Family Education & Support
Youth Program
Session Six

~ Problem Solving Skills ~
Problem-Solving……Follow the numbers!

1. What is the problem?

2. What DO you want?

3. What can you do that could possibly make “2” happen?

4. Which solution do you think would work the best?

5. How could that solution make things: Better? Worse?
   Does it make sense to try it? Need to ask for help?

6. If yes, get help and try the solution!

7. So, did it work?

Division of Child Mental Health Services