**What positives and strengths are there?**

(Protective Factors)

**What’s keeping the issues going?**

(Perpetuating Factors)

**What’s happening right now that’s causing concern?**

(Presenting Issues)

**Family history, challenges and vulnerabilities?**

(Predisposing Factors)

**What could happen if things don’t change?**

(Predicting Factors)

**What triggers things?**

(Precipitating Factors)

**Rethink Formulation**

Date:

Case Sharer:

Agency:

Who was involved in this discussion?:

Family / Key Relationships:

Identity and cultural considerations:

Services involved:

**Next Steps Planning**

* **Hypothesis:**

What has the above discussion told us about where we need to start in terms of perpetuating factors and the presenting issue? R*emember IF and THEN statements can help you to create a hypothesis.*

* **Goals & Actions:**

We will do this by …

*Next steps planning: Think SMART (Specific, Measurable, Achievable, Relevant, Timebound) Who will be responsible for each next step (use your protective factors to identify strengths and relationships that can help) ? When will the next step be completed? How will this be reviewed?*

We will start by addressing …

*Prioritized perpetuating factor(s)*

**Share the outcome / next steps from today’s formulation with family members / young people that were not in attendance (please consider how this will be done)**