

Family Alignment

THE FIRST 30 DAYS CHECKLIST

Please review and answer each statement.

At the end, identify at least one area that you want to improve, and plan an action step for improvement.

	WE DO THIS WELL	WE DO THIS BUT NEED SOME IMPROVEMENT	WE DON'T DO THIS AND NEED IMPROVEMENT
1 We use empathy as the main tool for welcoming, orienting families, and gathering information.			
2 We identify, validate, and reinforce caregiver strengths.			
3 We identify, validate, and reinforce child strengths.			
4 We focus on connecting with the family.			
5 We are transparent with the families in every step of the initial engagement and beyond.			
6 We attend to barriers while consistently ensuring alignment with families.			
7 We attend to caregiver and child's previous experiences with treatment.			
8 We orient our families to the services we provide.			
9 We focus on creating the assessment process as meaningful and positive for families.			
10 We create an understanding of what treatment is and the role of the caregiver, child, and therapist in treatment.			
11 We focus on a problem area in which the family strengths can be utilized.			
12 We use psychoeducation as a way to educate caregivers about the illness and increase alliance.			
13 We create a clear agreement for the treatment plan through collaboration with child and caregiver.			
14 We encourage creating choice by meeting families where they are.			
15 We attend to the family's felt needs.			
16 We use active and reflective listening with the family.			
17 We assess for family member readiness as goals are identified.			
18 We support family members in making informed decisions.			
19 We incorporate effective communication techniques to overcome ambivalence.			

	WE DO THIS WELL	WE DO THIS BUT NEED SOME IMPROVEMENT	WE DON'T DO THIS AND NEED IMPROVEMENT
20 We instill hope at every interaction with the family or family member.			
21 We communicate and understand that change for a person is a process that may take time.			
22 We ensure safety first with the child and caregiver			
23 We collaboratively identify problem severity at the beginning of treatment in order to support future tracking of progress.			
24 We collaboratively identify the goals for discharge.			
25 We collaboratively identify idiographic measures to assess progress.			
26 We focus on outcomes that are important to the child and caregiver.			
27 We continue to validate, empower, and focus on strengths with the child and caregiver.			
28 We are actively working to reduce organizational/ provider barriers that inhibit this process.			
29 Are there any key areas you would like to address not listed here? Write in this space:			

Action Step for Improvement

Please choose an improvement area or areas from the checklist above and create an Action Step that you can implement to enhance alignment with families.

- 1 What change do you want to implement? _____
- 2 What will be the first step? _____
- 3 When? _____
- 4 Where? _____
- 5 How will you be reminded to do it? _____
- 6 Who can assist with the completion of the Action Step? _____
- 7 What might get in the way of completing the Action Step? _____
- 8 Other thoughts: _____