

Supporting Our Families Virtually

We all know that our clients and families benefit the most when we meet with them face-to-face. Face-to-Face interventions are also what allows us to create change with our clients/families.

At times, in order to ensure safety, we need to have more than typical virtual contact with our clients/families. Virtual contact is phone and video contact.

Tele-Visit ideas:

- Find ways to ‘join’ during every telehealth session. Have fun and remember to review the FCT guarantees.
- Check in and review basic needs, health, healthcare supplies, food, other physical safety, etc.
- Ecomaps can be done over the phone and drawn by the therapist over the phone and then securely emailed to the client/family member to see if what they want to add or change
- Crisis Plan and Solution Cards can be updated. Updated plans/cards can be securely emailed to the client/family
- Phone sessions can also be a good time to plan out family sessions with parents and prepare them with role plays and how their role will be vital for upcoming activities.
- Phone sessions are great for individual session for those family members that love to process and need to be heard.
- There are many online video’s that are valid and helpful for relaxation breathing, mindfulness and informative. Consider watching a pertinent video with your client/families.
- A great time to get case management needs met for the client/family. Linking them to natural and professional supports within their community can give them the extra support for stability.
- Phone check ins can also be great to give homework and brainstorm ways to have FUN!!!!!!
- Do a phone check in and complete updates to CANS, NCTOPPS, and DLA-20
- Do phone check ins and update the CCA
- Check ins on their stress/anxiety/depression/etc. levels. Offer tips and strategies, follow up on how they are doing
- Ensure they know how to remain safe while they may be home more (i.e. handwashing routine, disinfecting surfaces, etc.)

Ideas to provide your client/family. Consider some tasks/homework and then check in how these activities are going: Encourage clients/families to keep/develop a routine.

People do better with routines

- Completely encourage them to put their phones down and make their favorite comfort foods.
- Encourage the client/family to get out in nature and take a walk.
- Encourage family scavenger hunt
- Family workout challenges
- Arts and Crafts
- Try cooking/baking a new recipe
- Make a photo album/picture collage
- Write letters to service men and woman
- Do a puzzle

- Visit Online educational sites
- Take old clothes and create costumes and put on a play
- Send client/family tips/strategies for managing/reducing anxiety, meditation tips, stress management tips, etc.
- Read a book or two (or listen to an audio book)
- Color
- Upcycle/trash-to-treasure activities
- Family campfire and smores
- FaceTime/Skype with friends and family members
- Create homemade cards and send them to friends and family
- Ensure that there is a routine...people thrive w/ routine. Help them to develop one if they don't have one
- Explore Pinterest for your next recipe, art project, etc.
- Make puppets and put on a puppet show
- Play board games
- Listen to music, have a dance party
- Play card games
- Do a home spa day
- Put on a musical
- Make a family video
- Learn some words/sentences in a new language
- Paper airplane contests
- Build a windchime from items in your home
- Story telling...pull out photos and tell stories about that experience, person, etc.
- Hangout w/ pets