



Solution Focused meeting schedule
- adapted from the PLUS model, michael.hjerth@fkf.se

What is the reason for the meeting happening?
What needs to change?
Why is the meeting happening now?
What makes this a good group of people to bring about the change?
Invite the young person and/or carer to share their understanding first, if they want to.

What would better look like?
If a big change happens, what would that look like?
What might be the good consequences for the person concerned?
What might be the good consequences for other people who are affected?
Invite the young person and/or carer to share their ideas first, if they want to.

Scale the current situation, with 10 being the preferred outcome, and 0, the situation being as bad as it could possibly be.
What makes the number n and not 0?
What helps the person concerned to achieve this amount of success?
What are they doing? What are others doing that helps?
Invite the young person and/or carer to share their understanding first, if they want to.

Next steps
What might help to move the number up the scale a little?
What could the person concerned do?
What could others do that might help?
Invite the young person and/or carer to share their understanding first, if they want to. Professionals telling young people and carers what to do often doesn't work, but it can be useful to hear what young people and carers think that professionals could do differently or more of.

Conclude
With action plan based on steps people are prepared to take and agreement on when and how to review what's worked or what needs to be adjusted in the action plan