Logic Model

Improved Lifetime Outcomes

Improved Placement Stability ↔ Improved Short-Term Outcomes

Collaboration → Needed Services

Collaboration → Regular Evaluation

Needed Services ↕ Regular Evaluation

Early Evaluation using the CANS

A measure of needs & strengths
- ID needs & strengths

A communication tool
- ID behavior patterns across contexts
- Share strategies used to address needs & build on strengths

A collaborative tool
- Access to needed services
- All team members have the same information

A way to track progress
- Monitor progress & adjust services as needed
- Emotional & behavioral needs met
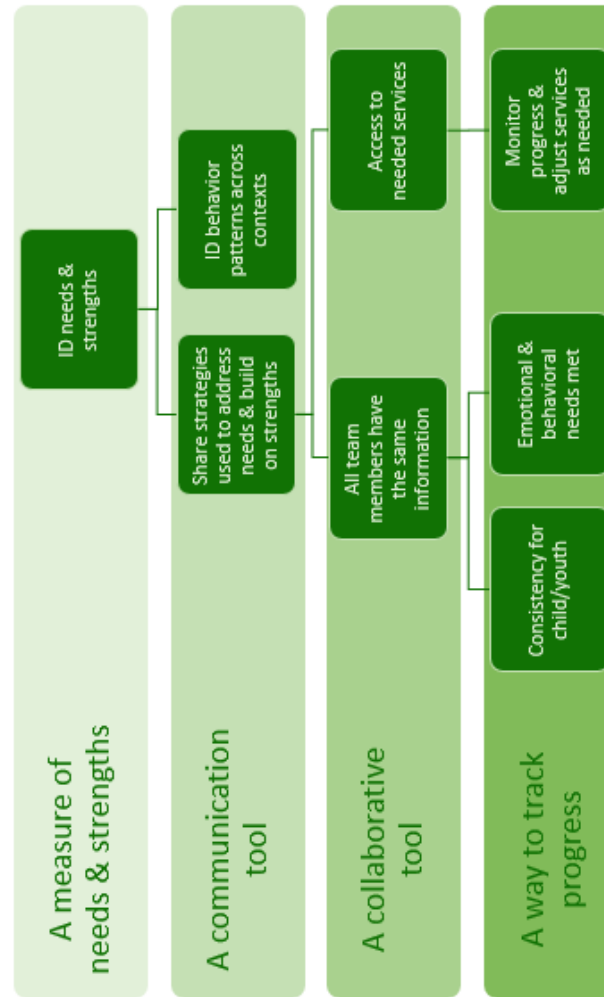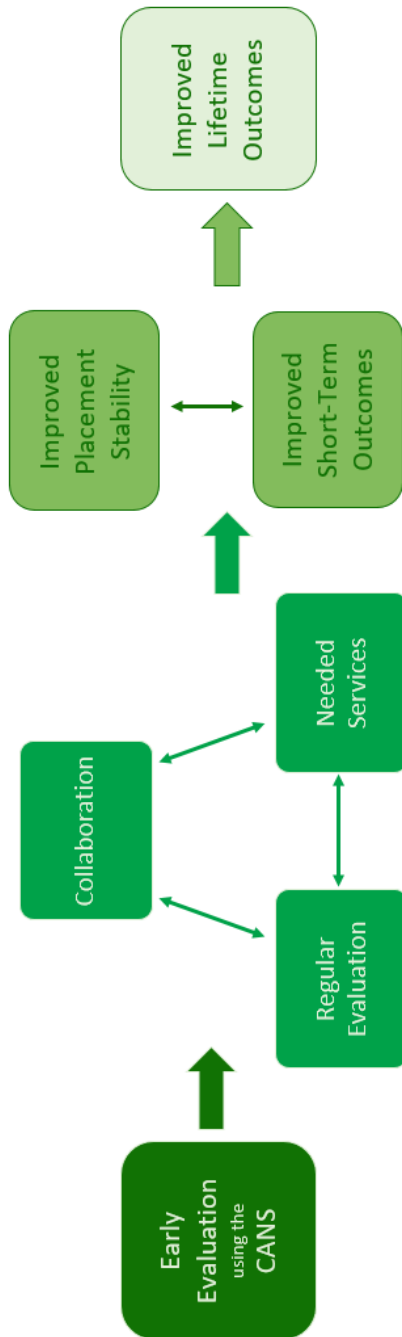- Consistency for child/youth

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Using the CANS to Support the Child or Youth in Your Care

Child and

Adolescent

Needs and

Strengths

THE UNIVERSITY OF VERMONT
EDUCATION AND SOCIAL SERVICES

PLACEMENT STABILITY PROJECT

Vermont Child Welfare Training Partnership

The CANS is…

- ✓ **A tool that will help your child/youth's team…**
  - ➢ Communicate
  - ➢ Meet his/her needs
  - ➢ Build on his/her strengths

- ✓ **Organized into 5-6 categories**
  - ➢ Child Behavioral/Emotional Needs
  - ➢ Life Domain Functioning
  - ➢ Child Strengths
  - ➢ Caregiver Needs & Strengths
  - ➢ Child Risk Factors
  - ➢ Child Risk Behaviors

- ✓ **Scored from 0-3 for each item**
  - ➢ Strengths:
    - ▪ Low scores (0-1) = important strength for the child/youth
    - ▪ High scores (2-3) = the item is not identified as a strength right now
  - ➢ Needs:
    - ▪ Low scores (0-1) = no evidence of need right now
    - ▪ High scores (2-3) = action required to support this need

EXAMPLE BASELINE CANS REPORT

2% 7% 20% 53% 18%

- 3's
- 2's
- 1's
- 0's
- NA
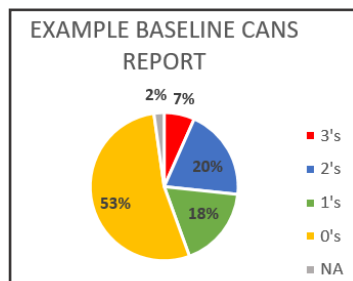
- ✓ **Completed every 6 months, so you can see evidence of your child/youth's growth!**

The CANS is useful for…

- ✓ Creating a team to support your child/youth
- ✓ Bringing together a lot of information about your child/youth & turning it into data
- ✓ Making sure that your child is getting the right services
- ✓ Seeing all of the ways your child/youth grows and changes over time

How you can use the CANS:

- ✓ **Build on your child's strengths**
  - ➢ Help your child maintain access to…
    - ▪ Activities of interest, friends, supportive adults, and beneficial supports & services (e.g., mental health, medical, & educational resources)

- ✓ **Give attention where it's due**
  - ➢ Monitor needs that do not require immediate intervention or services (scored a 0-1 on the CANS)
    - ▪ For example, you could start a journal where you take notes on the child/youth's behavior
  - ➢ Help your child identify and manage challenges
  - ➢ Seek help if your child's needs increase

- ✓ **Support your child's needs**
  - ➢ Help your child maintain access to:
    - ▪ Recommended services and supports
    - ▪ Supportive peers and adults
    - ▪ Activities that help teach perseverance, resilience, and optimism
    - ▪ A safe, stable, and caring home

The CANS is NOT…

- x a diagnostic assessment
- x a judgement of *anyone*
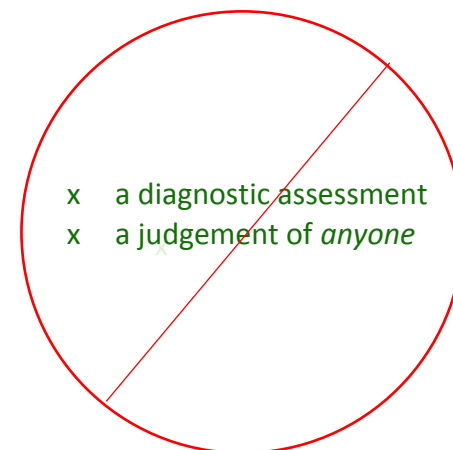
References & Additional Resources

- ✓ Agency of Human Services: Integrating Family Services (IFS) website: http://ifs.vermont.gov/content/child-and-adolescent-needs-and-strengths-cans-0

- ✓ Northwestern Counseling & Support Services. (2016). *CANS: A family guide*. Available from Northwestern Counseling & Support Services (NCSS), and on the IFS website.

- ✓ Praed Foundation. (1999). *Child and Adolescent Needs and Strengths (CANS) Vermont: Comprehensive Multisystem Assessment for Children and Youth 5 Years – 22 Years*. Retrieved from http://ifs.vermont.gov/content/child-and-adolescent-needs-and-strengths-cans-0.

- ✓ Praed Foundation. (2016). Vermont *Child and Adolescent Needs and Strengths Ages 0-5 (CANS 2.0)*. Retrieved from http://ifs.vermont.gov/content/child-and-adolescent-needs-and-strengths-cans-0.