

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 your CFT
- Helps identify your strengths and needs for support in areas such as school, family relationships, and interests
- Helps the team create a plan to help you
- Helps everyone on the team see if their work is helping you reach the goals you and your family identified



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

Team Members

Who's on my team?

Name	Phone

What are my goals?

What are my strengths?

What actions will my team take to help me reach my goals?

Action Step	Who?

My Team Agreement (Ground Rules)

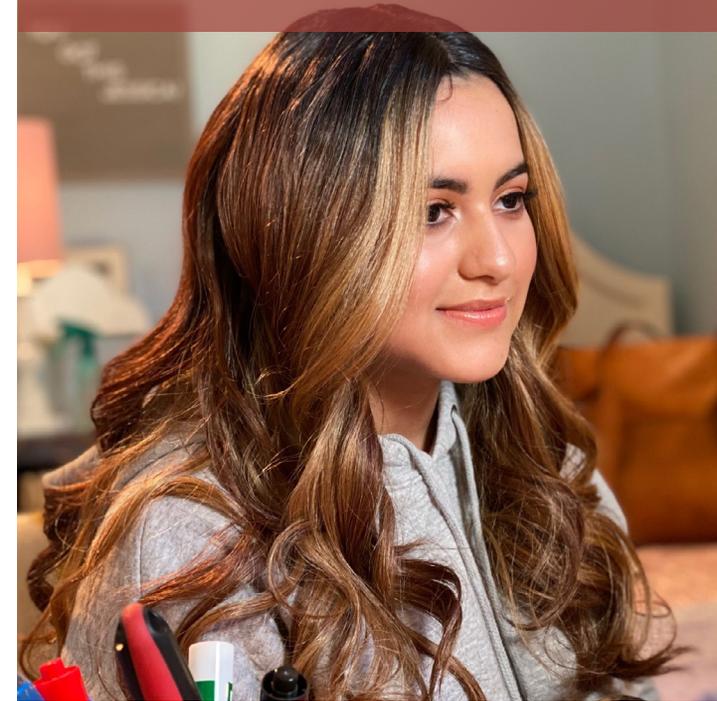
My Next Team Meeting

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

Date	Time

Child and Family Team CFT and CANS

For Youth



Support From People Who Know & Care About You & Your Family

If you or your family have questions or worries, the team is there to listen and to help. Your opinions, thoughts, concerns, and ideas are important and need to be heard!



What is a CFT?

A group of people that includes you, your family members, trusted adults, caring professionals, and others who work together to reach goals for positive change. The team supports YOU! The team provides support and encouragement to achieve your goals and your family's goals.

How Can a Child and Family Team Help My Family?

- By respecting you and your family as able to recognize your own family's strengths and develop solutions
- By recognizing you and your family have strengths and you deserve to be treated with dignity and respect
- By finding solutions that build on you and your family's strengths
- By respecting your family culture
- By using ideas and input from you and your family in the CFT process

- By supporting you and your family and developing a plan that fits your needs

Who Attends the Meetings?

The CFT meeting must always include you, your family members, your current caregiver, your social worker/probation officer, and others who provide direct services to support you. The CFT also must include people you and your family identify as important to invite to participate in the process.

How does the Child and Family Team communicate?

- CFT members communicate via phone calls, e-mails, text messages, or during in-person meetings
- CFT members agree to communicate honestly and respectfully with one another
- Team members discuss and agree to the decision-making process they will use
- Team members share feedback about how the CFT process is working for them

What to Expect

A trained member of the team will lead the group's discussion. Teams will use the CANS tool as a way for everyone to understand what you and your family need, and how to help your family identify strengths to achieve goals.

- Teams often set group agreements to make sure communication is safe, honest, and confidential
- Team members have an opportunity to share what is and isn't going well
- Team members share ideas and discuss options for future action
- Team members agree to complete specific tasks and share decision-making
- Every team member supports you and your family's success and well-being



Website



CFT Survey

Please access our confidential survey by scanning the QR code, or visit <https://www.research.net/r/CFTsatisfaction>.

Visit <https://www.cdss.ca.gov/inforesources/foster-care/child-and-family-teams> to learn more about CFT's or <https://www.cdss.ca.gov/inforesources/foster-care/cans/the-cans-tool/cans-resources> to learn more about CANS!