

Make Youth Voice Count

This tool is designed to help you organize and clearly express your goals. It can be used in case planning and family team meetings. By sharing with transition workers, case workers and others on your team, you will be part of decisions affecting your life.

Identify 2 goals that you would like to include in your case plan?

1)

2)

What steps are necessary to achieve these goals?

What supports do you need from your team?

How will you share your goals at your family team meeting?

What activities are you involved in, or would like to be?

What are your strengths?

What worries you?

What are you grateful for?

Family (This may include foster family, adoptive family or biological family)

Who do you want contact with? What would help you connect with the people that are important to you?

My Goals:

Home

Where are you living and do you feel safe living there? Where would you like to be living?

My Goals:

Friends

Who are the friends that you trust and look forward to seeing? Who do you wish was a bigger part of your life?

My Goals:

My Support Team

Who in your life you would like to be part of your support team? Does this person respect your voice and opinions? Would they be able to attend meetings with you?

My Goals:

School

What are your educational goals (college, high school graduation, return to school)? What would help to achieve these goals?

My Goals:

Employment

Would you like to be working? Where would you like to be working in a year? What do you need to do to reach employment goals?

My Goals:

Transportation

How do you get to appointments or activities? Has this been easy or hard? Have you taken drivers education?

My Goals:

Health & Wellness

Do you have questions or concerns about your health? Do you have people in your life that you can ask health related questions? Are you on any medications? Do you find the medication helpful?

My Goals:

“ I want to feel like my voice is heard and important, like someone does care about what I think. Because it is my life. ”

- Maine youth