

# Identifying Trauma through the CFT Phases

## Phase 1: Engagement, Assessment, and Team Preparation

By eliciting the family's story, the worker can begin to understand the child, youth, and family member's strengths, self-identified needs, culture, and vision for the future. The tone for teamwork begins to be established. As staff learns about the family, they will also ask about the family members' support system to identify the important family resources and potential members of the CFT including the strengths and resources they may bring to the team.

<b>Trauma Symptoms:</b>	

## Phase 2: Initial Service Planning

Team trust and mutual respect are built while the team creates an initial integrated plan of care using a high-quality planning process that reflects the practice principles.

<b>Trauma Symptoms:</b>	

### Phase 3: Monitoring and Adapting

Throughout the CFT process, team members work together to ensure that the integrated plan provides access to needed services, monitors the child, youth, and family's progress, and makes individualized adaptations as they learn together what does or does not work.

Trauma Symptoms:	

### Phase 4: Transition

As progress moves forward, plans include discussion of the resources needed for purposeful transition out of formal services. This may include a potential mix of formal and natural supports in the community (and, if appropriate, to services and supports in the adult systems).

Trauma Symptoms:	