

Answer Key to Overview QUIZ: Principles and Beliefs of Strengths-Based, Solution Focused Practice and Family Group Decision Making

1. Strengths-Based, Solution Focused Practice and FGDM Achieves the Following CFSR Outcomes...Circle All that Apply
 1. Outcome SAFETY: Children are maintained safely in their homes whenever possible and appropriate
 2. Outcome PERMANENCY: Children have permanency and stability in their living situations
 3. Outcome PERMANENCY: The continuity of family relationships and connections is preserved for children
 4. Outcome WELL-BEING: Families have enhanced capacity to provide for their children's needs

2. **True or False:** Solution focused practice was developed by professionals who used an inductive process of observing clients in therapy, sought to determine what activities were most helpful to clients.
TRUE Solution focused practice was developed by *Steve de Shazer and Insoo Kim Berg* who used an inductive process of observing clients in therapy, sought to determine what activities were most helpful to clients.

3. The FGDM Process Place in Order of Occurrence
 1. Follow-up 4
 2. Preparation 2
 3. Referral 1
 4. Family Group Conference 3

4. **True or False:** Effective use of questions to help clients recognize, explore and use strengths is a key feature of the Solution-Focused approach.

5. **True or False:** All families have the ability to meet their own needs

6. **True or False:** Caseworkers have the strengths necessary to engage families in the FGDM Process

7. Identify the statements that ARE Values of Solution Focused Intervention
 - a. **Despite life's struggles, all persons possess strengths that can be marshaled to improve the quality of their lives.**
 - b. Families become involved with agencies because they do not know how to resolve their problems on their own.
 - c. **Client motivation is increased by a consistent emphasis on client defined strengths.**
 - d. Clients would not have problems if they knew what to do to solve them

8. Who is this – Identify the Role in the FGDM Process – **Family Member**
 - a. Primary decision maker throughout the process
 - b. Decides who will be invited to the conference
 - c. Has the power and the accountability throughout the process
 - d. Creates a plan that will addresses the bottom line concerns

9. Identify the statements that ARE Values of Solution Focused Intervention
 - a. **Discovering strengths requires a process of cooperative exploration between clients and helpers.**
 - b. **Focusing on strengths turns practitioners away from the temptation to judge or blame clients for their difficulties and toward discovering how clients have managed to survive.**
 - c. **All environments – even the most bleak – contain resources.**
 - d. No matter what you say, Families who are resistant to services will stay resistant.

10. Connect Role to the Activity during the FGDM Process
 - a. Primary decision maker throughout the process
_____ **Family Member**
 - b. Help monitor group dynamics _____ **Co-Facilitator**
 - c. Share information relevant to the purpose _____ **Referral Source**
 - d. Provide emotional support to a family member
_____ **Support Person**

11. **True or False:** The Core Principle of the Solution-Focused Approach Is...***If what you are doing doesn't work, stop doing it and do something else. If what you are doing is working, do more of it.***

12. **True or False:** If you inform the coordinator that the family has a history of Domestic Violence they can determine if the referral is appropriate for a FGC

13. Identify the Solution Focused Strategies
- a. **Identifying strengths in a problem situation**
 - b. **Exploring past successes**
 - c. Telling clients what you need them to do
 - d. **Finding and using exceptions to the problem**
 - e. Telling clients their problems
14. Identify the True Statements
- a. **Families are the experts in meeting the needs of children**
 - b. Families need caseworkers to assist them with the development of their Family Service Plans
 - c. **Families have strengths that can be utilized to address concerns**
 - d. All families have resources to meet their needs
15. Identify the Solution Focused Strategies
- a. **Facilitating a positive vision of the future**
 - b. **Scaling questions**
 - c. **Encouraging commitment**
 - d. Connecting clients to services you think will help
16. **Complete the sentence:** If a family member cannot attend the FGC they may provide **written views** _____, to express their views
17. **True or False:** FGDM is a good example of a SBSF approach that a caseworker may utilize
18. **True or False:** SBSF and FGDM both are practices which focus on client identification of solutions as opposed to worker imposed solutions
19. **Bonus Tie Breaker:** Under ASFA , Child and Family Service Review Outcomes (CFSR), and Identify the 4 Elements of Child Well-Being
- a. Physical Health
 - b. Mental Health
 - c. Education
 - d. Families have enhanced capacity to provide for their children's needs