# Building Bridges Self-Assessment Tool: For Youth and Families

**December 2010**

## 1. Child and Family Team

This section asks about Child and Family Teams, their structure, membership and functions.

### Important Definitions:

**Child and Family Team:** A team of people that includes at least the child or youth and his/her family, a social worker or therapist, and any other important people who are identified and invited by the child/youth and family to participate in planning. The team develops a service plan for the child/youth and coordinates care. Sometimes called a “Treatment Team.”

**Family:** Broadly defined as any member of the youth’s biological, adoptive or foster family, legal guardians, or any other person who plays an important role in the youth’s life and who is identified by the youth as “family.”

**Treatment Plan:** A written plan that describes all the services and supports a youth and family will receive, often called a “Treatment and Support Plan.”

<table>
<thead>
<tr>
<th>1. Before they enter this residential program, youth have a Child and Family Team that coordinates their community care.</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>Don't Know/Doesn't Apply</th>
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<table>
<thead>
<tr>
<th>2. Youth have a Child and Family Team during residential placement.</th>
<th>1</th>
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<th>Don't Know/Doesn't Apply</th>
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<thead>
<tr>
<th>3. The following people participate actively in Child and Family Team meetings during residential placement:</th>
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<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>Don't Know/Doesn't Apply</th>
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<tbody>
<tr>
<td><strong>a. youth</strong></td>
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<td><strong>b. family, guardians or other important adults</strong></td>
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<td><strong>c. the residential program’s clinical staff</strong></td>
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<td><strong>d. the residential program’s school staff</strong></td>
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<td><strong>e. home school staff</strong></td>
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<td><strong>f. community provider(s) who served the youth and family before residential placement</strong></td>
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<td><strong>g. friends or informal supports identified by youth or family members</strong></td>
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<td><strong>h. other professionals from child welfare, juvenile justice, family court, probation system, etc.</strong></td>
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<table>
<thead>
<tr>
<th>4. Family members know how to reach the members of their Child and Family Team.</th>
<th>1</th>
<th>2</th>
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<th>4</th>
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<th>Don't Know/Doesn't Apply</th>
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<tr>
<th>5. Residential staff continue to serve on the Child and Family Team following discharge.</th>
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<th>2</th>
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<th>5</th>
<th>Don't Know/Doesn't Apply</th>
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<thead>
<tr>
<th>6. Child and Family Team members:</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>Don't Know/Doesn't Apply</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>a. Keep track of how well youth are doing in working towards goals</strong></td>
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<td><strong>b. adjust the Treatment Plan to meet changing needs</strong></td>
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<td><strong>c. are able to provide funds to implement the plan</strong></td>
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<td><strong>d. work well together</strong></td>
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<td><strong>e. complete referrals to other services in a timely way</strong></td>
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</table>

**Comments:**
# 2. Family-Driven Practices

This section asks for your opinions about practices which involve the family or guardians in the care of their youth and in the program.

## Important Definitions:

**Family:** Broadly defined as any member of the youth’s biological, adoptive or foster family, legal guardians, or any other person who plays an important role in the youth’s life and who is identified by the youth as “family.”

**Family-Driven** means *families* have a primary decision-making role in the care of their own children and the policies and procedures governing care for all youth in their community, state, tribe, territory and nation.

**Treatment Plan:** A written plan that describes all the services and supports a youth and family will receive, often called a “Treatment and Support Plan.”

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<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>Don’t Know/ Doesn’t Apply</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. To help <em>family</em> members take the lead in treatment planning, they are provided with:</td>
<td></td>
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<tr>
<td>a. written materials on the family role in services</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
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<tr>
<td>b. training or coaching</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>c. parent advocates</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>2. The <em>Child and Family Team</em> members</td>
<td></td>
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<tr>
<td>a. listen to the family’s recommendations</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>b. make decisions only based on consensus of the <em>Child and Family Team</em></td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>3. The youth’s Treatment Plan is based on family members’ goals.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>4. Family members demonstrate full understanding of treatment plans.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>5. Family members of current or former residents are:</td>
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<tr>
<td>a. employed as staff</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>b. employed in management</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>c. volunteers helping in activities or events on agency committees or the Board of Directors</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
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<tr>
<td>6. Family members have a choice about:</td>
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<tr>
<td>a. members of their <em>Child and Family Team</em></td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>b. providers and services when options are available</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>7. Services are available from “<em>Family Partners</em>” or “<em>Parent Advocates.</em>”</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
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<tr>
<td>8. Staff are trained in family-driven practice.</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
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</tbody>
</table>

**Comments:**

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*Building Bridges Self-Assessment Tool: For Youth and Families*

*December 2010*
3. Youth-Guided Practices

This section relates to practices which support youth taking a leadership role in their own care. It may not apply, depending on the age, maturity, and ability of the youth involved. If you believe it does not apply, simply mark Don’t Know/Doesn’t Apply for each question.

**Important Definition:**

*Youth-Guided* means that youth are empowered, educated and given a decision-making role in the care of their own lives.

<table>
<thead>
<tr>
<th></th>
<th>1 Strongly Disagree</th>
<th>2 Disagree</th>
<th>3 Somewhat Agree</th>
<th>4 Agree</th>
<th>5 Strongly Agree</th>
<th>Don't Know/ Doesn't Apply</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>The goals of the treatment plan are based on the youth’s own goals.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>2.</td>
<td>If they are able, youth guide the Child and Family Team meetings.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
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<tr>
<td>3.</td>
<td>Youth develop full understanding of the treatment plan.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>4.</td>
<td>Youth are involved in everyday decision-making about their care.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
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<tr>
<td>5.</td>
<td>Peer advocates support youth in:</td>
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<td></td>
<td>a. Treatment Planning</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
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<tr>
<td></td>
<td>b. returning to the community</td>
<td>O</td>
<td>O</td>
<td>O</td>
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<td></td>
<td>c. transition to post-residential placement</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
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<tr>
<td>6.</td>
<td>Youth have a voice in selecting members of their <em>Child and Family Team</em>.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
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<tr>
<td>7.</td>
<td>Youth receive services in the community while they are in placement.</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
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<tr>
<td>8.</td>
<td>Youth have access to training in self-advocacy and leadership.</td>
<td>O</td>
<td>O</td>
<td>O</td>
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<td>9.</td>
<td>Youth participate in agency decision-making:</td>
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<tr>
<td></td>
<td>a. a youth advisory council is active</td>
<td>O</td>
<td>O</td>
<td>O</td>
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<td></td>
<td>b. youth leaders are hired by the program</td>
<td>O</td>
<td>O</td>
<td>O</td>
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<td></td>
<td>c. youth are involved in staff interviewing and hiring</td>
<td>O</td>
<td>O</td>
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<td>d. youth initiated or directed activities occur in the program</td>
<td>O</td>
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<td>e. former youth are active with the Board of Directors</td>
<td>O</td>
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<td>10.</td>
<td>Staff are trained in youth-guided practices.</td>
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Comments: ________________________________