

“How do I prepare youth for team-based planning meetings?”

System of Care Practice Standard – Participation in Service Planning:

“Youth and families are supported to fully participate in meetings and/or activities related to planning for services and meeting their identified needs. Case managers will encourage and support youth and family participation in all service planning activities, taking into consideration abilities and any (documented) clinical and/or safety concerns. Family members, youth, and other supportive adults are prepared for participation in the meetings, including an orientation to all programs, processes, policies and practice standards.”

SAMPLE SCRIPT

“You will be participating in a meeting called [**Youth and Family Team Meeting, Family Resource Meeting, Family Partnership Meeting or Family Assessment and Planning Team**]. You may hear people shorten this and refer to it as [**YFT, FRM, FPM, or FAPT**]. The purpose of this meeting is to talk about what’s going well with you and your family, and also to talk about some of the problems in your life that may be interfering with your school work and relationships, or that are not allowing you to live your best life or reach the hopes and dreams you have for yourself and your family.

In addition to you and your family, there will be some other people at the meeting. These are people who have special knowledge about how to help families who are having similar experiences. (**Identify specific people or roles who you know will be in attendance.**) Do you have any questions about who will be at the meeting? Is there anyone else you can think of who should be there?

The meeting will last about _____ long. It will start with introductions, so you will know who everyone is and why they are there. We will then talk about all the wonderful things about you and your family. Then we will talk about any of the needs you and your family have. Finally, we will come up with a plan to address those needs. We hope everyone can agree on how to best meet those needs, but if you or anyone disagrees, that’s ok too!

Your participation in the meeting is very important. We don’t want to make decisions about you without you. We would love to hear your voice in the meeting, but you can also share your ideas and feelings in writing and have someone else share them. The important thing is that the team understand things from your point of view.

Some questions that might be asked of you are....

- What are the strengths of you and your family?
- What things or people have helped me in the past and why?
- What things have not been helpful in the past and why?
- What do I need to change to be able to be safe and healthy at home?
- What does my family need to change so that I can be safe and healthy at home?

Do you want to talk a little about how you might answer these questions? How are you feeling about the meeting? Do you have any questions or concerns? Sometimes it helps to take some big belly breaths before the meeting. If you like, we can do this together before we go into the room.”