

How do I prepare for my family team meeting?

During family team meetings, important decisions may be made with you for your current situation and for your future.

Preparing for these meetings is very important. Think about who will be at your meeting and how each person can help you to reach your goals. Ask your caseworker or caring adult to help you to plan what kinds of information, stories, and opinions that you want to share with the group. Write them down or have someone help you record these thoughts on paper.

What are other tools that I can use to prepare?

You may want to use an outline to help you get your thoughts together.

My Voice: Family Team Meetings

One online tool, “My Voice: Family Team Meetings”, may be found at <http://ftm.myvoice.youthmovemaine.org/>

This tool will help you to prepare your story. Each page poses questions for you to answer. Once you have typed in your answers, you can print out the story that you have created. This will include your ideas, preferences, and goals about school, family and friend connections, jobs, health, as well as life in general.

Making a Choice

Another helpful tool for discussions in your family team meetings is focused on medications. This tool, “Making a choice: A guide to making a decision about using antipsychotic medication”, may be found at <http://www.ylat.org/rights/medication.pdf>.

This is a guide developed by young people in partnership with adult providers. It is a guide to make sure you are provided with the information you need in order to have ‘informed consent’ when making decisions about your medications.

