

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.

You may want to use an outline to help you get your thoughts together. Include your ideas, preferences, and goals about school, family and friend connections, jobs, health, as well as life in general. A helpful tool to help you prepare can be found at <https://www.ylat.org/rights-resources/advocating-for-yourself/>.

Making a Choice

A 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 <https://www.ylat.org/rights-resources/advocating-for-yourself/>.

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.

