



# What Youth Should Know about a CFTM?

## No Decision About Me, Without Me

You are an integral part of this process. What you say is important. You have the right to take an ownership role in Child and Family Team Meetings. You have the right to be notified timely for a CFTM. This notice may come from your FSW, foster parent, and/or provider case manager. You also have the right to invite people of your choosing to the meeting. They can be a coach, mentor, or friend. Family members and other caregivers will be part of your team as well, if appropriate.

## Tips for You from Youth in Foster Care about CFTM's:

- It is OK for you to take a break if the meeting is overwhelming.
- It is OK to ask questions if you don't understand what is going on.
- Ask that your progress and achievements be recognized in the CFTM setting.
- Ask to meet all members of the team, including the Independent Living specialist.

## Types of Child and Family Team Meetings

**Initial:** This meeting happens either before or after you come into care.

**Permanency Planning:** The meeting where the permanency plan is developed. You have the right to participate and ask for what you need and want.

**Revised Permanency Planning:** Your permanency plan may need to be revised. Changes may include goal changes, action step changes or time frame changes.

**Progress Review:** This meeting is to review progress made or identify areas for change.

**Placement Stability:** Before you change a placement (unless in emergencies), you have the right to a CFTM.

**Discharge/Exit Custody:** This meeting is to make sure everything is in place and you have what you need in order to be successful back at home or in the community.

**Special Called:** This meeting addresses specific concerns raised by you or your family that need to be addressed by the team.

**Transition Planning:** When you turn 17, a transition planning meeting addresses what you need to know as you move toward adulthood.



**Contact Information:**  
**Office of Independent Living**  
**844-887-7277**