

# *Strengths, Needs, and Cultural Discovery Questions*

## *Family and Family Culture*

**Who is in this family, by their own definition? Do all family members have appropriate access to each other? What do the members of the family need to stay together or in touch with each other? Are there serious, unmet needs for any family members that impair family functioning?**

**The facilitator needs to learn about the youth and family's culture. Some examples of family culture follow:**

<b>Dress</b>	<b>Language</b>	<b>Habits</b>
<b>Rituals</b>	<b>Rules</b>	<b>Assumptions/Belief</b>
<b>Preferences</b>	<b>Ways</b>	

- What is your best quality as a parent? What do you like most about your child?
- What are the best things about you? Your family?
- What were you like as a kid?
- Tell me about how you were raised. Give me an example of something you learned from your parents? Are you similar or different as a parent than your parents? In what ways?
- Describe your parenting style.
- Tell me about the rules in your family. How do they work?
- Describe for me the pace of how your family operates? Very fast? Slower than most? Do you like it that way? Is this how you were raised?
- I see from your file you are (Native American; African American; Chinese American, etc.). Could you tell me how being \_\_\_\_ has affected you in a positive way?
- Does your family celebrate holidays? Which ones? In what way?
- I find that most parents have dreams about their children. What would you like their lives to be like at 21 years old? 40? Do you have a long-range vision for your family?
- What or who has been the most influential in your life?
- Do you have any heroes? Why are they your heroes?
- Out of your favorite relatives, who would you like on your team?
- (To the youth) I like your (hair, make-up, clothes, etc.). Did you come up with that yourself?

## *Social/Friends/Fun*

**Do family members have friends and access to their friends? Does this family socialize with each other? Do individuals socialize outside the family? Do they have any fun? Do they have any way to relax?**

- How does your family have fun? When is the last time you did that?
- (To the youth) What are your favorite things to do? Why do you like them?
- What is your favorite time of the day? Year? Why?
- When do you have the most enjoyable times with your family?
- How do you relax or what do you do to "blow off steam?"
- Do you have people over to your home frequently? Who were the last three visitors to your home?
- (To the youth) What is your favorite color/musician/sport?
- (To the youth) Who do hang around with? Who would you like to hang around with?
- (To the youth) Do your parents like your friends?

- (To the youth) What do you value most in a friendship? (loyalty, fun, etc.)
- (To the youth) Who is your favorite person or who is your best friend?
- (To the youth) Who is the coolest person you know? What is cool about this person?
- (To the parents) Who are your close friends and why are they special to you?

## ***Residence/Neighborhood***

**Do the current living arrangements meet the family's needs?**

- Tell me a little about your home.
- Do the kids/parents share bedrooms?
- Do the kids and parents have places to go for quiet?
- Is there a place to enjoy outdoor activities?
- What is your neighborhood like?
- Do you feel safe in your neighborhood?
- What kinds of things do you do with your neighbors?
- Who in your neighborhood helps you out? In what ways?
- What do you like best about your neighborhood?
- What do you like about your current living arrangements?
- What things don't you like about your current living situation?

## ***Behavioral/Emotional/Psychological***

**Are any problem behaviors blocking a family member's chances of having a good life? Does the referred individual have any unmet needs in these areas? Do any other family members have unmet needs in this area? Are there unresolved issues that impede normal interactions within the family or in the community?**

- Who do you call when times are tough?
- If you could do anything different with your life, what would it be?
- Do you have any immediate goals for your family?
- When \_\_\_\_ happened, who did you call?
- Who seem to be good candidates to be on the child and family team?
- What are ways that family members of your family help to make you feel happy and good about yourself?
- Does \_\_\_\_ have a friend or other peer s/he listens to? Could that person be on the team? Does your child turn to the parents of any friends for advice and would they be helpful?
- What do you do when you are feeling sad and lonely? Are there people you call upon to help you feel better?
- (To the youth) What about your personality? Are you (quiet, boisterous, private, outgoing, loyal)?
- (To the youth) If you could say one good thing about yourself, what would it be?
- Was there a professional you worked with who you really felt helped in other situations? Would that person be someone you want to have on the team? Why?
- What do you daydream about?

## ***Safety/Crisis Intervention***

**Is everybody in the family safe? Are there dangers to individual family members? Is anybody potentially dangerous to themselves or to the community?**

- How are you in a crisis? Could you give an example?
- Are there any dangers to having everyone living together in the same household?

- What are some things you have done to keep your family safe during crisis times?
- Are there any firearms in the home? Do the children have access to them?
- (If appropriate) Are medications locked away? What about the youth's access to alcohol in the home?

## *Financial*

**Is the family able to meet basic needs? Are they eligible for entitlements?**

- Is anyone in your home employed?
- (If appropriate) Is anyone in the home on Social Security, cash assistance, food stamps?
- Are you able to meet your monthly financial obligations right now?
- Do you often encounter a lot of unexpected bills/expenses?
- What do you want to happen regarding your financial situation?
- What was the most satisfying time in your life regarding your financial circumstances?

## *Vocational*

**Do older children have access to employment opportunities? For what sort of future are they being prepared?**

### **YOUTH**

- Do you have or have you ever had a part-time job?
- What would be your ideal job at this time?
- What do you want to be when you grow up?
- What kinds of things do you do that make you feel good about yourself, or give you a sense of accomplishment?

### **ADULTS**

- Is anyone in the home working right now? Full-time/Part-time?
- Describe where you work and what you do at your company.
- If you are not working at this time, is that something you would like to do?
- What kinds of things do you do that make you feel good about yourself, or give you a sense of accomplishment?
- Are there people at work that you can talk to about your problems?
- What would your ideal job be?
- Do you wish you had more education and/or training to help you get a different job?

## *Education*

**What will it take to ensure a viable education for the children, particularly the identified client? For what sort of future are they being prepared? Are their rights intact?**

- Who at your child's school do you like and trust? What have they done which has been most helpful?
- (To the youth) What is your favorite subject in school?
- Who is your favorite teacher?
- What you like best about school?
- What was the best year in school for you and why?
- How could school be a better place for you?
- Are there programs at school that you enjoy that you would like to do outside of school? (shop class, auto repair, etc.)

## ***Legal***

**Are any family members involved in the judicial system, on probation or parole? Do they have representation? Are there issues around custody?**

- (If applicable) Who has custody of the children?
- Is anyone involved with the court system or on probation?
- Who gives you legal advice?
- Have you worked with any attorneys in the past?

## ***Medical***

**Are healthcare needs met? Does the family have access to specialized medical services they may need?**

- Do you have insurance and/or medical card?
- Which providers are you currently seeking for your medical needs?
- Have you been referred to any specialists?
- Is the child on any medications?
- Do you have transportation to your medical appointments?
- Describe your health status right now.
- What kinds of things do you do to stay healthy?
- Do you have any limitations because of your health?

## ***Spiritual***

**Are spiritual needs being met?**

- What does a typical Sunday morning look like in their family (or other day that a family may have for attendance at their faith community)? Was that what it looked like when you were growing up?
- Are you or is your family part of a faith community?
- Have you or your family ever been part of a faith community?
- What do you enjoy about your faith?
- Is your family in the same faith?
- Is there someone from your faith community who you would like on the child and family team?
- How does your family express their spirituality?
- What do holidays look like with your family?
- What is your favorite holiday and why?
- Is your family new to this faith community?
- Are there special persons in your faith community who mean a great deal to you or your family? What do they do to support your family?
- What do you feel you need to be able to participate in your faith community again?

# Strengths-Needs-Culture Discovery Partner Exercise

You will each have 15 minutes to do a mini-SNCD with a partner.

You can ask your partner about any of the areas below, as well as any from your cheat sheets. Make sure you get information about Natural Supports, as well as making your own observations about your partner's culture and values based on their dress, appearance, or other clues.

**Fill in notes for yourself below; you will report what you learned in a small group, with a coach who can answer your questions.**

## Life Domains/Natural Supports

Family:

Social/Friends:

Residence/Neighborhood:

Financial:

Educational:

Legal:

Spiritual/Faith:

Medical/Health:

Habits/Practices/Rituals:

Assumptions/Beliefs/Core Values:

Fun: