

## WHEN AND HOW DOES THE CFT COMMUNICATE?

- The CFT can communicate in many ways: phone calls, conference calls, emails and in-person meetings
- The CFT may meet every 90 days to get feedback on and update the action steps to well-being
- The length of meetings will be based on need but typically will not last more than 1.5 hours
- CFT communication may include some CFT members at some times and all members at other times but always include the child/youth and family
- The child/youth or parent may call a CFT meeting by calling their Child Welfare Services worker



## OUR CFT MEMBERS ARE:

Name	Phone #	Email

## YOUR NEXT CFT MEETING IS:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

\_\_\_\_\_

County of San Diego  
Health and Human Services Agency

## THE CHILD & FAMILY TEAM (CFT)

*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 child or youth involved with the child welfare system who has mental health needs
- Is made up of the child/youth, their family and all others who are supporting them toward successful transition out of the child welfare system
- Works with the 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 child/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 child/youth
- Develop and implement steps to support child/youth's well-being
- Communicate regularly with CFT

## WHO PARTICIPATES IN THE CFT?

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

- Child/youth and family
- Child Welfare Services worker
- Behavioral Health Services worker

Other team members may include:

- Extended family
- Caregivers
- Service providers
- Coaches/neighbors
- Tribal members
- Spiritual and faith-based supports
- Family and youth partners
- Others who support the 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 voice of the child/youth and family
- It embraces and requires family participation in creating action steps
- It values children/youth and families as equal partners
- It recognizes & appreciates the family's culture and devises action steps that draw on it

## What does a CFT meeting look like?

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