

## **THE 3-5-7 MODEL – PREPARING FOR PERMANENCE**

One way to help children and youth address loss and grief is the 3-5-7 Model (Henry, 2012). This approach is designed to assist children and youth understand the events of their life, grieve losses, and integrate those experiences in order to build relationships and achieve permanence. The 3-5-7 Model is used by some agencies in the Manitoba child welfare system already and the model refers to:

### **3 tasks to accomplish:**

1. Clarification: identification of life events to understand, grieve and reconcile losses
2. Integration: understand connections and build meaningful relationships
3. Actualization: visualize future goals and establish permanent connection

### **5 questions to support the work of the three tasks:**

1. Who am I? (Identity)
2. What happened to me? (Separation & loss)
3. Where am I going? (Trust & attachment)
4. How will I get there? (Relationships)
5. When will I know I belong? (Safety & claiming)

### **7 skills necessary to assist children and youth:**

1. Engaging children, youth and families in the three tasks
2. Listening to them
3. Responding
4. Affirming their experiences
5. Creating safety
6. Exploring the impact of the past on their present situation
7. Recognizing grieving behaviours as expressions of pain

The 3-5-7 Model uses a variety of tools, including lifelines, loss lines, life books, and other activities to assist in engaging the child, and integrating past experiences to understand the present and plan for a secure future. This model is also relevant for youth preparing for transitioning out of care, and for those who have less traditional definitions of “family,” as identified by the youth involved in this project.

<https://www.darlahenry.org/3-5-7-model-overview/>