

## Who attends the meetings?

The CFT composition always includes the child or young adult, family members, the current caregiver, a representative from the placing agency (probation officer and/or social worker), CFT facilitator, and other individuals identified by the family as being important

### Required, if Applicable:

- Behavioral Health Staff
- Community Service Providers
- FFA Social Worker or STRTP Representative
- Regional Center Staff
- School Staff
- Child or Young Adult's Educational Rights Holder
- Tribe or Indian Custodian
- CalWORKs Staff
- Court Appointed Special Advocate (CASA)
- CANS Completer

### Suggested Team Members:

- Your Friends/Neighbors
- Your Child or Young Adult's Youth Partners
- Your Parent Partner
- Your Faith Based/Spiritual Supports
- Your Child or Young Adult's Coaches
- Your Childcare Providers
- Your Community Members
- Your Other Natural Supports
- Your Foster Care Public Health Nurse

## What is my role as a team member?

- Your family is at the center of this process and the most important part of the team
- Attending every meeting is part of your case plan so the team can hear from you and your child or young adult directly
- The team needs and wants to hear what you have to say! Share your opinions, thoughts, and concerns

Who do you count on as a support person? A friend? A neighbor? Invite them to be part of the Team, too!

## California's Integrated Practice Child & Adolescent Needs & Strengths (CANS) Tool

The CANS, a team communication tool which helps identify strengths and areas of help needed, is completed when the initial case plan is developed and again a minimum of every six months. The CANS tool supports the CFT process in several ways:

- Reflects input from all members of the CFT
- Helps identify strengths and needs for support in areas such as school, family relationships, and interests of the youth and family
- Helps the team create a plan to help the youth and family reach their goals
- Helps everyone on the team see if their work is helping to reach the goals identified by the family and team

## Team Members

Name	
Phone	
Email	

Name	
Phone	
Email	

Name	
Phone	
Email	

Name	
Phone	
Email	

### Next CFT Meeting

If emerging issues occur between CFT meetings, a CFT meeting can be called to address and coordinate interventions. The frequency of CFTs are decided by CFT members.

Date	
Time	
Location	

We want to hear your voice! Use your phone to scan the code and participate in the CFT survey. Feedback we receive is valuable, anonymous, and will help us to improve the CFT process.



Website



CFT Survey

TEMP 3011 (12/21)

# Child and Family Team (CFT) & Child and Adolescent Needs and Strengths Tool (CANS) For Parents



## What is a CFT?

A CFT is a team including your child or young adult, family members, trusted adults, and caring professionals who work together to coordinate care and help reach positive change for improving child and family safety, permanency, and well-being.

### Child and Family Teams . . .

- Focus on finding solutions that build on the strengths of you and your family
- Respect your family culture
- Recognize you and your family as the experts in your lives
- Rely on the voice and choice of you and your family to guide the CFT process
- Help develop plans to meet the goals you and your family have for the future

### Questions:

#### How is a CFT meeting scheduled?

Your child or young adult and your family are the most important members of a CFT!

All CFT members make a commitment to attend meetings. Meeting times and locations are scheduled to be convenient for you and your family. Your Team will work with you to find the best way to communicate meeting information: with a phone call, a text, or an email.

#### Who will pay for this?

It's free to families! All children and young adults in foster care and juvenile probation will be provided a CFT at no cost.



#### Who can come to the meetings?

Parents, child, youth, nonminor dependent, caregivers, friends, and other people you identify as important may attend.

The child welfare social worker or probation officer may need to obtain court approval for parents who have had parental rights terminated before inviting them to attend CFT meetings.

#### How often does the CFT meet?

The frequency of meetings should be decided by CFT members and based on your child, youth/ nonminor dependent, or family's needs. At a minimum, CFT meetings are required at least once every six months and you can ask for a CFT meeting when you need one. For children or youth/nonminor dependents who are receiving specialty mental health services such as Intensive Care Coordination (ICC)

or Intensive Home-Based Services (IHBS), placement in Short Term Residential Therapeutic Programs (STRTP), or Therapeutic Foster Care (TFC): a CFT meeting must occur at least once every 90 days.

#### What services are available for parents?

Your team will work with you to identify your family member's strengths and needs to develop a case plan that is centered around your child or young adult and family.

The case plan has specific strategies for achieving safety, permanency and well-being goals based on the identified needs of your child or young adult and your family.

A Team member, such as the social worker, probation officer, or CFT facilitator will help coordinate services that are needed.

## What should be expected at a meeting?

- A strengths-based approach to find out how to help your family
- The purpose and goal for every meeting is clearly stated at the start
- Agreeing as a team about how to have safe, honest, and confidential communication within the CFT process
- A neutral facilitator leads the group discussion
- Certain members may take confidential notes
- Ideas, options and action steps are brainstormed with all team members (which includes you) having a voice
- All team members agree to complete specific tasks and responsibilities

### For more information visit:

<https://www.cdss.ca.gov/inforesources/foster-care/child-and-family-teams>

#### What happens if CFT members are not getting along with other team members?

CFT meetings are facilitated by professionals, who are trained and skilled in dealing with different situations that might arise. The team will work with you and everyone involved to resolve issues.

#### Can my CFT continue after services end?

Yes, this is your team. Although the professional team members will leave, the hope is your family and natural circle of support will continue to meet to reinforce your success.