

The California Integrated Practice Child and Adolescent Needs and Strengths (IP-CANS)

CANS

Your Voice!



A tool that supports the Child and Family Team to make sure children, youth, and family's stories are heard and valued!

Your input into the CANS is so important! We want you to share your thoughts, experiences, and opinions. As a team, we will develop a case plan and identify what to work on.

Why use it?

The CANS helps the Child and Family Team (CFT):

- Organize information.
- Communicate more clearly.
- Reach agreements about how to support the child/youth or family.
- Track the progress of the team.

What does it tell us?

The CANS uses a rating scale to summarize important areas related to the child/youth's **needs** — in school, at work, at home, and in relationships with friends and others. The CANS also captures **strengths** of the child/youth and caregivers.

What do the ratings mean?

For Needs

- 0 Nothing needed right now.
- 1 We need to keep an eye on this.
- 2 We need help with this.
- 3 We need help with this right now and/or intensive services and support!

For Strengths

- 0 Core strength to support child & family!
- 1 Useful strength to build and grow.
- 2 Potentially useful strength one day. Think about how to nurture.
- 3 Maybe a future strength.

When is it completed?

The CANS is completed as soon as possible.

- The CANS may be completed with the child/youth and family over one or multiple gatherings. The tool is usually completed by a behavioral health specialist or designated child welfare staff but other members of the team, such as a CANS certified parent advocate, may also complete the tool.
- The CANS is reviewed at team meetings and updated as needed, but at least every six months.
- At the CFT meeting, the team talks about progress toward accomplishing the goals. The team celebrates successes and makes changes to the plan as needed.

How is it completed?

- **Step 1: Hear the story.** The person completing the CANS asks the child/youth, family, caregivers, and others questions to learn what is working well, what worries them, who helps them, and what is needed to be even more successful.
- **Step 2: Rating the CANS tool.** Based on the information gathered, the needs and strengths will be rated to identify areas that need attention. The information is reviewed at CFT meetings and helps everyone to understand the child and family strengths, needs, and culture.
- **Step 3: Prioritize together.** Based on the discussion, the team agrees on what aspects of the child/youth and family's needs are most important to work on right now and includes these in the case plan.
- **Step 4: Tracking change.** At least every six months the CANS will be updated with input from the team to mark progress and identify changes to needs, strengths, and plans.