



Child and Family Teams

The inception of Child and Family Team practice in northern Arizona since 2001 represents a major change in our state's philosophy for serving children with serious emotional disturbances. Rather than children being funneled into standard treatment plans, individualized service plans are developed in partnership with the child and family to fit their unique cultures and circumstances. The Child and Family Team (CFT) is a group of people that includes, at a minimum, the child and family, any foster parents, a behavioral health representative, and any individuals important in the child's life and who are identified and invited to participate by the child and family. In the case of children who may be legally dependent or delinquent, the custodial agency shares selection of team membership with the child and family. This may include, for example, teachers, extended family members, friends, family advocates, healthcare providers, coaches, community resource providers, representatives from faith-based communities, agents from other state service systems, etc. The size, scope, and intensity of involvement of the team members are determined by the objectives established for the child and the needs of the family in providing for the child and can therefore expand and contract as necessary to be successful on behalf of the child

NARBHA has worked with several national consultants over the past four years to develop skills around child and family team practice. NARBHA ensures ongoing training on CFT practice that includes skill development to change the mix of services established by Teams based on identification of underlying needs and functional strengths and incorporating these into the treatment planning process. NARBHA is committed to altering the nature of behavioral health

treatment through the CFT framework, including developing and supporting the following:

- Focusing on strength-based, family-driven assessment and treatment planning
- Exploring development of evidence-based practices
- Increasing expertise in treating and identifying services for special populations
- Focusing on underlying needs and functional strengths
- Partnering with families and stakeholders to achieve family, community and system level change
- Collaborating with out-of-home care providers to support CFT practice and improve discharge planning

NARBHA has a workgroup that is collaborating with Child and Family Support Services to develop a comprehensive computer-based training curriculum to train facilitators in the NARBHA region. This curriculum will be made available to family members and other stakeholders on request.