



## Sample Program Timeline for Mothers

This chapter provides a sample program timeline for involving mothers of children and youth in the PEACE Program, and offers options for involvement in ways that may support families' varying present moment realities. [Chapter 2: Strategies for Supporting Mothers](#) explores strategies for involving mothers and shares reasons why her involvement, beyond simply being welcomed during intake and initial contact, may enhance the benefits for her child/children.

Parent involvement can look different for each family and this timeline is not intended to limit the ways PEACE Program counsellors choose to involve mothers throughout a child or youth's time in the program. Please refer to the *Stages of Service* section of the [PEACE Program Toolkit](#) (p.47) as a reminder about the general stages of service for each developmental age group.

### Sample Timeline for Mothers' Involvement in the PEACE Program

- a) **Initial Contact** – This often happens via a referral, phone call, or virtual meeting. Many PEACE Program counsellors do a thorough intake to determine eligibility and readiness, and then place families on a waiting list for service. This initial point of contact may serve as a gateway for relationship building, shared trust, and safety planning. It may also be an opportunity for mothers to learn about the ways the PEACE Program can be of support for her and her family.
  
- b) **Orientation** – The orientation session is often the first in-person (or virtual face-to-face) meeting with the mother. It allows her the space to share her concerns and needs about her child, and to ask any questions she has about the PEACE Program. This orientation meeting also provides an opportunity for PEACE Program counsellors to share an overview of the PEACE Program and discuss important topics such as safety planning and confidentiality. In addition, this meeting is a logical time to clarify the role of the PEACE Program counsellor and come up with a shared timeline for sessions with children and youth, and check-ins and/or sessions with mothers. The orientation is a wonderful opportunity for PEACE Program counsellors to assess a mothers'



ability and willingness to be involved in her child’s experience of the PEACE Program. If this conversation feels overwhelming for mothers to dive into right away, PEACE Program counsellors may choose to set up an additional one-on-one meeting to offer support and share simple ways you may be able to work together to support the family through this time of their lives.

- c) **Individual Sessions** – If mothers are interested, and PEACE Program counsellors have capacity, it may be supportive to book 30-50 minute sessions with mothers. These sessions can be done in-person or virtually via a [secure platform](#). BCSTH recommends discussing with mothers a shared goal, within the scope of the PEACE Program, for these sessions. [Chapter 2: Strategies for Supporting Mothers](#) and [Chapter 3: Skills Development for PEACE Program Counsellors Working with Mothers](#) of this guide share information and resources to support one-on-one parent sessions.
  
- d) **Check-ins** - Regardless of whether PEACE Program counsellors do one-on-one sessions with mothers, check-ins with mothers can be an effective way to support a [strengths-based approach](#) and nourish the parent-child relationship. This type of check-in could take place over a few minutes at the end of a child and youth individual session. These check-ins may take place outside the counselling room as children and youth transition and/or children and youth may like to invite mothers into the counselling room to share something they have worked on during a session. Alternatively, some mothers may benefit from occasional phone check-ins between sessions.
  
- e) **Final Session** - The conclusion of the PEACE Program should be planned and articulated clearly from time of intake. It can be helpful for PEACE Program counsellors to remind mothers along the way so that the conclusion does not feel abrupt. As part of the child or youth’s final appointment, counsellors may choose to involve mothers as a celebration to acknowledge the child/youth’s participation and completion of the PEACE Program.



- f) As a recommendation, PEACE Program counsellors should discuss with mothers the options for future PEACE Program assistance or community referrals at a time separate from the closing appointment or celebration.

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