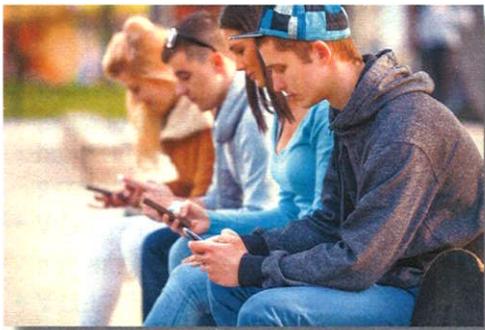


## When & How does the CFT Communicate?

- The CFT communicates in many ways: phone calls, conference calls, e-mails, and in-person meetings.
- The CFT will meet every 90 days to get feedback on, and update the action steps.
- The meeting length will be based on need but typically meetings will not last more than 1.5 hours.
- CFT communication may include some CFT members at times and all members at other times but will always include the child/youth and family.
- The child/youth or parent may request a CFT meeting by calling their social worker or mental health worker.



## Our CFT Members Include:

Name	Phone

## Next CFT Meeting

Date \_\_\_\_\_

Time \_\_\_\_\_

Location \_\_\_\_\_

\_\_\_\_\_

County of Ventura  
Human Services Agency  
Ventura County Behavioral Health

# Child & Family Team

*Identifying pathways to well being, together*



www.vchsa.org  
www.vhca.org/behavioral-health

Information was provided by  
CDSS & DHCS Core Practice Model Guide



COUNTY OF VENTURA

## What is a Child & Family Team?

- A Child & Family Team (CFT) supports a child or youth involved with the child welfare system who has mental health needs.
- A CFT is made up of the child/youth, their family, and others who are supporting them toward a successful transition out of the child welfare system.
- A CFT works with the family to develop and support a shared vision
- A CFT includes natural supports such as a coach, neighbor, or friend as well as professionals who are involved with the family to support the child/ youth and family in finding pathways to well-being.



## What is the Role of CFT Members?

- CFT members support hope, healing, and resilience.
- CFT members share their strengths, ideas, and concerns to support the child/ youth.
- CFT members help develop and implement steps to support the child/ youth's well-being.
- CFT members communicate with the team regularly.

## Who Participates in the CFT?

At a minimum, the core team members:

- Child / Youth and family
- Child Welfare social worker
- Mental Health worker

The youth or family may invite other to be a part of the team. These 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 in the CFT

- All participants will actively contribute by being direct, honest, and respectful.
- Participants will remember that everyone's voice is important. Each member will have the opportunity to be heard.
- All participants will agree on the next steps and who will help.
- Participants will commit to support decisions made and assist one another in completing action steps.

## Teaming & CFT Principles

- Promotes decisions that rely on the voice of the child/youth and family
- Embraces and requires family participation in creating action steps
- Values children/youth and families as equal partners
- Recognizes and appreciates the family's culture and comes up with action steps that draw upon it



## What does a CFT Meeting Look Like?

Each CFT meeting will:

- have a clearly defined purpose, agenda, and goal
- have an agreed upon decision-making process
- include the identification of family strengths and needs
- include brainstorming and exploring all possibilities
- include specific action steps and timeliness developed for the team members
- identify times when extra support might be needed
- include continued monitoring and adjustment