Many young people feel like they don’t get much say in the decisions that are made about their lives during their team-based planning meetings*, which can be very frustrating. The Achieve My Plan youth advisory group has developed some suggestions and strategies to help young people, just like you, to become more involved in their team meetings.

*Note: A team based-planning meeting can be any meeting where a team of professionals and family members meet with a youth to make plans for their future. This can include Wraparound team meetings, Individualized Education Plan meetings, etc.

Get the Team to Work for You

Team meetings are designed to support you and help you plan for your future; however, sometimes this doesn’t happen in reality. It is important for you to be involved in planning, organizing, and participating in your meeting. A place to begin getting the team to work for you is to:

*Talk with the person on your team that you are closest to about how you want to be involved in your meetings.* This person can be your “support person.” If no one on the team supports you, let your team know you want to invite someone as a support person or ally to come to your meetings.

Beginning below are tips that you and your support person (if applicable) can use to get the team to work for you.

Ask the team to create ground rules that ask everyone to show respect and welcome participation.

Here are some examples of ground rules: Honor everyone’s voice; Speak directly to the person you are speaking to or about; Do not assume what others are thinking or feeling; Offer advice only when it is requested. Ask the team to use an agenda for the team meeting. Using an agenda, and sticking to it, helps the team to stay on track and cover everything that needs to be discussed. Some teams also add time limits to agenda items to ensure that the team can talk about everything quickly and efficiently.

**Get the Team to Work for You**

**The Best Support Person Is...**

- Someone I trust who will **support me even through uncomfortable parts of the meeting.**
- Someone who the **other people at the meeting will respect and listen to.**
- Someone who knows me and will **help me say what I want to say.**
- Someone who will be **available to meet before the meeting to check-in and review what I would like to share with the team.**
- Someone who will be **available to check in with me after the team meeting** to talk about how it went and support me with any follow-up tasks.
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