



THE  
**PREVENTION  
NETWORK**

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# FAMILY GROUP DECISION MAKING

**ENCOURAGING**  
HEALTHY RELATIONSHIPS **PROMOTING**  
POSITIVE LIFESTYLES



**Family Group Decision Making (FGDM)** is a strength-based approach, giving you and your family a voice when trying to resolve identified concerns. **FGDM** is a voluntary and confidential process where supports are brought together for a **family conference** where your family is empowered and engaged to invest in your own strengths to create a workable plan for the best interest of the children.

## What happens at the family conferences?

At the family conferences, issues affecting the well-being of you, your children and your family will be discussed with you and your supports. Everyone wishing to comment on these issues will be given a chance to do so, and it is required that all in attendance respectfully listen to anyone wishing to speak. Information about various supportive services that could benefit your family will also be shared at this time.

## Who comes to the family conferences?

You will need to provide the coordinator with a list of names of people to attend the family conference. Your support system is a list of those in your life who are closest to you and who will be there for you in times of need. Those you invite can be family, friends, service providers, or anyone who you feel would be able to help. Those in your support system will be asked to respect your privacy and confidentiality, as will agencies providing services.

## How will outcomes be measured?

- Development of a Family Service Plan
- Addressing concerns without blaming or shaming
- Getting extended family members, friends, referral sources and providers on the same page
- Identifying strengths, concerns, supports and resources for the family
- The family will create the plan, not the agencies
- Family is responsible for follow-through of plan
- Quick closing time for agency involvement
- Children are raised in families where research shows they do better

### THE PREVENTION NETWORK & CLASS ACADEMY

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# What's the day going to look like?

~Length of meeting will vary anywhere between 2-4 hours~

## Introduction

Why we are here  
Who is everyone

## Strengths

Providers say what they believe are strengths  
Family says what they believe are strengths

## Concerns

Family mentions their concerns  
Providers mention their concerns  
CYS gives their "*bottom line*" concerns  
"*bottom line*" is what needs to be addressed in service plan  
The family concerns typically match that of the *bottom lines*

## Break Time For Meal & Family Private Time

Family eats their meal and addresses the bottom line concerns in a "who, what, when" format  
"Who" will do "What" and "When"  
Examples will be provided to assist you

## Conclusion

Family presents their plan to CYS  
CYS approves the plan, and the day is completed

## Additional:

- Survey
- Schedule follow-up meeting



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Call 724-544-5162

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Name \_\_\_\_\_ Date \_\_\_\_\_

This sheet will help you think ahead about what you might want to say at the conference. It is just a worksheet for you; no one else needs to see it. Please think about the following things. You do not have to write them down, but you may find that writing them will help you to remember your thoughts once the conference begins.

## **MY THOUGHTS.....**

**The Strengths of this Family Are.....**

**The Concerns of this Family.....**

**Some Ideas that I have for a Family Plan are..... What can you do?  
(How can we work together to address the concerns)**

# GROUND RULES

- Focus on the Purpose
- Be respectful of each other
- Be Honest
- No Blaming or Shaming
- One Person Speaks at a Time
- It's OK to Disagree
- Confidentiality
  - \*What's said in the room stays in the room
  - \*Mandated Reporters
- Maintaining a safe and sober environment
  - \*No weapons permitted
  - \*Drug & Alcohol free
- Additional ground rules?

# Sample Family Service Plan:

*Family Plans Follow This Format:*

**WHO** ~ Who Will Do It?

**WHAT** ~ What Will They Do?

**BY WHEN** ~ By When Will They Do It?

Concern: Joe will maintain a clean home.

Plan:

WHO

WHAT

BY WHEN

Joe	Will do the laundry	Every Tuesday morning
Joe	Will dust and vacuum	Every Thursday morning
Joe	Will clean the kitchen	Every Friday morning
Joe	Will clean the bathroom	Every Friday morning
Aunt Carol	Will call to see how the laundry and vacuuming are going	Every Tuesday and Thursday afternoon
Uncle Ken	Will stop by to check on the house	Every Friday night
Jane (Joe's Sister)	Will come by to help with cleaning	Every Friday morning