Guiding Principles

1. Everyone has potential, strengths and abilities that can help them to reach their goals.
2. Individuals and families are different and the differences must be acknowledged and respected. Support may be needed to help them function in our multicultural society.
3. Mutually respectful relationships are the foundation for positive change and achievement of results.
4. Individuals and families who are supported in setting their own goals and developing realistic plans are more successful in reaching their goals or making progress toward success.
5. Family workers become partners with family members (help seekers) in developing and implementing a plan to achieve results.
6. An individual's ability to care for him/her self is valued. Self-sufficiency is defined not as the ability to do everything and meet every need alone, but as having the ability to generate or to identify and access information and resources to meet needs.
7. Individual empowerment is valued. Empowerment is related both to access to information and resources and the ability to influence decision making related to needs and goals.
8. Workers and families (help seekers) jointly identify ways to determine if the plan has been successful and if results or progress toward results are achieved. Critical reflection, as practiced by workers and help seekers, is the key to understanding what has worked and what could be done differently.
9. Individuals and families are connected to others through informal and formal networks, which can provide support or impose barriers. These connections must be jointly analyzed and evaluated to determine if they are to be strengthened or abandoned.
10. Collaboration among agencies, organizations and individuals produce strong communities. Positive relationships among workers in various agencies in a community create supportive networks and achieve results. Collective action can also influence policies and procedures to maintain “family supporting environments.
11. Family workers maintain good self-care and engage in lifelong learning.