

# Family Story Worksheet & CANS Cards

## All About Me:

The thing I do best is...	
3 Things that make me feel calm...	
My best friend is...	
Some activities I always wanted to try are...	
The most important thing I own is...	
When I was a kid, I always want to be...	
This is who call when I need help...	
My brother(s)/Sister(s) names are...	
My favorite thing to do with a family member is...	
I feel safest when...	
My biggest goal in life is to...	

## All About My Values:

Growing up my family thought about school as...	
Growing up my family thought about punishment as...	
What is important to know about my family's history is...	
What makes me proud about my family is...	
My family handles stress by...	

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## CANS Cards Instructions:

Use these cards to help elicit the underlying needs of the youth/family, prioritize those needs, and explore what strengths they can use to address those needs. This is a discussion tool.

1. **Come prepared** with an idea of what cards will be important to the family based on 1st contacts and referral information.
2. **Show the family the domain topic cards** for the youth marked with "\*\*\*".
3. **Have them pick** which domains they feel are important to address.
4. Depending on the domains chosen, **Lay out some options** that are relevant to the family's referral to wraparound, to help the family discuss strengths and needs for the youth and caregiver(s).
5. By laying out the strengths and needs of the youth and caregiver(s), It becomes easier to **organize and drill down** to the underlying needs and how the family's strengths can help make sustainable change for them.
  - **Guide the family to organize** the needs into piles: Needs Attention Right Now, Will need attention soon, and Not important to address at this time.
  - **Guide families to place the strengths** they would like to use on each pile of needs that require action to elicit strength-based strategies based on those underlying needs.

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Pick the most important cards you want to work on with the Family Team:

<p><b>**Trauma Symptoms:</b></p> <p>I need help moving forward from things that have happened in my past</p> <p>(TS)</p>	<p><b>I miss someone no longer in my life</b></p> <p>(TS)</p>	<p><b>I won't talk about what I've been through</b></p> <p>(TS)</p>
<p><b>Sometimes I lose track of time</b></p> <p>(TS)</p>	<p><b>Sometimes I feel like the bad things are happening all over again at sleep or throughout the day</b></p> <p>(TS)</p>	<p><b>I feel like I have no emotions</b></p> <p>(TS)</p>
<p><b>Thinking about what happened keeps me up</b></p> <p>(TS)</p>	<p><b>I startle easily</b></p> <p>(TS)</p>	<p><b>Anything not in the cards, that you want to explore?</b></p> <p>(TS)</p>

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<p><b>**Life Functioning:</b></p> <p>I need help learning how to move through my day at school, at home, or with friends</p> <p>(LF)</p>	<p>I am on probation and want to have more freedom</p> <p>(LF)</p>	<p>Identify as part of the LBGTQIA+ Community and have no support</p> <p>(LF)</p>	<p>Attending school is hard for me</p> <p>(LF)</p>
<p>I want to know how to make and keep friends</p> <p>(LF)</p>	<p>I often struggle with my medical conditions</p> <p>(LF)</p>	<p>I need help learning to be independent</p> <p>(LF)</p>	<p>My grades need to improve</p> <p>(LF)</p>
<p>My family is always fighting</p> <p>(LF)</p>	<p>I have a lot of trouble sleeping</p> <p>(LF)</p>	<p>I get in trouble at school more than others</p> <p>(LF)</p>	<p>I have trouble understanding some of my school subjects</p> <p>(LF)</p>

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<p><b>**Behavioral &amp; Emotional Needs:</b></p> <p>I need help getting my body to do what I know I am supposed to do.</p> <p>(B/EN)</p>	<p><b>My body acts before I can think things through</b></p> <p>(B/EN)</p>	<p><b>Sometimes I plan to get back at others, whether they think they did something wrong or not</b></p> <p>(B/EN)</p>	<p><b>Using drugs has led me to do things I regret or has gotten me into trouble</b></p> <p>(B/EN)</p>
<p><b>Anything not in the cards, that you want to explore?</b></p> <p>(B/EN)</p>	<p><b>I often feel very down about my life</b></p> <p>(B/EN)</p>	<p><b>I don't have any adult in my life that I can truly trust</b></p> <p>(B/EN)</p>	<p><b>I am concerned about my weight</b></p> <p>(B/EN)</p>
<p><b>Sometimes I see or hear things others do not</b></p> <p>(B/EN)</p>	<p><b>I often worry or am scared about things others don't seem to worry or be scared of</b></p> <p>(B/EN)</p>	<p><b>I go from 0 to 100 when I'm upset</b></p> <p>(B/EN)</p>	<p><b>My anger has gotten me in trouble at school, home, or with friends</b></p> <p>(B/EN)</p>
<p><b>It's very hard to pay attention for long amounts of time or if I think it's boring</b></p> <p>(B/EN)</p>	<p><b>When someone tells me what to do I often do the opposite without thinking</b></p> <p>(B/EN)</p>	<p><b>Anything not in the cards, that you want to explore?</b></p> <p>(B/EN)</p>	<p><b>Anything not in the cards, that you want to explore?</b></p> <p>(B/EN)</p>

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<p><b>**Risk Behaviors:</b></p> <p>I need help making a plan to be safe with myself and others</p> <p>(RB)</p>	<p><b>I have done some things that were too risky for my safety</b></p> <p>(RB)</p>	<p><b>I have been in trouble for using fire</b></p> <p>(RB)</p>	<p><b>When I get overwhelmed I runaway</b></p> <p>(RB)</p>
<p><b>I have broken a law that could have gotten or got me in trouble</b></p> <p>(RB)</p>	<p><b>I have been bullied, robbed, or made to do things I knew were wrong</b></p> <p>(RB)</p>	<p><b>I have been sexually inappropriate with others and want to stop</b></p> <p>(RB)</p>	<p><b>I think it's funny to see the reactions I can get by being annoying to others</b></p> <p>(RB)</p>
<p><b>My pain has gotten so bad that I have or am considering suicide</b></p> <p>(RB)</p>	<p><b>It is hard not to get in physical fights with others</b></p> <p>(RB)</p>	<p><b>Sometimes I take advantage of others</b></p> <p>(RB)</p>	<p><b>Anything not in the cards, that you want to explore?</b></p> <p>(RB)</p>
<p><b>I make marks on my body to relieve stress</b></p> <p>(RB)</p>	<p><b>My animal's health is not important to me</b></p> <p>(RB)</p>	<p><b>Anything not in the cards, that you want to explore?</b></p> <p>(RB)</p>	<p><b>Anything not in the cards, that you want to explore?</b></p> <p>(RB)</p>

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Now pick your superpowers!

<p><b>**Strengths:</b></p> <p>Pick three of your Superpowers that you already have or that you want to build up</p> <p>(S)</p>	<p><b>I have several Close friends</b></p> <p>(S)</p>	<p><b>My family is very close knit</b></p> <p>(S)</p>
<p><b>I can overcome anything with the tools I need</b></p> <p>(S)</p>	<p><b>My grades are awesome, and I love school and/or I have an IEP that works for me</b></p> <p>(S)</p>	<p><b>I have healthy things to do in times of crisis, and am confident I can work the problem</b></p> <p>(S)</p>
<p><b>I believe that I will reach my goals in time and with help</b></p> <p>(S)</p>	<p><b>I have a talent that I am great at or want to explore</b></p> <p>(S)</p>	<p><b>My faith helps me get through hard times</b></p> <p>(S)</p>
<p><b>I am part of a community group who supports me</b></p> <p>(S)</p>	<p><b>The people I rely on are stable in my life</b></p> <p>(S)</p>	<p><b>Anything not in the cards, that you want to explore?</b></p> <p>(S)</p>

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Pick the most important cards you want to work on with the Family Team:

<p><b>**Parent Needs:</b></p> <p>Here are things I can bring to the table or need help getting better at</p> <p>(PN)</p>	<p>I often don't know what to do to keep the house running</p> <p>(PN)</p>	<p>I'm so tired it is hard to help emotionally with my child</p> <p>(PN)</p>	<p>I don't have much of a connection to extended family right now</p> <p>(PN)</p>	<p>I need help finding a job and getting the skills I need</p> <p>(PN)</p>
<p>I encourage my child's parent to be a part of their life</p> <p>(PN)</p>	<p>I am struggling with my recovery from substance use</p> <p>(PN)</p>	<p>I am not sure what I can improve to help my child reach their goals</p> <p>(PN)</p>	<p>Things are stressful with my partner right now</p> <p>(PN)</p>	<p>Paying rent has been very hard for me right now</p> <p>(PN)</p>
<p>Sometimes I don't know how to help my child face their needs and be their best self consistently</p> <p>(PN)</p>	<p>My physical health is not the best right now</p> <p>(PN)</p>	<p>I need help getting my child into childcare services</p> <p>(PN)</p>	<p>I don't have many people to reach out to for support</p> <p>(PN)</p>	<p>It is hard to get organized</p> <p>(PN)</p>
<p>Healthy foods are hard to get for the house right now</p> <p>(PN)</p>	<p>I am so stressed out</p> <p>(PN)</p>	<p>Money is really tight right now</p> <p>(PN)</p>	<p>Things have made it hard to make these meetings a priority right now</p> <p>(PN)</p>	<p>I struggle helping my child with homework</p> <p>(PN)</p>
<p>I need help knowing where to go to get the help my family needs</p> <p>(PN)</p>	<p>I can never find the right words to deescalate or describe my child</p> <p>(PN)</p>	<p>Things that have happened to me in the past have made moving forward difficult</p> <p>(PN)</p>	<p>I don't have much to do in my down time</p> <p>(PN)</p>	<p>I don't know how to commit to working with my child while their behaviors persist</p> <p>(PN)</p>
<p>It is hard returning all the calls I get for my child's case</p> <p>(PN)</p>	<p>I struggle to see my child's opinion of my role in their behaviors</p> <p>(PN)</p>	<p>I still have a close connect to someone who has hurt my child in the past</p> <p>(PN)</p>	<p>I have had CPS involved with me and my child</p> <p>(PN)</p>	<p>Anything not in the cards, that you want to explore?</p> <p>(PN)</p>