

## CFTs.....

Recognizes the family as an expert.

Encourages the support and buy-in of the family, extended family, and community.

Develops specific and individualized plans for children and families.



## COMMENTS FROM PAST PARTICIPANTS

*“At first the meeting felt intrusive, but after it began, I thought it did the family good.”*

*“I feel like I was included in my plan.”*

*“I feel like I understand the process now.”*

*“I did not realize this was happening. This was a blessing in disguise.”*

If you have any questions about this process, please contact your Social Worker or Case Manager

# CHILD AND FAMILY TEAM (CFT) MEETING



**Alamance County  
System of Care Initiative**

## WHAT IS A CFT?

A CFT is a group of persons identified by and with the family who are committed to the child and family and are invested in helping them change.



## WHY DO WE HAVE CFTs?

**Families are the professionals when it comes to their family's situations.**

These meetings provide families a process by which THEY can develop a plan for assuring the safety and well-being of their child.

This plan would include:

- ✎ Deciding on the safety and stability for a child,
- ✎ Making sure the child's physical, educational, and mental health needs will be met, and
- ✎ Assisting the family in achieving success for their child and family. This is accomplished by including caring people from your home, school, and community.

## WHO CAN PARTICIPATE IN A CFT?

- ✎ Family Members
- ✎ Friends
- ✎ Neighbors
- ✎ Church Members
- ✎ Children who are old enough to attend and understand the process
- ✎ Relatives
- ✎ Anyone who is important and supportive in the family's lives
- ✎ School Staff
- ✎ Mental Health Workers
- ✎ Tutors
- ✎ Coaches
- ✎ Court Counselors
- ✎ Daycare Providers
- ✎ Any other support persons

## WHAT DOES THE FACILITATOR DO?

The Facilitator acts as a neutral person. This means the Facilitator does not take sides or have anything to gain in the process.

The Facilitator helps monitor the process to make sure the rules are being followed.

The Facilitator assists the team in developing the family plan.

## WHAT HAPPENS AT THE CFT?

1. Introductions
2. Purpose of the meeting—Why are we having this meeting?
3. Confidentiality
4. Sharing family strengths and concerns
5. Options to consider—Identify any resources or options the family may want to consider in their plan.
6. Making the plan—How would the family like to resolve the identified concerns?
7. Closing

