

Top Ten Signs about Whether Your CFT is Family-Driven

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Top Ten Signs Your CFT IS Family-Driven

- 10) The CFT meetings are all held at locations chosen by the family.
- 9) The child and family have hand-picked the members of their team and feel comfortable with each member.
- 8) The family has selected the goals of the team and the topics of discussion for each meeting. Other team members have input, but the family makes the decisions about goals and discussion items.
- 7) A CFT meeting is never held without the family (or legal guardian) present. If for some reason they are not there, the meeting is rescheduled.
- 6) Before holding a CFT meeting, all the team members have been prepared to come together in a way that respects the family, builds off their strengths, and allows them to drive the process.
- 5) The family makes the decision of whether food will be a part of their CFT meeting.
- 4) All communication during the meeting is a discussion with the child and family, not a discussion about the child and family.
- 3) One of the most frequently asked questions during the CFT meeting is the following: “What do you think of that idea?”, and it is addressed to the child and family.
- 2) All ideas submitted by team members are considered options rather than ultimatums or directions to the family.
- 1) There is a feeling of unity on the team rather than a feeling of competition...the family feels that everyone is working for their best interest rather than working to protect their own interests.

Ten Signs Your CFT is NOT Family-Driven

- 10) There are members of the family team who the family does not know or does not want on the team.
- 9) The CFT takes a vote on an issue and attempts to “out vote” or overpower the family.

- 8) The facilitator or another team member plans the topic of the CFT meeting or otherwise plans the agenda without the family's input
- 7) The schedule of the other team members drives the CFT meeting time more than the schedule of the family or their informal supports.
- 6) The family and/or their friends are asked to do all of the action steps at the CFT meeting...they walk away with all of the work.
- 5) Any of the following words or phrases are ever uttered by any of the professionals on the team during the meeting: "dysfunctional", "codependent", "noncompliant", "we've worked with lots of children like yours before", "just trust us on this one", "we are the experts here", "I think the problem is your parenting skills," or anything else that is insulting or insensitive to the family.
- 4) The CFT plan reads like a list of traditional services typically offered by the agency rather than individualized supports that are based off of the strengths, needs, and culture of the family.
- 3) The family does the least amount of talking during the meeting.
- 2) Any part of a plan is made without asking the family what they think of the idea.
- 1) If an outside observer were to see the meeting they would think it was an agency-sponsored meeting rather than one owned by the family.