**Tompkins County CARE Team Meetings**

***C****ollaborate*

***A****lign*

***R****espond*

***E****ngage*

**What Is A CARE Team Meeting?** When young people face social and emotional challenges that get in the way of their success over time, it can be stressful for everyone involved. Sometimes parents/caregivers, schools and community providers need a little help to uncover new strategies to inspire positive change. A solution focused CARE team meeting can support a family and their providers in discovering some new ways of working together.

**How do I request a CARE team meeting?** The referral form for a CARE team meeting can be found on the collaborativesolutionsnetwork.org website. Anyone can request a meeting, including parents and caregivers, educators and community providers.

**How do CARE team meetings get organized?** When the CARE team facilitator receives a meeting request, they contact both the referral source and the parent/caregiver. The parent then chooses exactly who they would like to attend the meeting and where the meeting will be held. Youth are encouraged to attend their own meetings but this decision is always made by the family. Once the team is identified, the facilitator sends out an invitation to attend along with a plan to find a time when everyone is available.

**What can I expect to happen at a solution focused CARE team meeting?**

A CARE team meeting lasts an hour and fifteen minutes. The culture of the meetings is very strengths based and all voices at the table are considered to be equally important. Our goal is to create a calm and positive place for everyone to reflect upon the current strengths and challenges, to envision a brighter future and to identify some steps for reaching some common goals.

**What about follow up?**

It is up to the family whether or not there is a follow up meeting planned. This can be scheduled at the time of the CARE team meeting or at a later date.

If you have any questions about solution focused CARE team meetings in Tompkins County, please call Jaydn McCune at 607-351-3436 or email her at jaydnmcss@rackercenters.org