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- Parent & Caregiver Services
- Education and Training Resources
- Coaching & Consultation
- Recommended Parameters & Resources for Implementation
- Integration with Family Finding, Family Search & Engagement, Signs of Safety, and Family Group Decision Making



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## The 3-5-7 Model®

Supporting the work of children, youth and families in grieving their losses and rebuilding their relationships toward readiness for permanency



### *THE CORE BELIEFS OF THE 3-5-7 MODEL®*

Human beings grow, heal and develop a sense of self in relationships.

Relationships are a continual process that give rise to both hurt and wholeness.

Healing is a relational process honoring the whole person: life story, life experiences, traumas, strength & resiliency.

Children, youth and families have the ability to resolve their needs if provided the support and time to do so.



## The 3-5-7 Model® framework

The three tasks of the 3-5-7 Model® guide our interventions with clients in working with them towards improving well-being and readiness for permanency. They indicate where each individual is in reconciling and grieving losses and in moving toward rebuilding relationships. The 3-5-7 Model® takes the “guess work” or the “we hope it works” approach out of permanency decision making.

The five conceptual questions provide the frames of reference to explore the issues of identity, loss, attachment, relationship building, and permanency/safety/belonging. Individual’s reactions may include: anxiety, regression, physiological symptoms, denial of feelings/events, confused attachments to rejecting or unreliable parents, rebellious behaviors, delayed expression of feelings, self-blame for being in placement, and conflicting loyalties to all parent figures in their lives. Exploring the issues identified in these five questions organizes the work to be done through various activities and techniques towards resolution of the painful events and relationships of their lives.

The seven skills (interpersonal abilities) guide the efforts of professionals and caregivers to support the work of children, youth and families to grieve losses and rebuild relationships. These abilities are: engagement and listening skills, recognizing that behaviors indicate the pain of losses, affirming and responding to these behaviors from a grief perspective, remaining present to the expressions of grief and responding in the moment, creating opportunities for the perception of safety within the helping relationship, and recognizing that grief work and relationship building can be done only by those who have experienced the losses.

### 3 Tasks

Clarification  
Integration  
Actualization

### 5 Questions

Who Am I?  
What Happened to Me?  
Where Am I Going?  
How Will I Get There?  
When Will I Know I Belong?

### 7 Skills

Establishing the perception of **Safety** through authentic listening, physical location and continuity of time spent with child/youth/family  
Providing **Opportunities** to **Explore** feelings and understanding of life events  
**Being Present** to the exploration  
**Listening** to the stories  
**Affirming** current perceptions  
**Briefly speaking** in response to stories, questions, comments, and reactions of child/youth/families  
**Recognizing & accepting** that current **behaviors** reflect **grief responses** from past traumas

*What if we viewed  
“acting out” behaviors  
as expressions of  
unresolved grief?*

