

## YOU HAVE THE RIGHT TO:

- Share information about your family's strengths, challenges and needs in a compassionate and non-judgmental setting
- Bring one or more support person(s) and family members to the meeting
- Understand the responsibilities of all parties to maintain confidentiality
- Receive written information or interpretation in your native language
- Understand how to access needed services and your rights to choose the provider for those services
- Participate during the entire process when your child or family situation is being discussed
- Design a mutually agreeable support plan for your family's success



## WE'RE HERE TO HELP

PLEASE CONTACT US WITH ANY QUESTIONS ABOUT YOUR CFT MEETING.

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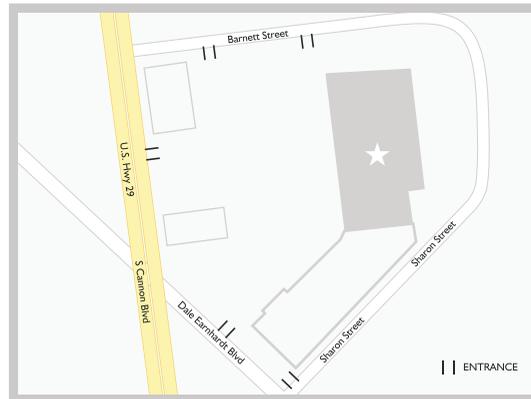
Social Worker

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## CHILD AND FAMILY TEAM MEETINGS

WORKING TOGETHER TO STRENGTHEN FAMILIES

CABARRUS COUNTY  
DEPARTMENT OF HUMAN SERVICES  
1303 S. CANNON BLVD.  
KANNAPOLIS, NORTH CAROLINA 28083

## PARENTING IS TOUGH. WE'RE HERE TO HELP.

From juggling your child's needs to juggling your personal obligations, the demands of being a parent or guardian seem overwhelming at times. Fortunately, you can turn to us to develop support strategies to improve your family situation.

A Child and Family Team Meeting (CFT) is a conversation that brings together your family, support persons and community partners. Led by a trained facilitator, this meeting ensures that all participants have an opportunity to listen and be heard, as well as share information about your family's strengths, challenges, culture and values.

The meeting addresses the unique needs of your family and builds on its strengths. We accomplish this by forming a child and family partnership consisting of people you trust to be on your team. Together, we will work to develop a realistic plan that will help your family meet its personalized goals for success and desired change.

“Participating in a CFT meeting let me know that there was an entire team of people concerned about my best interests and my child's safety. I felt that I was not alone in the process.” – Jane D., DHS client



## FAQs ABOUT CFT MEETINGS

### *When are CFTs required?*

CFTs are required within 30 days of DHS determining that your family is in need of services. We will work with your family to find a mutually agreeable meeting time and location.

### *What is a facilitator?*

A facilitator is a neutral person who leads the meeting and makes sure all participants are respected, understood and heard.

### *What will happen at the meeting?*

The facilitator will open the meeting with introductions and discussion of confidentiality rules. Next, they will review the purpose of the meeting. Then, everyone (including you) will have a chance to talk about your family's strengths and concerns, support strategies and available resources. All participants are involved in creating an improvement plan that fits your family's unique strengths and needs.

## WHO'S IN YOUR CORNER

- Family members
- Spouses and significant others
- Friends
- Co-workers
- Neighbors
- School/childcare staff
- Church members
- Social workers

Your support network is stronger than you think. Having one or more support persons present at your CFT meeting helps you identify your family's strengths, challenges and needs. Support persons are the important, trusted people in your life.

