1. Label the circles.
2. Talk to family members to identify resources (people and services).
3. Code relationships (see key below).
4. Review the eco-map and use information to help develop a plan.

**Ecological Map**
Diagrammatic Assessment of Family Relationships

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Fill in connections where they exist.
Indicate nature of connections with a descriptive word or by drawing different kinds of lines.
- for strong connection
- for moderate/slight connection
- for stressful connection
Draw arrows along the lines to indicate flow of energy, resources, etc.
Identify significant people and fill in empty circles as needed.

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