



***FamilienRat* (Family Group Conference) Information for Children and Young Persons**

What is a *FamilienRat*?

Supporting children and young persons in times of crisis

You may be going through rough times or someone in your family has not been feeling well. You have had stress at school or at home. Illness or job related problems may be an issue, or your parents may have separated. Perhaps the matter is an altogether different one.

Wouldn't it be great to discuss these issues and viable solutions with people whom you know well and whom you trust?

In those cases the *FamilienRat* is just the right thing.

How does the *FamilienRat* work?

Family, friends and all the people who are important to you come together. At the meeting you discuss all the issues important to you and decide what you can do. After all, you are most familiar of all with what could help you at this time. Sometimes it may not be so easy to talk about difficulties or to ask for help. Children and young persons who have already who have already experienced a *FamilienRat* have remarked that it has really helped them: Because it is through the *FamilienRat* that you will find people who support you.

Who can attend a *FamilienRat* meeting?

You can invite all the people who are important to you. This includes your brothers and sisters, parents, grandparents, aunts and uncles, cousins, friends, neighbours and all people whom you trust. Unless you yourself want to, you do not need to be present all the time. However, it is important that all the people who attend listen to what you have to say. You can also bring a video message or write a letter which will be presented at the *FamilienRat* meeting. There will be some private time for you and your family and friends to discuss this plan. Professionals (for instance from school, day care centre or Youth Welfare Office) will join you to provide relevant information on the current situation, at the start and at the end of the meeting.

Who organises the *FamilienRat* meeting?

If you want to set up a *FamilienRat* meeting, the Youth Welfare Office informs the *FamilienRat* secretariat of your request. You can also contact the *FamilienRat* secretariat yourself. A *FamilienRat* coordinator assists you in the preparation and organisation of the meeting. You will be asked, among others, to tell them who you think should be invited, how to get in touch with these persons etc. The coordinator will also ask you who should support you so that you feel at ease. The more people attend the meeting, the more ideas for good solutions there are.

Where is the *FamilienRat* meeting held?

Meeting date, time and location of your *FamilienRat* meeting depend on your wishes. The coordinator will prepare you and all persons present for the meeting and discuss what you need, in order to feel comfortable and safe.



What happens at a *FamilienRat*?

The coordinator welcomes you and your *FamilienRat* members. Whenever professionals, including Youth Welfare Office officials, are present, they share their concerns with the persons present. Everyone is welcome to ask questions.

The coordinator and the professionals will then leave the room. Now the time has come for you, your family and friends to discuss what a viable plan might look like. On the occasion you also assign specific duties to individual persons and decide if you want any outside help. It is very important that all of you agree on this plan. Take the time you need. Once all of you have agreed on a plan, it will be put into writing. Then the coordinator and the professionals return and you explain to them what you have discussed. This means that all of you need to know exactly what is to happen next. The professionals consent to the plan under the condition that it is safe.

And what happens next?

Everyone who attends the *FamilienRat* meeting, shall receive a copy of the plan, as soon as possible. In order for it to work, all of you have to stick to it. Very often it may be useful for all of you to get together a few weeks or months after the first meeting in order to discuss if the plan has been successful.

Good luck!

Your coordinator whom you can call at any time:

Name

Phone

For further information, please contact:

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