**Home Stretch WA**

**Supervision Notes Template**

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| **Supervisor** |  |
| **Supervisee** |  |
| **Date of Session** |  |

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| **Agenda** (30% line management, 70% reflective practice) What are we going to talk about? Identify any specific areas for practice development or discussion |
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| **Line Management** (leave, pay, contract, WHS, PDP etc.) |
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| **Managing Case Load** (review/audit case load, policy and procedures, current capacity and work load)   * Case load reviewed at least every second supervision, audit of case load is a brief review (2min) of each young person’s progress * Any practice development or case reviews are identified for reflective practice supervision or case discussion/consultation * Can include reviewing any active Housing Allowances, Staying On Agreements, Use of Invest in Me Funding etc | | | | |
| **Name** | **Engagement** | **Level of Support** | **Support Circle** | **Focus of Work** |
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| **Current Risk Management** (any risks for young people, carers or staff) | |
| **Name** | **Actions** |
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| **Support and Development Planning** (i.e. strengths profile, training, practice development, shadowing, agency visits, mentoring, understanding program model etc.) | |
| **Practice or Development Area** | **Actions** |
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| **Self-Care and Wellbeing** | |
| **Topic Discussed** | **Actions** |
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| **Reflective Practice** (unpack a specific case, debrief a specific incident, identify a pattern in practice, reflect on a challenge or conflict, reflect on Home Stretch Practice Principles) (refer to Reflective Practice Sample Questions on the next page & Home Stretch Practice Principles) |
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| **Reflective Practice Sample Questions** (adapted from Hewson and Carroll Reflective Supervision Toolkit) |
| **Conceptualisation**   * What is the topic/issue/presenting problem? * What methods have you used (will you use) to assess the situation? * Any other issues or problems? * What are the strengths and “non-problems”? * What is your understanding of what is happening? * Is there another way of looking at it?   **Planning**   * What was (is) your plan? * If (young person) was here now, what would they say about the plan?   **Implementation**   * What's happened? * Do you need to modify your conceptualisation or plan? * What skills and knowledge are needed to implement the plan? * Have you had the opportunity to gain the necessary skills and knowledge? * Do you believe you have the expertise needed to implement the plan? * Do you believe you have the legitimate right to take this role? * In what ways does this approach fit with your values and worldview?   **Professional Conduct and Ethical Challenges**  Every situation has legal and ethical challenges   * What are the legal, ethical and professional issues (e.g. duty of care) that need to be considered here? * How are they being addressed? * How does the Youth Work Code of Ethics Help us work through this problem?   **Self**   * What feelings have you been having about this client/your work? * I noticed ……... What are the feelings behind that? * What’s your “stuff” in this? How is it impacting on this work? * Who were you being when you did this work? How does who you are affect what you notice? * How effectively are you making “use of self”? * Who does (young person’s name) remind you of? * In what ways is this work triggering you or impacting on you? * What parallel process is operating (recreation of a behaviour/ emotion from another relationship)? * What about complementary patterns (e.g. victim/rescuer, stupid/intelligent, disabled/able)? * Are you experiencing any contagion of behaviours/feelings? * In what ways are these patterns helpful or unhelpful?   **Culture**   * How is your culture or worldview impacting how you see the client’s situation? * How is the client’s culture or worldview impacting how they see you? * How does the persons cultural identity influence how they are responding to their current circumstances? * How is the problem the person is facing traditional understood and responded to in their culture? * How might we offer traditional ways of healing or resolving the issues faced by the person to aid this person? * Is what the person experiencing a culture bound phenomenon? How would we know? |

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| **Support Circle**   * Who are the stakeholders in this work? * Have they each been involved appropriately (boundaries)? * Who/what is the person’s “community”? * What are their cultural needs? * Who is influencing this situation? * In what ways is their influence helpful and not so helpful? * Who’s missing from the story?   **Supervision Relationship**   * Do you feel safe enough for us to do this work together? * What could I do to make it more helpful for you? * What are we NOT talking about? Why? * How is Supervision working for you, is there anything we need to change? |
| **Home Stretch Transition Coach Practice Principles –** Refer to Flashcards (Developed to guide Transition Coaches in their work with young people based on co-design and voices of young people and carers) |
| **Transition Coach Practice Principles Reflective Practice Questions**   * What practice principles apply in this situation? * What practice principles were you drawing on in your intervention? * What do these practice principles mean to you? * What practice principles do you most resonate with or find easy to implement? Why? * What principles do you find most challenging and to implement? Why? * What steps do you need to take to build your confidence in working within these practice principles? * What support do you need to build your confidence in the practice principles?   **Activity- Exploring Practice Principles**   * Pick a principle to focus on in Supervision and discuss the principle and its impact on your practice. * What does this principle mean to you? * Think about a time when this principle challenged your role as a Transition Coach. What happened? * How did you resolve the situation? * Looking back, is there anything you would do differently if faced with the same situation now? * How could you apply this principle in your current role? |