



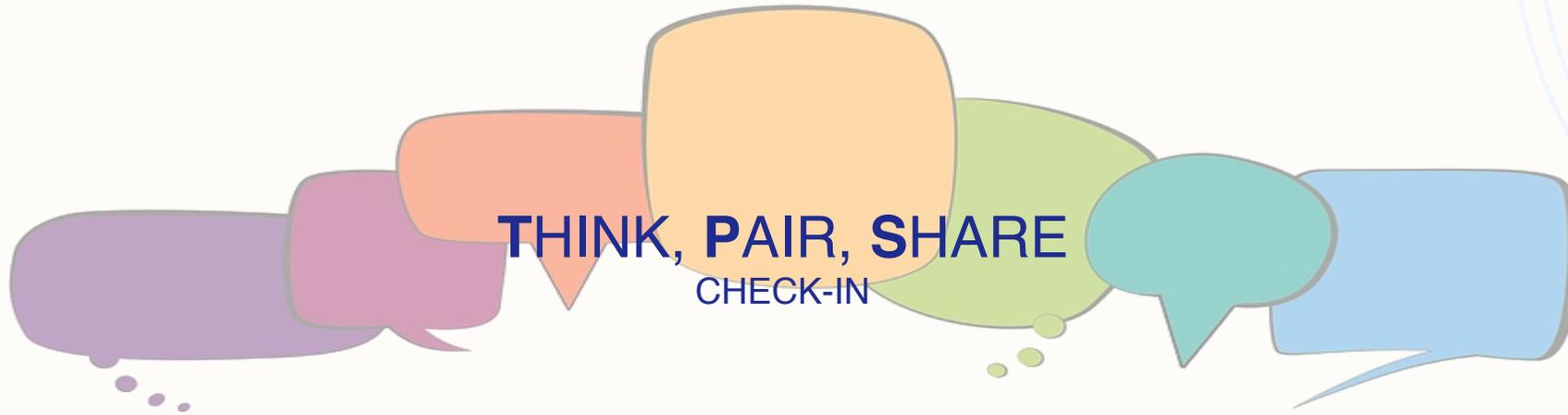
**PRE-MEETING
STRENGTHENING FAMILIES**

OVERVIEW: PRE-MEETING

- **Check-In**
- **Orientation to the Intervention**
- **Goals of the FSI**
- **How is the FSI Organized?**
- **Identify Who Will Participate in the FSI**
- **Confidentiality**
- **Informed Consent**
- **Intervention Guidelines**
- **Check-Out**

CHECK-IN





The primary goal of the pre-meeting check-in is to build rapport.
How can you do this?

BUILDING RAPPORT

- Thank them for prioritizing the family and attending the session
- Show genuine interests in learning about them
- Begin to fill out ***Family Information Worksheet*** in your Workbook
- Listen attentively and remember important details
- Ask about general concerns and list in ***Concern List*** of workbook
- Review the day's agenda
- Allow time for questions

Orientation To the Intervention



FSI GOALS



1. TO HELP FAMILIES TALK ABOUT THE CHALLENGES OF THEIR REFUGEE LIFE EXPERIENCE



2. TO INFORM REFUGEE PARENTS AND CHILDREN ABOUT ADAPTING TO LIFE IN THE UNITED STATES, MENTAL HEALTH RISK FACTORS, AND RESILIENCE.



3. TO HELP FAMILIES RECOGNIZE AND UNDERSTAND THE CURRENT NEEDS OF EACH CHILD, ENCOURAGE THE HEALTHY DEVELOPMENT OF CHILDREN IN THE FAMILY, AND KNOW HOW TO GET HELP IF/WHEN NEEDED.

FSI GOALS



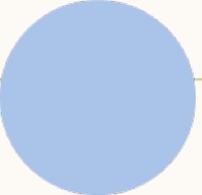
4. TO HELP PARENTS UNDERSTAND RESILIENCE AND BUILD IT IN THEMSELVES AND IN THEIR CHILDREN.



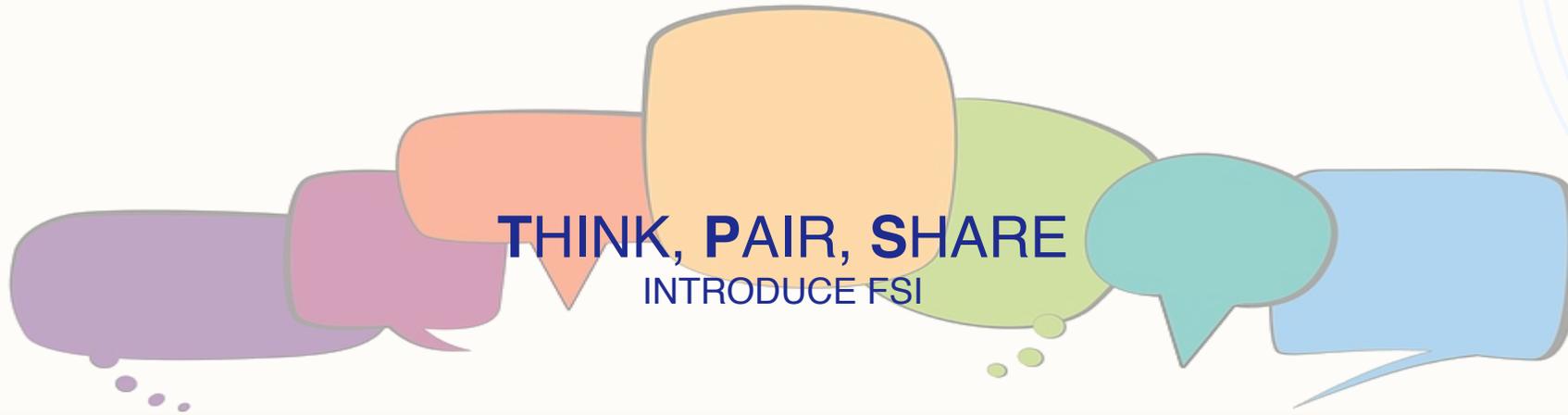
5. TO IMPROVE COMMUNICATION IN THE FAMILY BY DEVELOPING STRATEGIES FOR TALKING ABOUT CHALLENGES AND PROBLEMS WITHIN THE FAMILY.



6. TO HELP FAMILIES CONNECT TO THE COMMUNITY AND FIND/USE COMMUNITY RESOURCES.



7. TO HELP FAMILIES PLAN FOR THE FUTURE.



Based on the goals how might you introduce FSI and explain it to the family? Come up with a sample script.

SUGGESTED TEXT

INTRODUCE THE FSI



“Sometimes when there are challenges in the family because of the refugee experience, families may lose hope. In many situations, children are often left out of the discussion of resettlement stressors, even though these experiences can affect everyone in the family. With this intervention, we hope that families will have a better shared understanding and can plan better for the future.

It can be useful to meet with caregivers and, with caregivers’ permission, with the children separately. We do this to ask the child about his or her experiences with resettlement in the family and to find out if the child has any questions or concerns.

This intervention provides information, allows the family to hear each member’s experience, and then make plans for the future. Talking about experiences and future goals together can build family unity. We will be working together to talk about the family story and shared goals that you all have together. We will focus on how the refugee experience has affected your family life and how the family has made it through the difficult times in the past.

Each topic will give time for questions. You should know that this intervention focuses on prevention so it does not provide treatment for patients of child mental health problems. If needed, referrals will be made.”

The background features a vertical line on the left side. To the left of this line, there are concentric white circles on a light green background. To the right of the line, there are large, overlapping geometric shapes in shades of blue, green, pink, and red.

SETTING GOALS AND EXPECTATIONS

- Need to be really clear in premeeting about goals of intervention, be specific about what we can and can't do



How can you clearly say what we can and cannot do?



SUGGESTED TEXT

SETTING GOALS & EXPECTATIONS

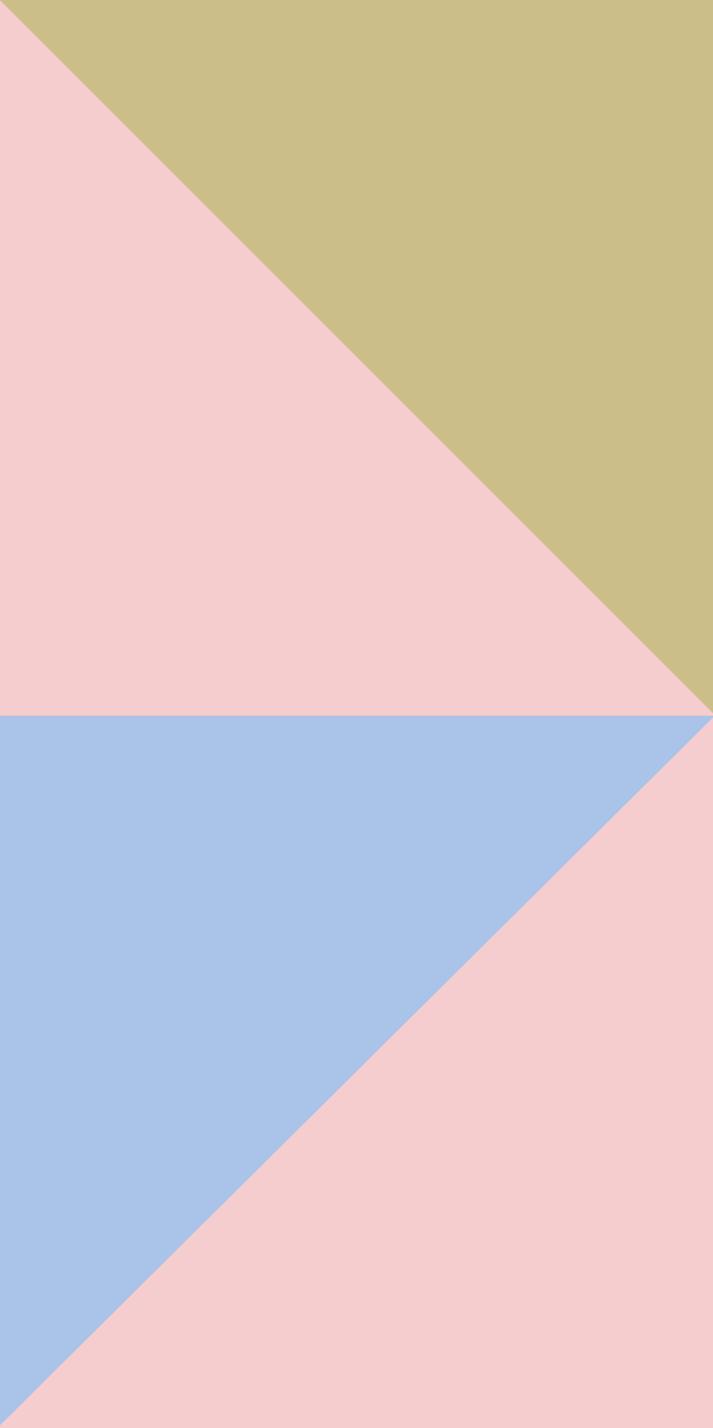
“There might be some things we can’t address within this program- there might not be time, or I might not have the skills- in those cases I will work with you to find help outside the program for those problems.”

“Some problems we won’t be able to help with, such as... (give examples). In these cases I will work with you to access information and services you might need to solve the problem. “

“It’s not about me solving problems for you, it’s about me teaching you as a family to solve problems together, this will help to strengthen your family for the future.”

Identify Who Will Participate





IDENTIFY WHO WILL PARTICIPATE

- The family caregivers may include biological parents, adoptive or foster parents, grandparents, step-parents or combination of these individuals
- At least one child between 7-17 should participate, but all children are welcome to attend the child sessions
- Getting children to participate:
 - One option is to offer a child session with no agenda aside from getting to know each other and address any questions
 - Offer to speak to the kids during the pre-meeting to introduce yourself and the intervention
 - Bring toys or games to build rapport with the kids



What complications or concerns could arise when deciding who will participate?

What should we keep in mind?

Confidentiality



IMPORTANT INFORMATION & RISK OF HARM PROTOCOL

Confidentiality:

- Conversations with children are private and not shared without their permission — unless there is a safety concern (Risk of Harm).

Caregiver Communication:

- You may let caregivers know in advance what general topics will be discussed with their children.
- You may ask for permission to share specific questions or information between children and caregivers (e.g., in a Family Meeting).

Collaborating with Professionals:

- With family permission, you may consult with medical, mental health, or school professionals involved with the family.



What concerns could arise when explaining confidentiality and how can you address those concerns?

Intervention Guidelines



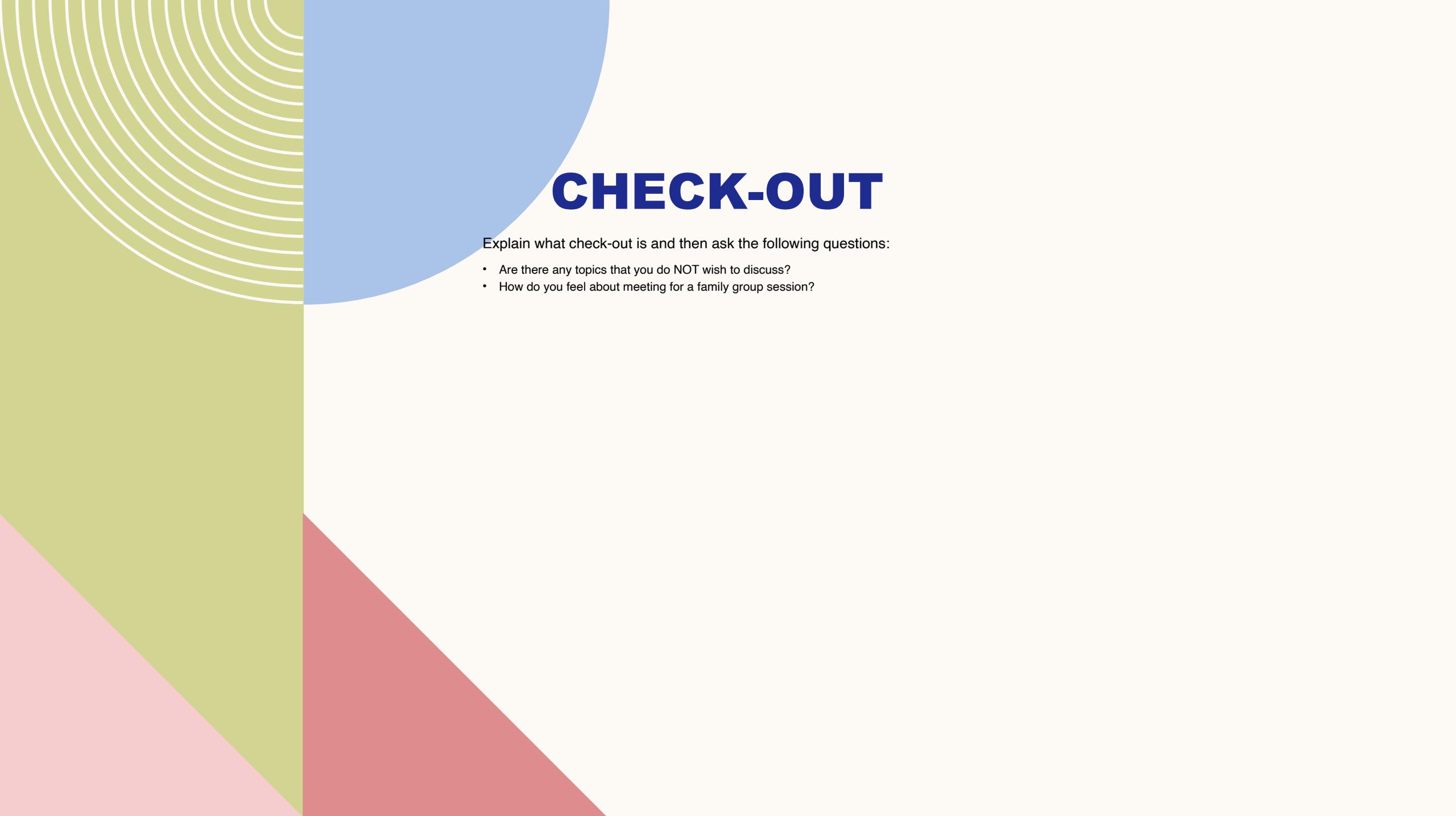
PRESENTING INTERVENTION GUIDELINES

1. Respect each other
2. One person speaks at a time – everyone's opinion is important
3. Listen to each other
4. Pay attention
5. Ask questions by raising your hand
6. Anything else?

Ask caregivers if they want to add any guidelines

Check-Out





CHECK-OUT

Explain what check-out is and then ask the following questions:

- Are there any topics that you do NOT wish to discuss?
- How do you feel about meeting for a family group session?

FOR DISCUSSION & REFLECTION

- What questions or concerns might **Afghan caregivers** have about the intervention?
- What questions or concerns might **Afghan children** have about the intervention?
- How can you address their concerns?



KEY TAKEAWAYS FOR INTERVENTIONISTS : HOW TO ADDRESS CONCERNS

- Some concerns could be quite severe.
- If it is possible to wait to address the concern, inform the parents how/when the concern will be addressed in the intervention.
- If the concern must be addressed right now, provide guidance through psychoeducation, finding social support networks, and setting up referrals.

PREPARE FOR FUTURE MODULES

- Identify a time and location for caregivers and/or facilitator to introduce FSI to children
- Identify taboo topics
- List most pressing family concerns in the Concern List located in your Interventionist Workbook

ROLE PLAY

CHECK-IN, ORIENTATION TO THE INTERVENTION, CONFIDENTIALITY

- Get into groups of three and decide who will be the caregivers and the facilitator
- In front of the group practice a successful check-in & orientation to the intervention
- The group will offer suggestions and praise





Q & A