

## During a Family Team Meeting, the team:

- ❖ Is welcomed and introduces themselves
- ❖ Learns what the family hopes to accomplish and defines the purpose of the meeting
- ❖ Sets reasonable and meaningful goals
- ❖ Recognizes and affirms the family's strengths
- ❖ Assesses the family's needs
- ❖ Designs an individualized course of action that includes supports and services matching the family's needs and building on their strengths
- ❖ Agrees on next steps and sets up supports



## Community Based Family Team Meetings

*Information for Families*

### Polk County Decategorization

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[www.PolkDecat.com](http://www.PolkDecat.com)

## What is a Family Team Meeting?

A community based **Family Team Meeting (FTM)** is a facilitated meeting that brings together individuals who can **assist families in getting back on track** while providing them with helpful resources and supports.



This approach **draws upon a family's strengths**, experiences, knowledge, and resources to **create a plan that provides for the safety and well-being the family**; especially the children. The family is assisted in building a circle of support that will see the family through difficult times.

FTMs are based on these values: **everyone has strengths, people can change, and people deserve support.**



The family selects who to invite to their team meeting with guidance from a facilitator. Typical team members include *family members, friends, neighbors, teachers, pastors, counselors, attorneys, helping professionals*, or anyone else that the family would like to include. All team members will sign a confidentiality agreement prior to the meeting to protect the family's right to privacy.

The family will also select when and where to have their meeting. Typical locations include their home, church, or a community building.



## Would Your Family Like to Have a Family Team Meeting?

You can **complete your own referral form** and make a self-referral, or you can **have someone that you trust complete the referral form on your behalf**. The FTM referral form can be obtained by contacting Polk County's CPPC Coordinator at [tross@dhs.state.ia.us](mailto:tross@dhs.state.ia.us) or by calling 515-725-2780.



If your family is a good candidate for a FTM, a facilitator will contact you prior to the meeting to describe what the meeting will be like and **will ask you what your family would like to see happen as a result of the meeting**. The role of the facilitator is to make sure that everyone's voice is heard during the meeting and that everything runs smoothly. **All FTM facilitators are trained and certified.**