

Parent-Child Assistance Program (PCAP)

UNIVERSITY OF WASHINGTON SCHOOL OF MEDICINE
Fetal Alcohol & Drug Unit, 180 Nickerson Street, #309
Seattle, Washington 98109 (206) 543-7155

Circle and Fence Activity

- Arrange for a visit with the client at which program graduation and future goals will be discussed. At this meeting, show the client the circle and fence drawing and ask her to put her name in the center circle.
- Next, ask her to think about the people in her world who are positive influences, who she can count on, and who help her bring out the best in herself. These can be family members, friends, professionals, or people who have the potential to become mentors. Ask her to write these names in the second circle encompassing the inner circle.
- At the bottom of the page is a drawing of a fence. Ask the client to identify people in her world who should stay “behind the fence” or away from her. These are people who are triggers for drug use or problem behavior, people who definitely do **not** help her bring out the best in herself. Record these behind the fence.
- Ask clients to identify people in her world who are “on the fence,” that is, those who may or may not be positive influences, depending on the situation, and record these in the appropriate place.
- Discuss her responses with her.
- Help the client make a plan for spending more time with the people/person in her inner circle, and for making the mentoring aspect of that relationship more explicit.

