

**BREAKING A COMPLICATED PROBLEM DOWN**

This tool is designed to help families solve problems they encounter when navigating systems.

A problem that feels overwhelming often seems so complex a person doesn’t know where to start. “Chunking up” the problem literally cuts it down to size and allows solutions to emerge during the interaction.

The last question relates to what the family learns when they try to implement solutions. Even at the outset (when things seem bleak) it can be encouraging for families to know that when they work their way through problems they almost always find useful strategies to share with others who find themselves in the same boat.

1. What do I need most from this system right now?

2. What strengths and assets do I bring to the table?

3. What challenges and barriers do I face?

4. What’s my role in this system as a parent/caregiver?

5. What do I need to know about how this system works in order to solve the problem?

6. What strategies have worked for other families?

7. What have I learned so far that I might want to share with others?

This tool was developed by The Pennsylvania System of Care Partnership in collaboration with the Team Up for Families Project of Melton Hill Media.

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