

7.9 Planning Alternative Tomorrows with Hope (PATH)

Family & Guardian Overview

What is PATH?

PATH is a person-centered planning process that helps a student (and their family/support network) imagine a positive future and create a practical roadmap to move toward it. PATH is **strengths-focused, collaborative**, and **values the student and family's voice above all**. It is often used in schools and community settings to align supports around what matters most to the student.

Important: PATH can be emotionally vulnerable. It invites hopes, worries, and deeply personal stories. We approach it with care, consent, and compassion—centering dignity, culture, and the student/family's voice.

Guiding Principles

- **Student & Family Voice First:** Decisions and plans reflect what the student and family want and need.
- **Safety & Consent:** Participation is voluntary; sharing is at the family's pace. Opt-in/out at any point.
- **Strengths & Belonging:** We start with capabilities, interests, and community connections.
- **Cultural Humility:** We respect identities, languages, traditions, and lived experiences.
- **Collaboration:** The team works together; actions are shared and transparent.
- **Doable Next Steps:** Clear, realistic actions follow the vision—who does what, by when.

Who Attends?

- **Student** (at the center, with choice about how/when to participate)
- **Family/Guardians & Key Support People**
- **Facilitator(s)** (guide the process, capture ideas visually)
- **School- Based Team Members** (e.g., teachers, inclusion support, counselors)
- **Community Supports** (e.g., therapists, mentors, cultural/community representatives), **if invited by the family**

Attendance is **family-led** and aligns with the student's comfort and consent.

Contact

For questions before a PATH session, please reach out to your school Inclusion Support Teacher and/or Administrator.

What You Can Expect (3-Hour Agenda)

Welcome & Safety

Purpose: Set the tone for our time together and ensure we are all on the same page.

- Introductions
- Agreements (confidentiality, consent, right to pass, protocols)
- Purpose & flow of the session

The “North Star” (Dream/Vision)

Purpose: Capture the person or groups vision of their best possible future.

- Explore hopes, dreams, and what “a good life” looks/feels like
- Big-picture vision (1–5+ years), strengths, values

Positive and Possible Goal

Purpose: Turn the dream into a clear, achievable goal within 1-2 years

- What part of your dream could we realistically work toward in the next year or two?
- What would success look like one year from now?
- How will we know we are moving in the right direction?

Now (Current Reality)

Purpose: A clear picture of the present situation- strengths and challenges

- Where are things right now?
- What's working well?
- What's getting in the way or holding you back?
- What are your current supports, routines, and circumstances?

Break

Enrolment/Who to Enlist

Purpose: Identify people and networks who can help

- Who can help you make this vision happen?
- Who believes in you?
- Who needs to be “on the team”?

Action Plan/Next Steps

Purpose: Commit to both short term and longer-term actionable tasks (next days/weeks/months)

- Who will do what, and by when?
- What is one immediate action that will make momentum real?
- How will you celebrate the first success?

Check for Fit & Safety (Review)

Purpose: Ensure the plan is learner centered with strong family voice.

- Emotional check-in: adjust any parts that feel unsafe or misaligned

Close & Follow-Up

- Reflect, appreciate, and confirm next meeting/check-in date.

PARENT/GUARDIAN CONSENT

By signing below, you give permission for district staff to facilitate the PATH process, as outlined above, in collaboration with the school-Based Team and key community members selected by the family.

I, _____, and _____
(Parent/Guardian Name(s) – Printed)

hereby provide consent for my child,

(Student Name – Printed)

to participate in and be discussed during the PATH facilitation process.

Parent/Guardian Signature(s)

Date

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