**Introduction to the life story:**

We all have a story to tell that describes how we came to be, who we are, and who we want to become. Because Wraparound is a partnership and I am here to support you and your family to make whatever changes you want to make in life, it is helpful for me to understand who you are, what is important to you, what you want for yourself as a young person and parent, and what you want for your family. If you are open to sharing with me, I would appreciate the opportunity to get to know you better.

If you are not comfortable sharing yet, that’s ok; we don’t really know each other yet. If I ask a question you are not comfortable answering, no problem, just say pass and I will skip it. This might feel like a lot, because it is, so if at some point you’ve had enough, let me know and we will pick it up again another day. I understand that it might feel a bit intrusive, so I will do my best to make it a conversation between us rather than an interview. Please let me know if you would like me to clarify or ask something in a different way to make sharing your experiences a little easier.

It’s not fair that I ask you to share who you are without going first, so if it’s ok, I would like to tell you a little bit about me, and perhaps we will find some things in common. *Share what you are comfortable sharing with the family about: where you grew up, why you chose this field, how you define yourself as a helper or support to the families you serve, what your interests or hobbies are, if you have children, what your strengths and skills are that help you to be good at what you do and how they can serve the family.*

I have a bunch of questions here to help us guide our conversation, and it is broken up into different categories like, family, education and work, mental health, culture and spirituality, etc. I can start by asking some questions or if you would rather just start by telling me about yourselves and your family, I can just listen. Whichever way you are more comfortable works for me too. Also, I want to make sure that I get it right, so do you mind if I jot down some notes as we go so I can remember everything. Following our meeting I will type your story up so you can read it and tell me if it is correct and complete. I appreciate that you are taking the time to share your story and I want to make sure I don’t miss anything or leave something out.

**Family**:

Preface: Family means different things to different people. I am here to support and serve your family, so I am curious about who you are and what you are about.

Include in this section: who they identify as family, significant losses, who they are as a family /individuals, what experiences shaped their identity and relationships, traditions, routines, values held as a family, how basic needs are met (employment of enrollee/family, income, food).

Questions to help you gather the information and get to know the family better:

* Who do you identify as family (may include friends, relatives, or others) and how do they support you? Ask the youth about children of their own and involvement in parenting.
* Please describe your favorite thing about each family member.
* Please talk a bit about who you are as a family and what is important to you as a whole (traditions, routines, strengths that have helped you get through tough times) What makes you proud to be a (fill in the last name)? What are you most proud of as a (mom/dad, son/daughter, grandmother, friend, aunt/uncle, etc.)
* What 3 things do you value most as a family, as a parent, and as a person? (some values might include openness, quality time together, trust, etc.)
* Please describe how your family has changed over time (births, losses, separations, additions of new relationships)? What was the impact of those changes on your family?
* Losses through any form of separation (moved away, relationships ending or breaking up, burned bridges, someone passed) are difficult for a family. What important relationships have been lost in your family and how did that happen? What relationships would you like to re-establish or work on mending, that we might be able to help you with?
* When you think about what you want life to be like for your family, is there anything that you would like to work on in this process that would help you get there?

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| Possible team members: |  |
| Strengths of the team members: |  |
| Possible needs: |  |
| Potential benchmarks: |  |
| Strategies that are working for the family: |  |
| Other notes |  |

**Social/Recreational**:

Preface: We all need some down time to relax and have fun, and people around us who we enjoy and can laugh with. If it’s ok, I’s like to ask a few questions about how you and your family have fun and who you enjoy being with.

Include in this section: activities the individual/family enjoy or would like to get involved in, current social skills and success, and friendships.

Questions to help you gather the information and get to know the family better:

* Ask each person: what do you like to do for fun, who do you hang out with, where do you like to go?
* As a family, what do you do to spend time together? What makes these activities special? How often do you get to do fun things together? Are there barriers to being able to spend time together the way you want to or used to? Are there things you want to do but don’t currently?
* Is there an interest or hobby you would like to explore or get more involved in?
* Can talk a bit about your friends? Do you ever feel like it is hard to make and keep friends?
* On a scale of 1(low) to 10(high):
  + How comfortable do you feel with others your age
  + How comfortable are you in social situations (after school programs, play-ground, parties)
  + How comfortable are you meeting new people and making new friends
  + What would be helpful to get 2 numbers higher in each?
* Do you ever feel like you have to behave in ways that don’t feel right because you want to fit in or avoid being picked on?
* Do you or your family belong to any organizations, clubs, or rec programs? If not, would you be interested in joining one?

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| Possible needs: |  |
| Potential benchmarks: |  |
| Strategies that are working for the family: |  |
| Other notes |  |

**Cultural/Spiritual**:

Many people find strength and purpose in their culture or spiritual beliefs. I am curious what role, if any, culture and spirituality have played in your family/life.

Include in this section: describe factors, context, and/or connections to cultural/spiritual influences. Can include: tribal, religious, heritage, ethnicity, civic involvement.

Questions to help you gather the information and get to know the family better:

* When you think about your family’s culture and/or spirituality, what is important for people who support you to know about you and what is important to you? How does your cultural or spiritual identity shape the way you live your life (examples: discipline practices, holiday celebrations, education, definition of who or what is helpful)?
* Are you actively involved in a cultural or spiritual community? If you are not currently connected, would like to be? Is this something you would like to work on together or with someone else in your life?
* Have you ever experienced additional challenges yourself or as a family because of your cultural or spiritual identity or beliefs?

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| Possible needs: |  |
| Potential benchmarks: |  |
| Strategies that are working for the family: |  |
| Other notes |  |

**Health/Wellbeing**:

Preface: Being healthy and well is more than just eating healthy and being active or managing stress, and we will get to some of those other areas too. For now, I am wondering if you would be willing to share some information about your and your child’s life experiences related to medical, physical, and developmental health. It is helpful to know about some of the early years and experiences because often times, our pasts are connected to our present.

Include in this section: relevant medical conditions, relevant developmental history and experiences, AODA history across generations, life satisfaction.

Questions to help you gather the information and get to know the family better:

* Parent(s) question (ask parent(s) separate from youth):
  + If biological parent: What was it like for you when you found out you were pregnant? If relative, adoptive, or other caregiver: What was it like when you decided to be the primary caregiver of (youth’s name)?
  + What were the early years of parenting or caring for him/her like for you? What kind of support system did you have? Think back to when you first became a parent or caregiver for the youth, what did you image your life as a family to be like with you and your child/children? What is parenting/caregiving like for you now? Who are your supports in parenting/caregiving or who helps you?
  + Have you or anyone that you are close to ever struggled with alcohol or drug use, now or in the past, that has created challenges? Is this something that continues to be a struggle? Is there something that we could assist with that might help reduce or address the things that cause you or others to want use?
* Did your child participate in any birth to 3 programming and what was the reason? Do you feel those reasons have been resolved or are they on-going?
* Have you (youth) ever used alcohol or drugs? If yes, what types have you tried or used; i.e. marijuana, alcohol, opiates, etc.? Has anyone ever worried about you using? Has using ever created problems for you? What are some of the things that make you want to use; i.e. friends, stress/coping with stuff, it’s always been something we do. If you use for any reason, is this something that you would want to change or is there something we could assist with to reduce or address the reasons you want to use.
* Ask youth and caregiver each. On a scale of 1(low) to 10(high), how happy are you in life right now? If you were at a 10, what would that look like? If you are not at a 1, what are the things going well that make you a #. What does it mean to you to be at a # they gave? What would need to change to get 2 numbers higher?
* Is there any medical concern or history that has impacted you or your family? In what ways does this impact your life now (i.e. ability to work or play, fear about what could happen, stress about being able to get needed medication, relationships, taking care of others in the family who are sick, etc.)
* There are lots of different ways to be healthy and well. If you think about physical, mental, spiritual, relationships, financial, and education/work as different buckets of health, are there any you feel are pretty full, or ones that you would want to fill up more?
* Ask each person: What do you do to take care of yourself?

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| Possible needs: |  |
| Potential benchmarks: |  |
| Strategies that are working for the family: |  |
| Other notes |  |

**School/Work**:

Preface: School and work are big areas of life for many families, would you mind telling me a little more about these areas in your family’s life?

Include in this section: beliefs and attitudes about school and him/herself as a student, history of academic programming and supports, school placement history, history or academic success and struggles, relationships in the school setting, job history and employment aspirations, job skills.

Questions to help you gather the information and get to know the family better:

Education questions:

* What do you like about school or work? What are your favorite times of the day when you are at school or work, and what do you like about it?
* How do you feel about school now and what are your future school/education plans?
* On a scale of 1 (low) -10(high) how important do you think school is? On a scale of 1(low)-10(high), how engaged do you feel in school now (classes, teachers, peers)? Is there something you would like to change about your school experience?
  + Parent question: Looking back at your school experience, is there something that you really enjoyed or something you would change? Do you have educational goals or desires now as an adult?
* Does your child have an IEP now? On a scale of 1(low)-10(high), how happy are you with the support you or your child receives at school? What would need to change to be higher?
* Can you share a bit about your experience with school starting with the earliest grade you remember? What has it been like for you with grades, relationships, and activities over the years? Was there ever a point in which school changed for you to get better or worse? What do you think prompted that change?
* What has helped you be successful in school and how do you define school success for yourself?
* Who do you feel connected to at school, a teacher or other peers? Who at school, if anyone, makes being at school or concentrating harder for you or creates challenges?
* On a scale of 1(low)-10(high) how comfortable are you doing the work (math, reading, science, etc.) on your own? OR Are there specific subjects you really enjoy or are strong in? Are there some you don’t like so much or struggle in? Is there anything that would make it a little easier to do the work in these classes?

Vocation questions:

* Are you currently working or volunteering (parent and youth) or have you worked or volunteered in the past?
* What are your hopes for employment in the future? What do you want to be when you grow up or what would be the perfect job for you and why?
  + What skills do you currently have or want to develop that would help you with work?
* What do you see as the benefits of working or volunteering; i.e., pay bills, sense of purpose, hanging out with other people).
* Do you feel that the income you have through work or other means is enough to provide for your family and have a little extra just in case or to have some fun? If not, what can we do to help you get to a place where you are comfortable long-term?

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| Possible needs: |  |
| Potential benchmarks: |  |
| Strategies that are working for the family: |  |
| Other notes |  |

**Mental Health**:

Preface: As I have experienced, and maybe you have too, everything relates back to our mental health. Stress, impacts mental health, finances and relationship impact mental health, and then there are challenges related to mental health diagnosis. Would you mind sharing some information with me about your child and your family’s mental health history as it relates to diagnosis?

Include in this section: mental health history of child (diagnosis, medication, hospitalization, past/current treatment, etc.). Diagnostic and mental health history of family. Include relevant attitude/perception.

Questions to help you gather the information and get to know the family better:

* On a scale of 1(low) to 10 (high), how much of a concern is mental health for your family? Can you talk a little more about how you came to that number?
* Families have different thoughts about mental health and what the best way is to approach challenges. Can you talk a bit about what your family’s beliefs are about help and what help should look like?
* What was it that made you first seek help related to your or your child’s mental health?
* The current diagnosis is \_\_\_\_\_\_\_\_\_\_\_.
  + What is your understanding of the diagnosis?
  + How informed do you feel about the diagnosis?
  + Do you agree with the diagnosis or do you feel there is something else that is creating the challenges?
  + On a scale of 1-10, how confident are you in supporting your child through their mental health needs? What support do you want/need in this process?
* Have there been any diagnosis before now? If so, has it changed over time?
* If you or your child has ever taken medications, do you think they have helped? Do you have any concerns about the medications?
* What else has been offered or tried to help (therapy, prayer, exercise, or other)? Have you found them helpful or were there any barriers? Is there something you haven’t tried but would like to?

I would like to explore a bit about your family history, are you ok with proceeding or would you like to talk about this separately?

* Do you or your child ever use inpatient hospitalization to address challenges or mental health crisis? Are there common challenges that result in going to the hospital?
* Is there a family history of mental health diagnosis on either side of the family? Do you or any other adults in the home feel it would be helpful to have extra support in this area?

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| Possible needs: |  |
| Potential benchmarks: |  |
| Strategies that are working for the family: |  |
| Other notes |  |

**Legal**:

Preface: Sometimes families have experiences in life that result in involvement with the legal system. If this has been part of your story, I am wondering if you would mind sharing a bit more with me so I can support your efforts to manage whatever you might be dealing with in this area.

Include in this section: circumstances around the legal system involvement and what led up to the event that resulted in a court order, court conditions, history of involvement with the court system for the youth and family, guardianship/custody/visitation, permanency, and no-contact orders, restorative justice opportunities.

Questions to help you gather the information and get to know the family better:

Offer to speak with the parent separately if they would prefer to discuss family history and legal involvement one on one.

* Do you, or your child, or anyone close to you have experience with the police or legal system? Can you talk a bit about how that happened? What was that experience like for you?
* Is there any current or previous involvement with child welfare or probation? Can you talk a bit about what lead up to whatever created the system involvement? Is there something that would be helpful to get systems out of your life?
* Are there any concerns about who is involved on the team based on no contact orders, custody, visitation, or guardianship?
* Do you or anyone close to you worry about who you hang out with because of concerns about gang involvement, getting in trouble, encountering police, etc.

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| Possible needs: |  |
| Potential benchmarks: |  |
| Strategies that are working for the family: |  |
| Other notes |  |

**Safety**:

Preface: Safety can be defined in a lot of different ways and look like a lot of different things for different people. Would you be willing to share a little bit about how you and your family define safety and what your sense of safety means to you?

Include in this section: experiences and/or immediate safety concerns (Commercial Sexual Exploitation, Domestic Violence, running away, sexualized behavior, etc.), ACEs/Trauma exposure and impact, how the person/family protects self and others.

Questions to help you gather the information and get to know the family better:

* How do you define safety as a family? Based on your definition, how safe do you feel on a scale of 1(low)-10(high)? What might help you get closer to a 10? Do you have any immediate safety concerns that we can work on addressing?
* Have you, your child, or family ever had experiences when you felt unsafe or were worried about your safety in the home, at school, or in the neighborhood? Can you talk a bit more about what those concerns were? What resources did you use to stay safe or protect yourselves? Do you have any concerns now? What would help you to feel safer?
* As the caregiver (separately if appropriate):
  + Has anyone outside of your family expressed concerns about safety for your family that you would like to resolve?
  + Have you, your child/children, or family experienced anything that causes you to feel unsafe or makes you worry about safety? (examples include: house being broken into, violence in the neighborhood, fighting in the home).
  + Is there anything about your or your child’s behavior that makes you worried about them (examples might include: running away, concerns about who they are with, being taken advantage of by others, fighting, using alcohol or drugs, getting in trouble with teachers or police, supervision concerns).
* Ask the youth: are there things you do, places you go, or people you connect with that others have said are unsafe? Can you talk more about what they have concerns about or what makes them worry about you?
* Have you ever been in a situation when you felt like you had to do something you didn’t want to do in order to stay safe or keep others safe?
* I noticed in the screening that you mentioned that (specify the ACES, self-harm, DV, running away, suicidality, CSEC, etc. that the family answered yes to); do you and your family have resources and plans in place currently to handle these things? Can you talk a bit about how you’ve gotten through these challenges in the past?
* If the youth has a history of or there are current concerns about being hurt or hurting others sexually, setting or playing with fire, self-harming, suicidality, what is the current supervision plan?
* Who are the people and where are the places that you feel are safe and protective for you?

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| Possible needs: |  |
| Potential benchmarks: |  |
| Strategies that are working for the family: |  |
| Other notes |  |

**Living situation**:

Preface: Having a place we can call home and feel like we can just relax and be ourselves in is important to our mental health. Would you mind sharing a little about your current living situation and any hopes you might have for the future in this area?

Include in this section: fully describe housing stability, affordability, quality, safety (including community), and placement history.

Questions to help you gather the information and get to know the family better:

* How do you as a family or caregiver define a stable living situation? How stable do you feel currently based on that definition?
* What do you like about your neighborhood? What is your favorite thing about your home?
* Do you feel that your current living arrangement is big enough for your family? Do you anticipate staying in your current residence?
* If you have a landlord, are they responsive to your needs related to repairs or concerns? Is this something you have concerns about?
* Do you have any concerns about not being able to stay in your current home because of:
  + Lead, mold, bedbugs, ants, etc., or other potentially harmful toxins? (if yes, have you contacted your landlord about your concerns? What was the response?)
  + Not enough space for everyone
  + Inability to afford the rent (if so, would you like some info on housing assistance or other programs)
  + Relationships or conflict with others in the home
  + If any of these are a concern, would you like some assistance to address them?
* Is there any concern that you or your family has related to abuse or violence in the home or neighborhood that makes you or your children feel uncomfortable or unsafe, or prevents you from coming and going as you would like.
* Is your child currently or previous living someone other than your home; i.e. out of home placement, relative’s home, or shared custody? If you and your child(ren) are not living together, do any of you have concerns about the current living situation or caregiver? Do either of you have any concerns about living together again?
* Do you have any plans to purchase a home or would you like to explore that possibility further?
* Families sometimes need a break from each other; in those moments, do you have safe places to go or people to stay with the get some time apart? Would you like those supports to be part of your team?

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| Possible needs: |  |
| Potential benchmarks: |  |
| Strategies that are working for the family: |  |
| Other notes |  |

**Transition to Adulthood (must address if 17 or older**):

Given the transition to adulthood and goals of independence, these questions would be asked of the young adult with input from the parent/caregiver if the young adult is comfortable having the conversation together. If not, and the young adult lives with their parents/caregiver, you may need to ask them separately for their input.

Preface: We all go through an exciting and stressful transition into independence, so I want to explore that a bit more since you are in that stage of life now and I am here to support you through it. Tell me a little bit about how “adulting” looks to you.

Include in this section: feelings, preparedness, and trajectory towards/around adulthood.

Questions to help you gather the information and get to know the family better:

* Is there an adult or parent/caregiver you trust who is assisting you in your transition to adulthood? Are you comfortable including them on your team?
* Youth: On a scale of 1-10; how confident would you be living on your own tomorrow?
  + Do you know how to:

Budget and set up or use bank account

Cook

Do laundry

Use the bus

Use your insurance, reapply or obtain insurance

Schedule and getting to appointments

Obtain a driver’s license

Find and apply for a job

Get an apartment

Apply for school

* + What skills do you think you would need to learn to be successful on your own?
* Care-giver (if involved on the team): On a scale of 1-10, how confident are you that your child would be able to live independently tomorrow? What skills do you believe they have that will help them and what skills do you believe they would benefit from learning?
* How familiar are you with resources for young adults, such as Division of Vocational Rehabilitation (DVR), W-2, FoodShare, independent living programs, resources through an Individualized Education Plan (IEP) , employment services, etc? Is this something you would like to learn more about?
* How comfortable are you asking for help or identifying people who can support you if you need something that you are not sure how to get?
* What are your future plans for: housing, job, relationships, school, parenting? When you talk about your plans, what comes up for you, like excited, nervous, scared, a combination of lots of emotions?

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| Possible needs: |  |
| Potential benchmarks: |  |
| Strategies that are working for the family: |  |
| Other notes |  |