## WEAVING A SAFETY NET: Documenting A Support Network

Immediately following enrollment, Healthy Start program staff should begin to document a participant’s support network. Most importantly, this list reminds participants of the supportive people around them – whether family, friend, pastor, or teacher – and might make them more likely to reach out for help when needed. And secondly, this documentation provides additional ways for your program staff to get in touch with the participant should they be out of touch for any given amount of time.

|  |
| --- |
| Documenting a Support Network |
| Support Person’s Name | Support Person’s Relationship to Participant | Type(s) of Stressor they Could Help With | Phone / Email / Address |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

*Source: Adapted from Johns Hopkins University, “Personal Support Network Checklist”*