



Los Angeles County DMH, Continuum of Care Reform Division

Trauma/Resilience Tip of the Week: Voice and Choice

The Child and Family Team (CFT) brings formal and natural supports together to promote effectiveness of tailored and individualized services for needs of child and family. It is essential to maintain an open mind while integrating different perspectives of various team members. The child and family's voice and choice is at the forefront of this process. Responses to trauma vary across children and families. It is important to appreciate the child and family's perspective about their presenting problems and work with them collaboratively.



Strategies to Engage Child and Family

- Transparency: Open and honest communication
- Consistency: Availability, attendance, and level of empathy
- Collaboration during planning, decision-making, and tracking and adapting
- Focus on strengths
- Culturally responsive services