

# Family Support Finder Worksheet

A support-first service navigation worksheet for Maine parents, young parents, helpers, and trusted supporters.

**Support-first route:** safety, basic needs, school/provider support, calm communication, own records, and official/legal doors only when needed for safety, deadlines, orders, or required process.

**Privacy boundary:** Do not send FOCaF child names, private allegations, medical records, sealed records, or confidential family materials. These sheets are for the family's own private use.

## 1. Safety and urgent support first

Use this first page before making service calls. Safety, shelter, food, crisis support, and urgent deadlines come before ordinary paperwork.

- Immediate danger: call 911.
- Emotional crisis or suicidal thoughts: call or text 988.
- Basic needs routing in Maine: call or search 211 Maine.
- Domestic violence, coercive control, stalking, or fear: use a qualified advocate/safety resource before mediation or direct negotiation.
- Court/legal deadlines: verify through official Maine Judicial Branch, legal aid, lawyer, advocate, or clerk resources.

FOCaF is not a hotline, law office, provider referral service, or private intake channel.

## 2. Who might help this week?

Pick one or two realistic doors. You do not have to solve everything at once.

Need	Possible support door	What to ask
Food, housing, utilities, transportation	211 Maine or local community support	What options exist this week, and what documents are needed?
Child is struggling at school	Teacher, counselor, nurse, or administrator	What routine support can help without sharing a full case file?
Parent is overwhelmed	Primary care, counselor, family support program, peer/support line	What is available, sliding-scale, or covered by insurance?
Communication keeps escalating	Counselor, coach, advocate, lawyer if needed	How can messages be safer, shorter, and child-focused?
Safety, threats, stalking, coercion	Emergency services, DV advocate, legal aid, official/legal help	What is the safest next step and what should not be shared directly?

### 3. Call-prep worksheet

Use initials/private labels only. Keep this page for your own records.

<b>Support/service to call</b>	
<b>Phone or website</b>	
<b>Best time to call</b>	
<b>Question 1</b>	
<b>Question 2</b>	
<b>Transportation concern</b>	
<b>Insurance/cost concern</b>	
<b>Follow-up date</b>	

Do not email this worksheet to FOCaF. It is for the family, helper, advocate, or professional you choose.

## 4. Questions to ask before scheduling

These questions work for counseling, parent coaching, support services, school meetings, and community programs.

- What ages or family situations do you support?
- Do you offer sliding-scale, MaineCare, insurance, or payment-plan options?
- Can appointments be remote, in-person, or school-coordinated?
- How soon is the first appointment or intake?
- What should I bring, and what should I not bring?
- How do you handle safety concerns, coercive control, or fear?
- Can you help with transportation, childcare, interpreter, disability, or accessibility needs?
- What is the best follow-up method if I do not hear back?

## 5. Barrier map

A barrier is not a failure. It is a planning item.

Barrier	Plan A	Backup / who can help
Transportation		
Cost / insurance		
Childcare		
Work schedule		
Internet/phone access		
Language/accessibility		
Safety concern		

# 6. Follow-up log

Use this to prevent repeated calls from disappearing under stress.

Date	Who I contacted	Next step	By when

Keep only what you need for your own records. Avoid storing sensitive child details in shared places.

## 7. One-week support plan

Choose small, concrete steps. Support, stability, and safety come before conflict escalation when safe.

- Today: one safety/basic-needs step if needed.
- Tomorrow: one school/provider or routine-stability step.
- This week: one support-service call or appointment request.
- Before sending a hard message: use a calm script and pause check.
- Official/legal door: use when safety, orders, deadlines, forms, or required process make it necessary.
- Child boundary: children do not carry messages, choose sides, gather proof, or manage adult conflict.

Court/legal information is available, but this worksheet is designed to help families find support before court unless urgent safety or deadline issues require prompt official/legal help.