

## TO PRINT YOUR WORKBOOKS

### **It's All About You Tri-Fold:**

1. When you open the It's All About You PDF, note that you have one page of instructions for printing, one page of instructions for how to use the brochure, two pages of brochure, and two pages for the insert (which gives you three inserts total).
2. To print the brochure itself, on the print options screen, select:
  - a. Landscape orientation
  - b. Fit to page (under page size)
  - c. Select the option to print on both sides of the paper (if you have this capability) – and the option to 'flip on the short edge'
  - d. Select the pages for the brochure (pages 3-4)
  - e. Choose your color option (whether to print in black-and-white or color)
  - f. You should be set to print the tri-fold brochure
3. To print the insert:
  - a. Follow the instructions above, but select pages 5-6
  - b. Once printed, there are three inserts per page. Cut the inserts out so that they will fit inside the tri-fold brochures.

# Child and Family Teams Brochure/Worksheet Informational

## READ THIS! YOU ARE THE FUTURE!

I bet you're **WONDERING** - What does this have to do with **ME**?

Let me explain! This brochure/worksheet is for **YOU** and your **SOCIAL WORKER** to use **BEFORE AND DURING** your CFT meeting.

Keep in mind that it is always good to meet with your social worker before the CFT meeting so there are no surprises during the meeting, and so you are both clear about the purpose of the CFT meeting.

**This brochure/worksheet is just a foundation for your CFT meeting. You and your social worker can build it to best fit your needs.**

Below is a description of EACH page of the **YOUTH** brochure:

1. Front of First Page (Title page, **Child and Family Teams**)
  - This page includes words of encouragement for **YOU** before going into your CFT meeting, letting you know that the CFT meeting is **for you** and **about you**. These words support the idea that **YOU**, with the assistance of the other members of your CFT meeting, are **RESPONSIBLE** for making decisions in your life.
2. Inside Front Page (**What Are Other Youth Saying**)
  - We want to **ENCOURAGE YOU** to be a part of **YOUR** CFT meeting, so we are sharing what other youth who either had CFT meetings or wanted CFT meetings stated.
3. Front/Top of Back Page (**Now What Is a CFT?**)
  - This is the **DEFINITION** of a CFT.
4. Inside Middle (**Principles & Agenda**)
  - These are principles that **EVERYONE** in the group should abide by during the CFT meeting. **YOU** (the youth) can add your own principles to the list to make it personal.
  - (Right side) This is a built in **AGENDA** that you (the youth) and your social worker can use to keep the CFT meeting on track.
5. Inside Right (**What I Hope to Get Out of This...**)
  - This is a worksheet that can be used during the prep session **BEFORE** the actual CFT meeting. The top part is for **YOU** and asks you to share what you hope to get out of the CFT meeting. Remember, you have responsibility in **YOUR** own life.
  - Next is the **SOCIAL WORKER** part of the worksheet. It will be important for you to understand what your social worker expects or needs from you at the meeting.
6. Middle Back Page (**Who to Contact**)
  - **YOU** have the **RIGHT** to set up a CFT meeting. This page guides you on how to do that.
  - Your social worker should include contact information here. You should contact your social worker if you have questions or want them to set up a CFT.
7. Inserted Page (**Worksheets**)
  - This worksheet is interactive between you and your social worker. It is important to discuss what **YOU** care about, the **FOCUS** of the CFT meeting, which is determined by both **YOU** and your **SOCIAL WORKER**, and who **YOU WANT** there as well as who **WILL** be there.

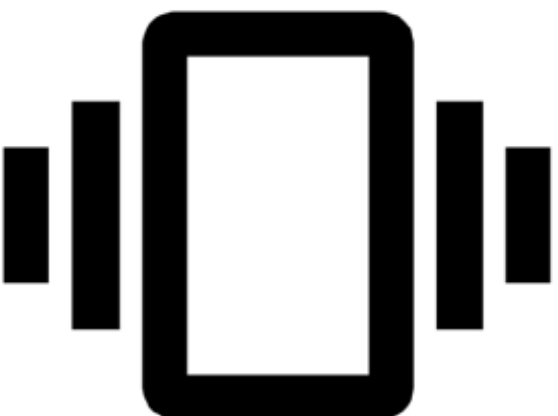
# Now What Is a CFT?

Child and Family  
Teams are family  
members and their  
community supports  
that come together to  
create, implement and  
update a plan with the  
child, youth/student,  
and family. The plan  
builds on strengths of  
the child, youth and  
family and addresses  
their needs, desires  
and dreams.

Endorsed by the NC State  
Collaborative for Children, Youth and  
Families, December 2007

PUSH  
YOURSELF  
TO THE  
LIMIT  
**DON'T  
QUIT**

NOTHING  
**ABOUT YOU WITHOUT  
YOU**



Are you interested  
in setting up a CFT?

If so, contact your  
Social Worker or  
LINKS Coordinator  
for more  
information.

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**CHILD**  
SURVIVES  
THRIVES  
RESILIENT  
STRONG



**IT'S ALL  
ABOUT YOU**  
YOUR GOALS ARE IMPORTANT



**FAMILY**  
PATIENT  
KIND  
HONEST  
CARING

SUPPORT  
LOVE  
COMMITMENT  
GOALS

PARTNERS  
TOGETHERNESS  
TRUST  
YOUTH

**TEAMS**



If I would have had a CFT meeting, my family relationships would be a lot stronger today.

- Chaney

If they would listen to me there would be more positive outcomes.

- DJ

# WHAT

ARE OTHER YOUTH SAYING?

I would have had a better transition into adulthood.

- Kenny

Decisions get made about your life with no input from you...how messed up does that sound?

- De'von

## Your CFT, Your Way

1. Everyone deserves respect.
2. Let everyone's voice be heard.
3. You need to know what I do well.
4. It's a complete 'no judgment' zone.
5. Work with me to better situations that arise.
6. Understand that trust takes time and patience.
7. Keep in mind that no one knows me better than me.
8. It takes a village to raise a strong youth.
9. Honor and respect my cultural differences.
10. Help my family understand my needs and help me understand your job.

11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_

## An Agenda for Your Meeting

1. Welcome and introductions
2. What's our purpose today?
3. Team ground rules
4. Confidentiality
5. Information sharing
6. Options to consider with youth
7. Developing the plan and who helps with each part
8. When do we meet again?

## HELLO

What I hope to get out of this (YOUTH):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What I hope to get out of this (SOCIAL WORKER):

## HELLO

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Things that I care  
about...  
(YOUTH)**

**Things that I care  
about...  
(YOUTH)**

**Things that I care  
about...  
(YOUTH)**

**Our focus for the CFT?  
(YOUTH & SOCIAL WORKER)**

**Our focus for the CFT?  
(YOUTH & SOCIAL WORKER)**

**Our focus for the CFT?  
(YOUTH & SOCIAL WORKER)**

**Who do I want there?**

(YOUTH)

**Who do I want there?**

(YOUTH)

**Who do I want there?**

(YOUTH)

**Who is going to be  
there?**

(YOUTH & SOCIAL WORKER)

**Who is going to be  
there?**

(YOUTH & SOCIAL WORKER)

**Who is going to be  
there?**

(YOUTH & SOCIAL WORKER)