

Solution Based Casework (SBC) Overview

What is SBC?

SBC is an evidenced-informed casework practice model that prioritizes working in partnership with families, focuses on pragmatic solutions to difficult situations, and notices and celebrates change.

The following assumptions are the foundation of SBC:

- Full partnership with the family is a critical and vital goal for every case.
- The partnership for protection should focus on the patterns of everyday life of the family.
- Solutions should target the prevention skills needed to reduce the risk in those everyday life situations.

SBC assessment utilizes the family life cycle to frame and locate the “problem” in the difficult developmental challenges that create safety threats to the family in their everyday life (supervising young children, keeping the house clean and safe, teaching the children right from wrong).

SBC case planning organizes those challenges into efforts (Specific Plans of Action) the whole family can work on (Family Level Objectives), and those efforts (plans) that certain individuals in the family need to work on (Individual Level Objectives) so that the family challenges go better. These Specific Plans of Action are not the typical service delivery plans that measure service compliance, but are *behaviorally specific*, and are co-developed by the family, contractor or other service provider. These plans target needed skills in critical risk areas that can then be demonstrated, documented, and celebrated.

Throughout assessment, case planning, and casework management, SBC builds on solution-focused tenets that child welfare families:

- Need significant encouragement to combat discouragement
- Possess unnoticed and unrecognized skills that can be used in the anticipation and prevention of child maltreatment

Families are assisted within a forward-looking partnership that searches for exceptions to problems in everyday life and recreates or builds upon their social network with supportive others.

SBC is constructed on the following Milestones:

Milestone 1: Building a Consensus (Assessment)

- Having honest conversations about family safety, parental capacity, and child vulnerability in a safe way that builds toward family engage in change.

Milestone 2: Getting Organized on Outcomes (Case Planning - General)

- Moving from talking about what needs to change to formalizing specific and measurable outcomes that the family (and their workers) will work on (family level and individual level).

Milestone 3: Specific Action Plans (Case Planning – Specific)

- Working with families and others to co-develop specific Action Plans to help them realize their outcomes amidst the challenges of their everyday lives.

Milestone 4: Documenting and Celebrating (Casework)

- Working with families and others to problem-solve challenges and notice their successes in ensuring family safety and individual self-management (document competence, celebrate change).

Additional information on SBC is accessible at <https://www.solutionbasedcasework.com/>