



#1 Tool for the Family

“Family Transformational Response Model” (F.T.R.)

FAMILY TRANSFORMATIONAL RESPONSE (F.T.R.) Model

Finding a solution for the 32 Key Issues can be addressed by using this model format.

Example, Take your issue and define what the issue is, then state how this issue will impact the family, then identify what steps your family can take to prepare for this issue, then find those organizations/ professionals who can help the family in dealing with this issue.

The F.T.R. Model:

- I. Define the Issue?
- II. How does this issue impact the family?
- III. What steps can the family take to prepare and respond to this issue?
- IV. Creates of list of who can help and assist the family in their response?
- V. What should the family expect as their outcome?

The F.T.R. Model Worksheet

1. Define the Issue?

- ❖ Clearly State what happened or will happen?

- ❖ Identify who is involved, or should be involved?

- ❖ What would you like to have happened, or like to see happen?

2. How does the issue impact the family?

- ❖ Who in the family?

❖ In what way?

❖ What is needed to move forward?

3. What steps can the family take to prepare and then respond to the issue?

❖ What needs to be done, prioritize the list?

❖ Who needs to be involved?

❖ What will it look like when completed?

4. Who can help and assist the family in their response?

❖ How to search for an organization to help?

❖ What to ask from them?

❖ What to expect?

5. What should the family expect as their outcome?

❖ Timeline?

❖ The expenses/cost involved in this issue?

❖ Required changes to successful respond to this issue?

❖ Timeline?

❖ Cost Involved?

❖ Required changed to successful respond to this issue?



2 Tool for the Family

"Family Value Based Decision-Making Model"

Value Based Decision-Making Model

In Values, we find ourselves taking a stance on how we will follow a certain way towards making a family value-based decision. It is therefore important to understand the family values, prior to making critical decisions about the lives of our loved one.

Values (ethics)

From Wikipedia, the free encyclopedia

In ethics, **values** denotes the degree of importance of some thing or action, with the aim of determining what actions are best to do or what way is best to live (normative ethics), or to describe the significance of different actions (axiology). It may be described as treating actions themselves as abstract objects, putting value to them.

It deals with right conduct and good life, in the sense that a highly, or at least relatively highly, valuable action may be regarded as ethically "good" (adjective sense), and an action of low in value, or somewhat relatively low in value, may be regarded as "bad.

What do you treasure the most that is without substitution for anything else?

Write yours down as an individual family member.

- 1.
- 2.
- 3.

Now discuss them together as a family, each person stating what they feel are their most important family values. (note: there is no wrong answer).

Our individual top Family Values Are:

- 1
- 2.
- 3.

There are six steps taken to make a value-based family decision. Here we will identify these six steps, but in the Family Solution Finder Learning Series Workbook you will be asked in a practical exercise to use these steps along with your values.

SAY A DECISION BY THE FAMILY IS REQUIRED

First Step: Identify Exactly What Happened

Exercise: What Happened?

Identify the details of the situation? (what happened, how did it happen, who was involved?)

What:

How:

Who:

Identify what you would have liked to have happened/happen?

Second Step: Analyzing the Situation

Every problem has a situation that surrounds it. Inside the situation is where you will find the solution to the problem. By analyzing the situation more closely, the solution will typically present itself. It will then be clarified and used in your decision-making process.

Exercise: We will look at the problem that impacts the situation. (what went wrong)?

1 Assessing the Problem: (Describe exactly what is happening that is not working?)

2 Identify, what is causing this to happen?

3 In “what areas” did this create an impacting or disruption?

Third Step: What is the number one contributing factor

What is (was) the number one contributing factor to this disruption or need for a decision?

Fourth Step: Gathering Information

It may seem unnecessary to have a segment that reviews “Gathering Information” however, this is a critical part of the decision-making process and can significantly impact the quality of your decision and its outcome.

There are three types of information to consider gathering:

1. The Primary Source information, The information comes from the person it happened too, or that was there.
2. The Secondary Source information, He Said She Said.
3. The Gut Feeling Source, no one person saw it happen, but I think this is what occurred.

All the above information gathering types are reasonable to include in the decision-making model.

The Primary Source: Prepare a list of questions and then go to the primary source for answers. At times you may not know which best questions to ask. So, research possible questions, then go ask them.

For Example: If you are considering a treatment center for your loved one, go to the facility and take a tour. Do not just read their website, listen to someone else’s opinion about the facility or telephone them for a few answers. You will need to go directly to them as they are the “primary source” of information. You should come with a prepared list of questions in order to have an accurate understanding of their facility. Search online for how to assess a treatment facility.

The Secondary Source: This is also a good resource to consider using when deciding. The Secondary source is valuable because it allows others to provide information about your search for answers. From Secondary Sources you may find other topics or questions that need to be considered.

There are two areas that you need to be aware of; 1. The source of the secondary information. Who are they, what authority do they speak from, why are they providing this information. 2. Is this information a direct correlation to the topic that you are researching. Be careful, sometimes in secondary search it becomes tempting to seek out information that proves your premises to be correct. That is called bias. We want to avoid being bias, just the facts please.

INFORMATION GATHERING CARD

Gathered Information:

What did you learn?

Who did you learn it from?

Why do you feel it is creditable?

Use these answers to assemble your decision.

Fifth Step: Create a Criteria, what is most important

Exercise: Does your solution qualify for consideration? Use the Family Transformational Response Model (F.T.R.) to determine the solution.

CRITICAL CRITERIA, *Final Review (True or False)*

- Will this action ensure safety for your loved one?
- Do you have the resources needed to complete these tasks?
- Is your timetable realistic?

Do you understand the negative impact(s) your actions may create?

Would you want others to take this action on your behalf?

Sixth Step: Choose Best Solution

Exercise: Take your decision and place it here:

We will do the following:

Our expected outcome is:

Final decision is more useful when in writing, it helps you see them more clearly and you can easily share with others.



3 Tool for the Family

"The Responding to Family Issues Process"

*Instructions in using
"The Responding to Family Issues Process"*

Step One: Complete the "How Much Do We Know" by writing down the issues as clearly as you currently know it.

Step Two: Complete a "Family Transformational Response (F.T.R.) Model using the identified issue.

Step Three: Complete a "Family Values Base Decision-Making Model" using the identified issue.

Step Four: Complete the Functionality Practical Exercise #One worksheet in the Workbook.

Step Six: Complete the Potentiality Practical Exercise # Two worksheet in the Workbook.

Step Seven: Complete the Obstacles Practical Exercise #Three worksheet in the Workbook.

Step Eight: Complete the "Family Plan of Action" worksheet in the Workbook.

Example:

SEMINIAR #1: The Family is a System



	Purpose:	<i>The Responding to Family Issues creates a plan for future use in how the family will collectively respond to this particular issue.</i>
?	Instructions	The “Responding to Family Issues” process provides a step by step path for a family to consider when developing their response in how to best create a solution to a specific family issue. Complete each step below to formulate your possible family course of action.
	Identify the Issue	First, identify what issue you are seeking to address. Write what you know about the issue. Then proceed.
?	Complete Family Transformational Response (F.T.R.)	Second, complete each section in the F.T.R. worksheet using your identified issue. This seminar reviews the “Family is a System”. Topics include: Achieving Balance with family members, functionality and potentiality issues, and addressing obstacles of Denial, Enabling and Codependency. Determine which part of this issue you are seeking to resolve.
?	Complete Family Value Based Decision-Making Model	Third, in the Family Value-Based Decision-Making Model worksheet complete each section, then take that information and use it as your decision on what you will do collectively as a response to this issue. Include it to your family plan of action.
?	Key Topic #1: Homeostasis in the Family	Your family will seek balance, by identify with a professional therapist, what areas the family needs to be adjusting, the skills required to make this adjustment and a plan with the therapist on how to develop this change. Complete the practical exercise in the workbook.
?	Key Topic #2: Functionality and Potentiality	Your family members will seek to identify their level of functionality to act in response to an issue and increase their potentiality to contribute to the family dynamic. Complete the practical exercise in the workbook
?	Key Topic #3: Obstacles	Your family members will seek to determine if any of these three obstacles are part of their contribution to the family dynamic: 1. Denial, 2. Enabling, 3. Codependency. Complete the practical exercise in the workbook
?	Complete a Family Plan of Action Worksheet	Complete the Family Plan of Action.



4 Tool for the Family

"The Family Plan of Action"

Family Plan of Action:

I. SOLUTION:

The Identified Solution: (From the completed F.T.R. Worksheet):

II. DECISION:

The Decision-Making Process: (From the completed Family Values Decision-Making worksheet)

III. PLAN OF ACTION:

Priority # 1.

Task:

Task:

Task:

Priority # 2.

Task:

Task:

Task:

Priority # 3.

Task:

Task:

Task:

From these four tools:

1. The Family Transformational Response,
2. The Family Making Value Based Decisions,
3. The Family Plan of Action,
4. Responding to a Family Issue,

the family is prepared to learn about the 32 key issues they are likely to face in their journey with substance use disorders. To have addressed and learned about these issues without the having the needed tools to apply the lessons learned the education would have been useless.

The tools and your willingness to use them is the degree that you will have empowerment. Because empowerment comes from having knowledge and the tools to use the knowledge.

Now you can create a solution to an issue, make a family value-based decision and develop a shared family plan of action.