

# Using the CANS and Writing Effective Individual and Family Service Plans

Tying Strengths and Needs to Goals and Objectives

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April 2013



Office of  
Comprehensive  
Services

Empowering communities to serve youth

# The Individual and Family Service Plan (IFSP)

- The IFSP is the CSA service plan. It is developed by the FAPT or approved multidisciplinary team(MDT)
- The purpose of FAPT is to have people from the different child serving agencies represented to be able to work collaboratively to assure a comprehensive, multifaceted plan that addresses the family's needs and builds on their strengths. A plan developed in isolation is not as strong as one developed by the family with the assistance of the professionals represented on the FAPT.
- The family and the youth are an empowered part of the FAPT.



# Assessment

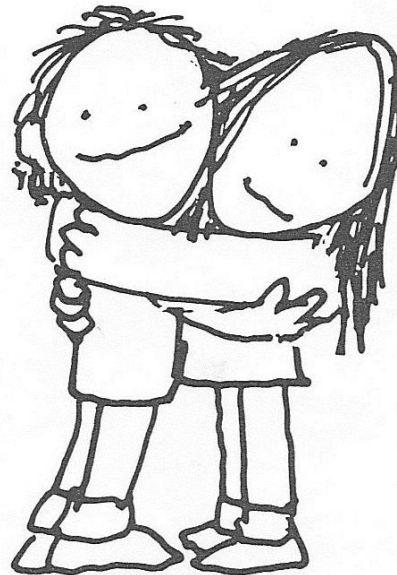
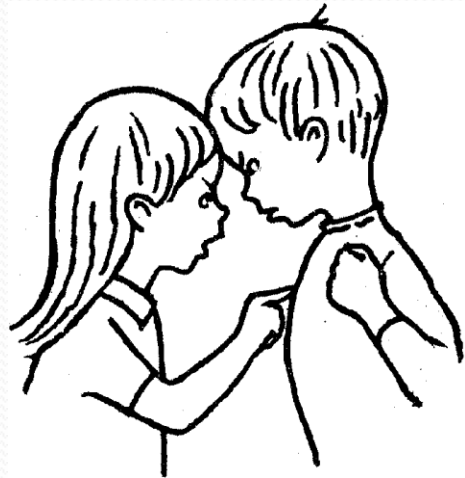
- Assessment is the first step in effective treatment planning. In CSA, the basic assessment is the CANS.
- Learn what strengths the family already has, community involvement, a church family, extended family or fictive kin (family friends who are considered “family”) to call on in an emergency?
- Learn what the family does well together and as individuals
- What are the needs the family describes?
- What challenges do the professionals see with which the family may need assistance?

# Setting Goals

- Goals should relate directly to the CANS for CSA purposes. Any CANS item rated a 2 or 3 should be addressed in the IFSP .
- Goals need to focus on the behaviors that keep the youth or family from functioning in the community.
- Goals are measurable, achievable, objective and should be stated positively.
- Goals have timeframes whether it be one month or 5 years.
- Usually a plan focuses on one to three goals. Any more than that is overwhelming to the family and the youth.
- Multiple CANS scores of 2 or 3 can often be grouped together in one goal.
- The IFSP is developed by the FAPT, the youth and the family.

# GOAL example:

Sarah will interact with her peers without physical violence or threats by the end of the school year.



# Setting Objectives

- Objectives are small goals, or steps towards the overarching goal.
- Objectives also relate to needs and strengths
- Objectives are measureable and usually time limited
- There can be multiple objectives for each goal
- Objectives are written in a youth or family centered manner so that the youth and or family can “own” the objective.

# Objective Examples

- Sarah will have 3 months free from striking out at peers.



- Sarah's family will encourage Sarah to verbalize her feelings with a reward system for every week without hitting for one month.





# Interventions

- Interventions are the actions taken to reach an objective
- Interventions are the services part of the IFSP
- Services should not drive the IFSP, the needs that lead to the goal should drive the plan. The services support the objective and goal.
- Often localities feel limited to services available to them in the community and create a service plan around what they have instead of taking a hard look at what services will support the family and youth in reaching the goal.

# Examples of Interventions

- Individual Therapy
- Applied Behavioral Analysis
- Community Activities
- Mentor
- TFC
- Advance origami classes
- Yoga
- Or anything else that will help Sarah with her goal of interacting with her peers without physical violence or threats

# Service Providers

- The service providers, or vendors are the agents whose products are used to assist families in reaching their goals and objectives.
- The individual service plans created by the providers should support the goals and objectives of the IFSP.
- There should be a direct relationship between the providers and services back to the objectives and goals.

# Provider Examples

- XYZ Applied Behavior Analyst will provide X number of hours. (related to objective: Sarah will have 3 months free from striking out at peers.)
- HUGS Family therapy will meet twice a week with the family (related to objective: Sarah's Family will encourage Sarah to verbalize her feelings)

# Implementation and Revision of IFSP

- The IFSP is a working document.
- Sometimes there are parts of a plan that need to be revised
- Families and youth do not fail, service plans fail.
- The revision of a plan is not a sign of poor planning, it is a sign of active treatment planning and quality improvement.

# Revision examples

- Goal may need to be changed.
- Smaller steps (different objectives may need to be put in place)
- A different provider may be needed.
- Objectives may be met before the proposed date and new objectives may be needed.



# Resources:

[Model IFSP](#)

[CANS Documents](#)

[Guidance for CPMTs on  
Family Engagement Policy](#)