CANS Data Reflection: Of Sandtrays & Stories

What Data are we Reflecting on?
- On a program-level, CANS item-level reports are generated by Quality Management (QM) quarterly and annually for programs to be able to reflect on aggregated data of their clients on CANS items across 5 domains: Needs, Trauma, Strengths, Risks, and Impact on Functioning. See CBHS website [here](#) for CANS reports.
- On a client-level, the CANS Case Formulation and Treatment Planning Worksheet and CANS Traffic Light Report can be used to facilitate data reflection in sessions with clients, in clinical supervision, or in client case presentations. These can be translated to fables, sandtray stories, journey sticks, mandalas, and other story-telling activities to engage a child/youth in therapeutic CANS assessment.

Why Data Reflection?
- Meaningfully use data to promote effective effectives (Miller, 2015; Goldberg, 2016)
- Data reflection contributes to:
  1. **Professional Self-Doubt.** Using data to assess strengths and needs as a clinician.
  2. **Deliberate Practice.** Using data to determine areas that need clinical practice improvement or innovation.
  3. **Therapeutic Alliance.** Reflecting on data in collaboration with client and families.

How do we facilitate data reflection?
- Care providers and supervisors can use the sandtray analogy as a unique way of approaching data by using prompts such as: “Where is the Energy in this Chart?” or “What is happening in here?”
- We can also use narrative approaches by referring to the data as a Story Board and asking, “What’s the story here?” or “What client stories are reflected here?”
- Data reflection is also guided by the following questions:
  1. How do you understand your data around NEEDS? What stories arose from your reflections?
  2. How do you understand your data around STRENGTHS? What stories arose from your reflections of the data?
  3. What is your plan moving forward after reflecting on your program’s CANS outcomes?
  4. What are the successes and challenges that your program has experienced in implementing any plans generated from a previous and most recent data reflection activity?

Recommended References: