

 3-5-7 Model®


Healing Losses through Strengthening Relationships

Part One—Overview of the 3-5-7 Model®



Welcome

- Make sure your "Zoom" name is showing correctly
 - Rename if needed to first and last name
- Turn your camera on
 - This will help us get to know each other
- When I call your name...
 - Say hello and share with us how long you have worked in child welfare



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Section 1: Introduction

Video: DREAMR Project Introduction to the 3-5-7 Model®



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3-5-7 Model® Vision Statement

Children, youth, and families experience healing within their relationships.



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Supporting Family Connections

- Use of 3-5-7 Model® supports work directly with youth and all family relationships
- Parallel process for all family relationship building



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A Guided and Directional Approach to Engagement


- **Guiding youth and families through their relationship building work**
 - Your knowledge and skills support the process
- **Directional towards readiness for decisions about relationships that have permanency**
 - Recognition that the path is not a direct one
 - Use of common language supports forward movement
- **Use of tools to support the work**
 - 3 5 7 Model® Readiness Continuum
 - 3 5 7 Model® Workbook
 - 3 5 7 Model® Skills Development Guide

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Section 2: Core Components

Core Components of the 3-5-7 Model®



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| Participant Handouts

3 Tasks

CLARIFICATION: Grief and Identity Work
Life Events are explored using 7 skills to provide opportunities to answer questions related to trauma, loss experiences, and identity

INTEGRATION: Relationship Building Work
Child/Youth/Parents explore meaning to relationships important to them as they make sense of where these relationships fit in their lives

ACTUALIZATION: Claiming/Belonging Work
Points of relational permanency are identified towards readiness for the decision to actualize relationships that provide permanency through belongingness and commitment

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5 Questions

- 1 Who am I? **Identity**
- 2 What happened to me? **Loss**
- 3 Where am I going? **Attachment**
- 4 How will I get there? **Relationships**
- 5 When will I know I belong? **Permanency, Safety, Belonging**

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7 Skill Elements



- Establishing the perception of **SAFETY**
- Providing **OPPORTUNITIES** to **EXPLORE** feelings and life events
- **BEING PRESENT** to the individual
- **LISTENING** to the stories
- **AFFIRMING** perceptions and feelings
- **BRIEFLY SPEAKING** in response to questions, comments, and reactions of individual
- **RECOGNIZING** and **ACCEPTING** that current **BEHAVIORS** reflect **GRIEF RESPONSES**


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Section 3: Theoretical Foundations

Theoretical Foundations

- The 3-5-7 Model® weaves together elements of many theoretical concepts
- Provides strategies to engage with children and youth, their families and caregivers



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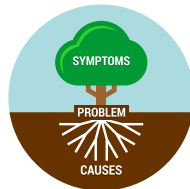
“Trauma **occurred** in the context of a relationship and can only be **healed** in the context of a relationship.”

Anonymous

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How Trauma Impacts Parenting Capacity

- Isolation/Lack of Support
- Limited Trust in Relationships
- Stress
- Unrealistic expectations/lack of knowledge of child development
- Lack of Parenting Skills
- Drug and Alcohol Problems
- Low Self-Esteem and Self Confidence
- Poor Child Experiences



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Grief Cycle



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Attachment Cycle

The Cycle of Need

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Crisis Pain Work

The 4 o'clock Hour

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Key Practice Principles

- Continuity of time with individual
- "Normalizing" the grief work
- Knowledge of and use of activities
- Development of Life Story Book
- Self Awareness

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Coming Up Next

1. Overview of the 3-5-7 Model®
2. How Storytelling Encourages Healing
3. Using Activities to Engage Children and Youth
4. Using the Tools of the 3-5-7 Model®
5. Clarification: Seeking the Answer to Why
6. Integration: Creating Well-Being through Relationships
7. Actualization: Finding Safety in Relational Permanence
8. Supporting Youth-Driven Decision-Making

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