

WHEN AND HOW DOES THE CFT COMMUNICATE?

- The CFT communicates in many ways: phone calls, conference calls, emails and in-person meetings. CFT communication may include some CFT members at some times and all members at other times but will always include the youth and family/caregiver
- The CFT will meet at a *minimum* of every 90 days to review progress on the action plan and update the action steps as decided on by the CFT
- The length of meetings will be based on need but typically will not last more than 1.5 hours
- The youth or parent/caregiver may call a CFT meeting at any time by calling their CWS worker



OUR CFT MEMBERS ARE:

Name	Phone #	Email

YOUR NEXT CFT MEETING IS:

Date: _____

Time: _____

Location: _____

THE CHILD AND FAMILY TEAM

*IDENTIFYING
PATHWAYS TO WELL-BEING
TOGETHER*



**Information for this pamphlet was taken from the*

Core Practice Model Guide produced by CDSS and DHCS.

WHAT IS A CHILD AND FAMILY TEAM (CFT)?

- Supports a youth involved with the child welfare system who has behavioral health needs
- Is made up of the youth, their family, and all others who are supporting the youth and family towards a successful transition out of the child welfare system
- Works with the youth and family to develop and support a shared vision
- Includes natural supports such as a coach, neighbor, or friend as well as professionals involved with the family to support the youth and family in finding pathways to well-being



WHAT IS THE ROLE OF CFT MEMBERS?

- Support hope, healing and resilience
- Share strengths, concerns, and ideas to support the youth
- Develop and implement steps to support the youth's well-being
- On-going communication amongst CFT members

WHO PARTICIPATES IN THE CFT?

Together the youth and family, Child Welfare worker and Behavioral Health provider identify CFT members. At a minimum, the core CFT members are:

- Youth and family/caregiver
- Child Welfare Services worker
- Behavioral Health provider

Other team members may include:

- Extended family
- Service providers
- Coaches/neighbors
- Tribal members
- Spiritual and faith-based supports
- Family and youth partners
- Others who are identified as supports to the youth and family

GUIDELINES FOR EFFECTIVE COMMUNICATION

- All participants actively contribute by being direct, honest and respectful
- Everyone's voice is important and each participant will have the opportunity to be heard
- All action steps will be mutually agreed upon and assigned based on strengths of each CFT member
- Participants commit to support decisions made and assist one another in completing action steps



TEAMING & CFT PRINCIPLES

- Teaming promotes decisions that rely on the voices of the youth and family.
- It embraces and encourages family participation and input in creating action steps.
- It values youth and families as equal partners with a shared vision.
- It recognizes and appreciates the family's culture and devises action steps that draw from the family's cultural values and strengths

WHAT DOES A CFT MEETING LOOK LIKE?

- Clearly defined purpose and goal
- Focused meetings
- Agreed-upon decision-making process
- Identification of family strengths and needs
- Specific action steps and timelines developed for the team members
- Focus on times of transition
- Continued monitoring and adjustment