

CHILD AND ADOLESCENT NEEDS AND STRENGTHS (CANS)

10 KEY QUESTIONS

For Caregivers

This sheet lists the key areas of a youth's life that we will be talking about. If your youth has needs or strengths in any of the areas listed, we will ask for more detailed information to better understand that need or strength. This conversation will allow us to collaboratively create an individualized treatment plan for your youth.

1. What does your youth do well?
2. Are you or your youth involved with a group, club, or community that provides comfort or support?
3. How does your family get along?
4. How is your youth doing at home, at school, and with friends?
5. Is your youth having trouble with their feelings or actions?
6. Is your youth doing things which could hurt themselves or others?
7. Do you worry about the safety of your youth at home, at school, or in the community?
8. Did your youth have any problems at birth or in their first few years?
9. Has your youth experienced trauma or challenging life events? Have they been through something difficult that still impacts them today?
10. What would help you and your family best support your youth? What are your hopes for your child and how can we support you as a family?