

## ***What is a Family Team Meeting?***

All young people in care have the right to have their voices included in case planning with a team of people that advocates with them and for them. Youth are encouraged to participate in their family team meetings.

“Life in foster care is challenging. Success is derived from challenges.”

Jesse R., age 19

### **What is a family team meeting?**

A family team meeting is a meeting that is focused on your safety, well-being, and family connections. Family team meetings are typically 1-2 hours. They are scheduled at a time and a place that is convenient and accessible for all members of the team.

Meetings happen at least every 6 months, although any team member can bring together the team. Remember, you have the right and the power to ask your caseworker for a family team meeting when you feel it is necessary.

### **Who attends a family team meeting?**

The people at the meeting may include your family members, caseworker, supervisors, transition worker, friends, coaches, teachers, church members, treatment agency staff, doctors, and others. You get to help decide who attends your family team meeting.

Remember, conflicts are a natural part of any group process. If you are having a hard time with one of your supporters, a family team meeting is a great place to work out your issues. Even though it may seem easier to ask that person to not attend, you may miss out on an important part of your planning.



“Don’t be like a leaf, moving only when blown by the wind. Instead, be like the wind, moving all obstacles from your path.”

Corey M., age 19

The person who runs the meeting (the facilitator) is responsible for making sure that meetings feel safe and are productive for you and for all members of the team.

### **Why should you attend your family team meeting?**

The purpose of the family team meeting is to support you in achieving your goals.

When you participate in your family team meeting, you have the opportunity to use your voice and to share what you are setting for goals for your life about family connections, education, employment, health, and other areas. You also get to ask questions, share and learn information, and to celebrate your achievements.