

PERFECT PODS

What's a Pod?

We are lucky in Leicestershire in having a readymade way of practicing Signs of Safety skills in the safety of the office. Pods are regular weekly or fortnightly meetings of practitioners within a team to look at new cases, stuck cases or challenging cases.

Content Mapping

Content Mapping is just another term for the three columns mapping that you would normally do with a family and other professionals. It is an assessment of the case made through exploring the detailed evidence using skilful questions in a structured process.

Good for practicing mapping skills and for new cases

Group Supervision Process

The Group Supervision Process focuses on the process of Signs of Safety without getting caught up in the detail of a case. It aims to build the skills in working through a case as a group. Good for perfecting writing Danger Statements and Safety Goals, and for stuck or challenging cases

It's important to decide which you are going to use for a Pod Meeting and don't mix them up. The person presenting a case, and what they want from the process should decide which way to go.

Pod Roles and Responsibilities

Whichever approach you and your Pod decide to use there are 4 key roles for Pod members.

- **Caseworker** – Brings the case
- **Facilitator** – Leads the session
- **Advisor** – Assists the Facilitator
- **Observer/Participant** – Supports the process

Pods work best and participants get the best chance of practicing key skills if everyone sticks to the role assigned to them.

One of the responsibilities of the Facilitator is to manage the meeting and stop Pod members from straying from the role assigned to them.



Content Mapping

Start with a Genogram, decided who will be the Caseworker, Facilitator and Advisor and then work your way through the three columns of the mapping process step by step

1 What are we worried about and What's working well?	Harm
	Complicating Factors
	Existing Strengths
	Existing Safety
2 Danger Statement	
3 Scaling	
4 What needs to happen?	Safety Goal(s)
	Next Steps

Group Supervision Process

1 Organise	Decide who'll be the Caseworker with the case to present, who will be the Facilitator to lead the process and who will be the Advisor to assist them. The rest of the Pod take on Observer/Participant roles
2 Genogram	Facilitator puts together a Genogram with the Caseworker
3 Case Overview	4 minutes presentation of the key aspects of the case from the Caseworker recorded by the Facilitator
4 Workers Goals	Facilitator checks what the Caseworker wants from the Group Process
5 Danger Statements	Everyone writes Danger Statements separately and then each person reads out their Statement without comment
6 Safety Goals	Everyone writes connected Safety Goals separately and then each person reads out their Statement without comment
7 Strengths & Safety Questions	Everyone writes out a Strength Question and a Safety Question; everyone reads this out without comment
8 Scaling Questions	Everyone writes out a Scaling Question; everyone reads this out without comment
9 Reflection	Facilitator asks the Case worker to scale how well their goals have been met... and gives them all of the completed work to use!

Explanations of Key Terms

Workers Goals

These are the goals of the Caseworker from the meeting. They have to be able to be achieved within the meeting. If you need something from outside the meeting then they will not be achieved. They are worker goals not case goals.

Danger Statements

Danger Statements are a simple statement one per worry spelling out

- Who is worried?
- What are they worried about?
...and, if nothing changes
- Why you would be worried about the child?



Safety Goals

For each Danger Statement there should be a Safety Goal. This should look at what we need to see to be satisfied that there is sufficient safety for us to be willing to close the case or no longer be worried.

Safety Goals are not the Safety Plan, it is what you want a Safety Plan to achieve.

Think about the words you use to start the Safety Plan to give hope to the family

Strengths

- Resources
- Good intentions
- People who care about the child or young person

Safety

Times when someone has kept the child safe when the danger was present