

Rethink Formulation

Date:

Case Sharer:

Agency:

Who was involved in this discussion?:

Family / Key Relationships:

Identity and cultural considerations:

Services involved:

What triggers things?

(Precipitating Factors)

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Family history, challenges and vulnerabilities?

(Predisposing Factors)

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What positives and strengths are there?

(Protective Factors)

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What could happen if things don't change?

(Predicting Factors)

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What's happening right now that's causing concern?

(Presenting Issues)

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What's keeping the issues going?

(Perpetuating Factors)

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Next Steps Planning

- **Hypothesis:** What has the above discussion told us about where we need to start in terms of perpetuating factors and the presenting issue? Remember *IF* and *THEN* statements can help you to create a hypothesis.

- **Goals & Actions:**

We will start by addressing ...
Prioritized perpetuating factor(s)

We will do this by ...

Next steps planning: Think SMART (Specific, Measurable, Achievable, Relevant, Timebound) Who will be responsible for each next step (use your protective factors to identify strengths and relationships that can help) ? When will the next step be completed? How will this be reviewed?

Share the outcome / next steps from today's formulation with family members / young people that were not in attendance (please consider how this will be done)