

Child and Family Team (CFT) Natural Supports Brochure for Families

The Natural Supports brochure is a meeting preparation tool to assist social workers and family members in their efforts to delve into conversations around identifying the family's natural support people who might be a part of their CFT. This tool provides family members a chance to think through both what they want to share and what they would like to receive from their CFT before they enter the meeting room. The following is an overview of this brochure:

- **My CFT Means the People in My Life Need to be There Too.** The front page introduces to families the connection between CFTs and support people, helping them to understand the value those people can bring to the CFT planning process. The family quote under the picture highlights the importance of having supports at the meeting. The questions help families determine who they have as supports in their lives.
- Inside the brochure are three separate areas for families to begin thinking about what they want out of their CFT
 - **My Child and Family Team Meeting (CFT).** The first panel provides space to note meeting date, time, location, and purpose.
 - **What do I want that could help my family at this meeting?** The center panel directly encourages families to contemplate what they want that can help their family at the meeting and provides spaces to capture those thoughts and ideas. This may be used to begin a conversation between the social worker and the family, encouraging them to identify their needs for their CFT including what sort of support they need from someone other than agency members of the team.
 - **My Strengths, My Worries, and Don't Forget.** The last inside panel provides a place for families to identify *their strengths and worries as they prepare for the meeting and to note things they want to ensure they remember to bring up at the meeting.* When CFTs become challenging or emotional for families, they benefit from a place to remind them what they wanted to share.

It is extremely important to be aware of the depth of painful feelings, memories, and general angst that families bring to CFTs. Regardless of how they appear (for example, angry, resistant, or quiet), this pain exists. Prepping before the CFT meeting to talk about these feelings, if they can, helps the process go far more smoothly and productively.

- **“When I know what I want to share, I do speak up.”** The center back panel shows another family quote that underlines preparation as a time for families to think about what they want to share and increases the likelihood that they will. It provides a place for their social workers to attach their business card below the invitation to ask new questions or invite additional people to their CFT.
- **Friends can help us move forward.** The final back panel identifies natural supports as the people who help us move forward as well as another family quote that acknowledges how natural supports assist parents with sharing their thoughts, needs and alternative options to be considered. Two boxes help families to piece together who will be at the meeting and who they want at the meeting.