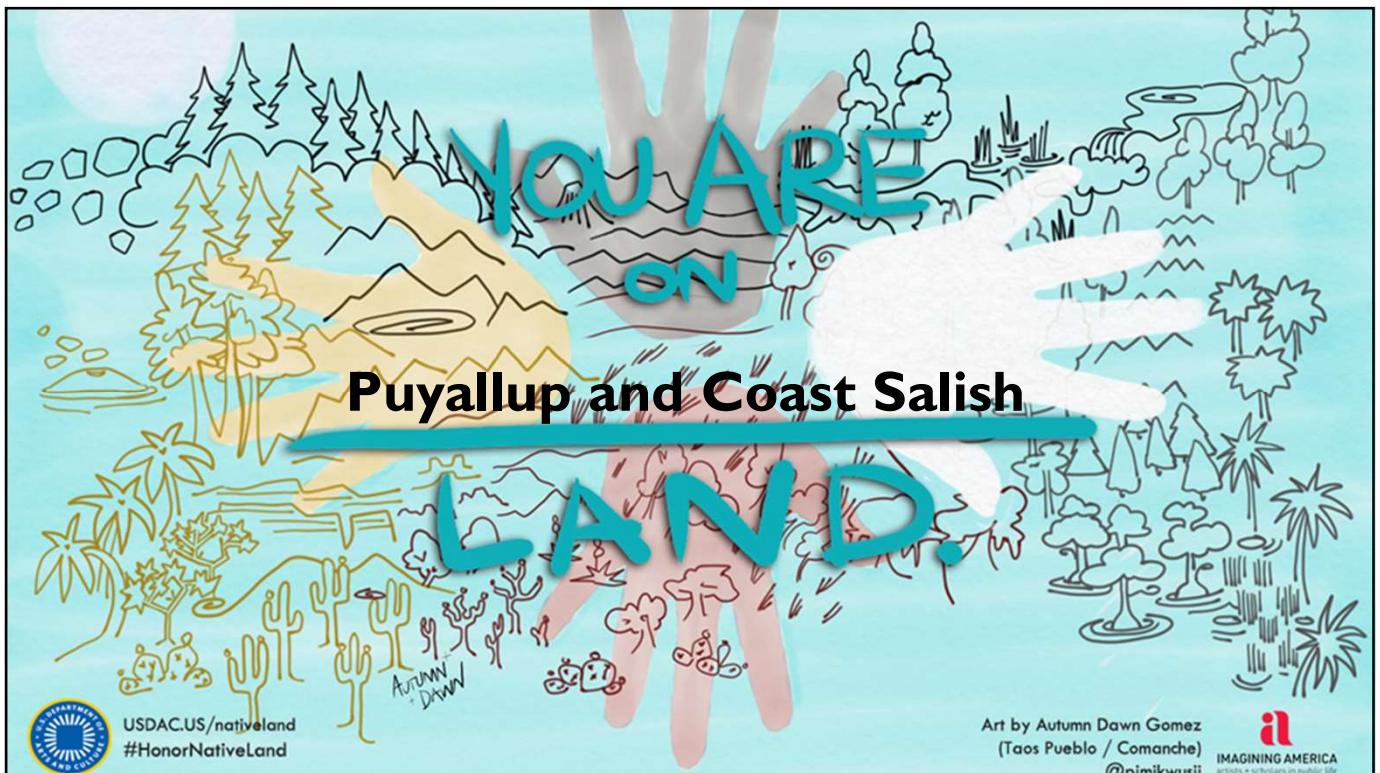


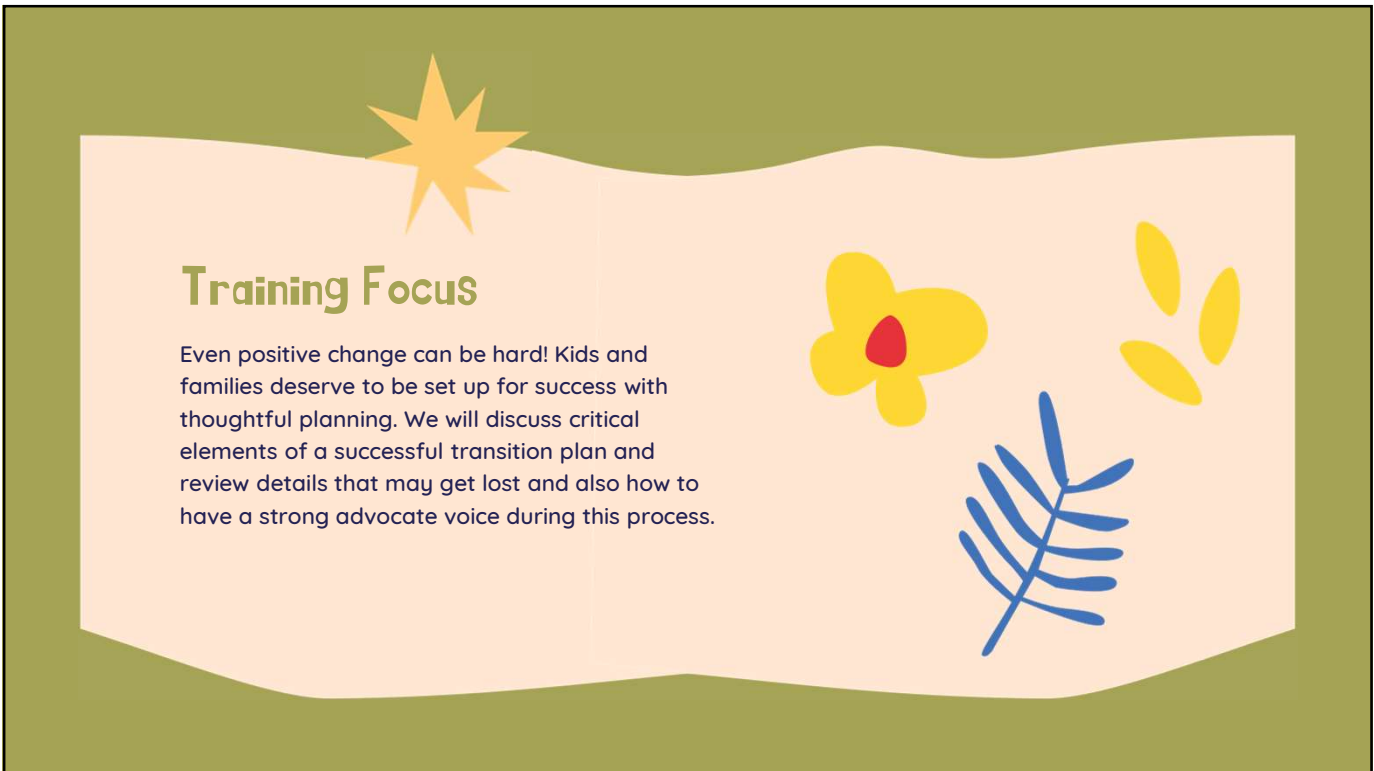
1



2



3



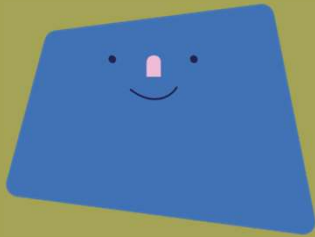
4

"Everyone has a plan, until they get hit in the mouth."

Mike Tyson



**Plan for today's session**  
**Introduction/overview**  
**Infant Mental Health perspective**  
**FTDMs and Advocate role**  
**Questions**



5

## Have you ever moved before?

What were parts that were fun?  
 Stressful?  
 What steps did you take?  
 How far in advance did you plan it?  
 How many people were involved?  
 Was it smooth?  
 What were unforeseen hiccups?  
 Was it a major move or a small one  
 (changing desks at your office)?



6

# Why do transitions matter?

We can't plan for everything, but there are there things we can anticipate to (hopefully!) make it smoother and set everyone up for success.



7



8

# Transitions for youth in dependency

## COMMON TRANSITIONS

- Initial removal
- Changes in placement
- New school or daycare
- Transporter
- Return home

## OTHER TRANSITIONS

- New doctor or dentist
- Changes to family time
- New social worker
- New services

## OTHERS?

9

# The Power of Partnership

## Shared parenting

Fostering relationships between caregivers and parents to support children. Communicating, sharing routines and information about the child(ren), working together to care for the child(ren).

---

10



11



12

# Transitions Tool Kit

<https://cherish.kindering.org/wp-content/uploads/2016/12/Final.pdf>



13

Melissa - transitions from an  
Infant Mental Health  
perspective (focus on 0-5)

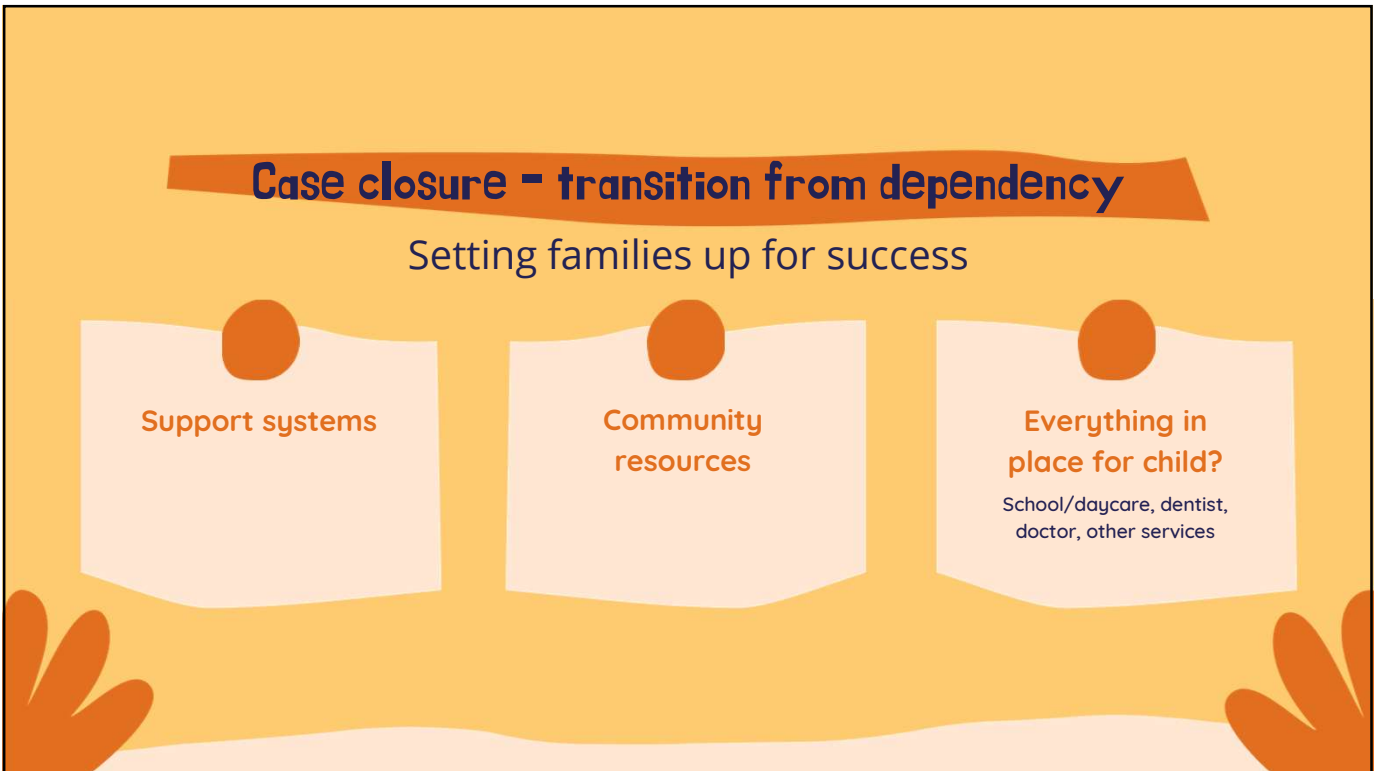


14





15



16



# Things to think about in a transition

**Transition Planning Checklist**

Upcoming Dates/Appointments for child

Type of appt	Date/time	Location	Contact information	Notes
Doctor (dr. name)		Office name, address	Phone number/person	Is new office needed?
Dentist				
Occupational Therapy				
Other services				

If a new doctor is needed, please call Coordinated Care 1-877-644-4613 (TDD/TTY: 1-866-862-9380) or visit their website [CoordinatedCareHealth.com](http://CoordinatedCareHealth.com) to start the process.

Other important information for child

Name	Days/times	Location	Contact information	Notes
Daycare/School name	Mon-Thurs 9-12pm		Phone number/person	New daycare needed?

If new daycare is needed, please call Child Care Resources at 1-800-446-1114.

Considerations for parents

- Supplies needed for child(ren)? Furniture, child proofing, clothes, toys/books, food resources
- Support system (who call if support needed?)
- Additional resources needed? [Pierce Co Resource Guide](#) and [United Way 211](#)

**Calendar with detailed information, concrete steps of the transition plan (who is picking up? Where? Time?)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Visit (drop off at daycare 8am)		Visit (drop off at daycare 8am)		Visit/Day for overnight	Picked up at 12pm by caregiver
Picked up at 12pm meet at XXX	Visit (drop off at daycare 8am)	overnight	Visit (drop off at daycare 8am)		visit/Day for overnight	Stay for overnight
Stay for overnight stay	Visit (drop off at daycare 8am)	overnight	Visit (drop off at daycare 8am)	overnight	visit/Day for overnight	Stay

**Child's Routine**

Time	Activity	Notes
7-7:30am	Wake up	
8am	Breakfast	Favorite foods
9am		
10:30am	Nap time	Sound machine, favorite stuffy
11am	Nap time	
12:30pm	Nap time	
1pm		
2pm	Snack	Favorite snacks
3pm		
4pm		
5pm		
6pm	Dinner	
7pm		
8pm	Bedtime	Read 2 books

17

- **Planning and Preparation**
- **Engage, assess, explore and adjust**
- **Document, debrief and follow-up**

18

## Effective FTDM Meetings



19

**How do you prepare for a FTDM?**



20



**"It's about the kids. People talk about parents getting their children back. But really, this is about children getting their parents back."**

Judge Douglas F Johnson (Omaha, NE),  
Healing the Youngest Children

21



### Contact Information

Kris Freeman  
kris.freeman@piercecountywa.gov

Julie Hoffman  
julie@amarafamily.org

Lynn Robinson  
lynnr12@uw.edu

Melissa Russell  
mrussell@psed.org

22