**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
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| **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?
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| **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?
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