Practice, Jodee Liedtke,
White Pine Consulting November 2014

Needs

- Not a specific service, behavior, or diagnosis
- Are family and youth-specific
- Found by listening to the family's story, and
- By asking the family what they need help with, or what they are struggling with
- Needs might be layered. One role of the team is to uncover the underlying needs.

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CST Values Principles and Practice, Jodee Liedtke,
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Reliable Rater Certification and Support

- Online certification and recertification
 - www.wicollaborative.org – “[CST Coordinators](#)” link
- Monthly Call-In Meetings
- State CANS contact for CST sites:
Rebecca Wigg-Ninham, MSW, SAC
Children and Families Mental Health Coordinator
Phone: (608) 266-5427
Email: rebecca.wiggninham@wisconsin.gov

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Initial Assessment, Updates, and Reporting

- Initial Assessment completed at time of enrollment
 - Guideline – within 30 days of enrollment
 - Plan of care should be completed within 60 days of enrollment
 - Item scores are entered in the state's mental health data collection system – PPS (must enter online)
- Assessment information should be updated at least every 6 months
- Disenrollment / transition from formal team process

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Activity – Owen's CANS

- Identify the actionable needs
- Identify the strengths

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Using the CANS to Develop Creative and Effective Plans of Care

- **Reach consensus on priority needs & strengths**

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Moving from CANS to Planning The “Puzzle Strategy”

Needs

- Background needs
- Plan target needs
- Anticipated outcome needs

Strengths

- Useful strengths
- Strengths to build



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Treatment Planning with a Communitric
Tool, John Lyons, Ph.D.

Activity – The Puzzle Strategy

Background Needs

- Items that aren't directly addressable
- Items the family decides to "park"

Anticipated Outcome Needs

- Focus of planning / intervention

Plan Target Needs

- Needs that may be affected as a result of effectively addressing the "anticipated outcome needs"

Useful Strengths

Strengths rated
0 - Centerpiece, or
1 - Useful

Strengths to Build

Strengths rated
2 - Identified but needs building
3 - Unidentified

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Developing Creative and Effective Plans of Care

- ✓ Reach consensus on plan target needs
- **Determine a long-term goal**

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Goals

- Long term, global, and broadly stated
- Describe how things would be if the identified need was met
- Person-Centered
- Realistic and attainable
- Written in positive terms

Developing Creative and Effective Plans of Care

- ✓ Reach consensus on plan target needs
- ✓ Determine a long-term goal
- **Determine objectives**

Objectives

- Short term targets toward meeting the long-term goal
- Describe specific changes expected in measurable and behavioral terms
- 2 to 3 objectives per goal are recommended

SMART Objectives

- **S**pecific – concrete, observable, behavioral, clear
- **M**easurable – to what extent change is expected
- **A**chievable – realistic considering the individual's situation and available resources
- **R**elevant – meaningful for the individual and tied to the larger goal
- **T**ime-bound – when will this objective be achieved?

Developing Creative and Effective Plans of Care

- ✓ Reach consensus on plan target needs
- ✓ Determine a long-term goal
- ✓ Determine objectives
- **Determine tasks / activities**

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Tasks

- Actions to be taken
- Specific to an objective
- Respect youth and family's choice and preference
- Who does what, by when, and how

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Overview of Person-Centered Planning, BPTR, DMHSAS 7/1/09

Synonyms for Brainstorming

- Create
- Generate
- Invent
- Dream up
- Put heads together

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Activity

- Choose 1 **ACTIONABLE NEED**
- Develop a **GOAL** related to that need
 - Long-term – “what would it look like if...”
 - In the words of the parent and/or youth
 - Written in positive terms
- Develop an **OBJECTIVE** related to the goal
 - Short-term target
 - **S**pecific, **M**easurable, **A**chievable, **R**elevant, **T**ime-Bound
- Create 1 or 2 **TASKS**
 - Who, does what, by when, and how
 - Be creative; brainstorm; use the unique strengths of the team
 - Discuss and plan around possible barriers

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Developing Creative and Effective Plans of Care

- ✓ Reach consensus on plan target needs
- ✓ Determine a long-term goal
- ✓ Determine objectives
- ✓ Determine tasks / activities
- **Review and evaluate**

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Plan Review

- Review the plan at team meetings
 - Determine effectiveness
 - Re-evaluate appropriateness
 - Revise as necessary

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Overview of Person-Centered Planning, BPTR, DMHSAS 7/1/09