

Using Peers to Engage Families and Caregivers of Individuals with SED and/or SMI

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Disclaimer Slide

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Walking the Talk with Family and Youth Involvement

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WHY?

Benefits

By involving family and youth
at all levels

a system of care assures that the culture of the system
will be impacted by the perspectives and the cultures
of the families and the youth in the community.

Early Stages of System of Care Development

Barriers

- ☐ Trust
- ☐ Past Experiences
- ☐ Equity
- ☐ Scheduling
- ☐ Transportation
- ☐ Childcare
- ☐ Knowledge

Solutions

- ☐ Trust
- ☐ Past Experiences
- ☐ Equity
- ☐ Scheduling
- ☐ Transportation
- ☐ Childcare
- ☐ Knowledge

Maintaining What You Have Built in Maturing Systems of Care

- Support family/professional partnerships.
- Provide for ongoing training.
- Develop and support a diverse cadre of family and youth voices.
- Hire youth and families.
- Involve youth and families in the hiring process.
- Support family and youth with friendly practices.
- Share leadership and responsibility.
- Work with system partners to extend, value, and practice family and youth involvement.

Strategies for Engaging Families and Youth in Individualized Care Planning

- Reach out to families and to youth.
- Provide a safe environment for speaking the truth.
- Protect privacy and confidentiality.
- Educate youth about their rights and options.
- Involve youth and family in the assessment process.
- Have family and youth advocates on teams.
- Provide orientation manuals for newly enrolled families and youth.
- Respect the family's culture.
- Respect the youth's rights and choices.
- Share information.

Strategies for Engaging Youth and Families in Service Delivery

- Facilitate empowerment.
- Reduce isolation.
- Increase peer informal support.
- Provide necessary economic support.
- Ensure ownership of individual plans.
- Enhance potential for sustainability.



Strategies for Peer to Peer Involvement

Provide opportunities for youth and families to:

- Meet each other in their communities;
- Connect with others experiencing similar situations; and
- Reduce stigma and isolation.

Provide:

- Support groups;
- Peer matching;
- Leadership development;
- Social activities with children and youth; and
- Training opportunities.



Youth Involvement WORKS for Youth

- Personal experience is their expertise. Youth use it to create systems change.
- Youth reclaim their power and sense of responsibility.
- Youth are more likely to succeed in treatment when their voice is heard and causes things to change.
- Youth gain a sense of belonging, competence, usefulness, and empowerment.



culture

Strategies for Engaging Families and Youth in Management

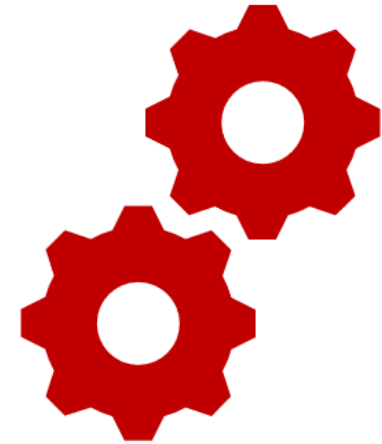
- Clearly define roles and processes for making decisions.
- Provide training and support in business, management, program development, and evaluation (i.e., budget review, contracts, RFPs, data collection and analysis).
- Make sure that training and coaching always includes family and youth voice.
- Model partnership and collaboration.
- Families and youth help to identify what is functionally significant.
- Establish communication and keep it open.

Strategies for Engaging Youth and Families in Governance and Policy

- Provide training and information **BEFORE** the first meeting.
- Recruit diverse voices in substantial numbers.
- Make a place on the agenda and solicit input.
- Share the decision-making power.
- Share responsibility in the outcomes.
- Provide fair compensation, transportation, child care, and other supports.
- Welcome change.
- Use universal vocabulary.
- Respect, respect, respect, respect, **RESPECT**.

Roles for Family-Run Organizations in Systems of Care

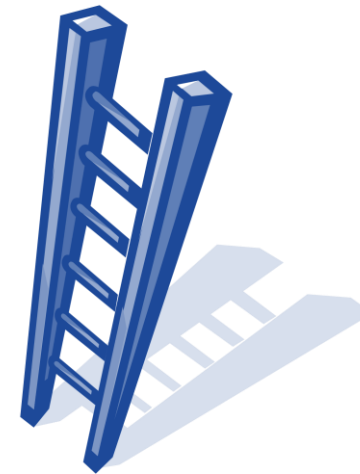
- Promote youth and family involvement.
- Connect families and youth.
- Provide information and referral.
- Provide advocacy.
- Support flexible funding.
- Provide ongoing leadership and training opportunities.
- Coordinate families and youth in policy and decision-making.



Ladder of Young People's Participation

9. Youth Initiated and Directed.
8. Youth Initiated, Shared Decisions with Adults.
7. Youth and Adult Initiated and Directed.
6. Adult Initiated, Shared Decisions with Youth.
5. Consulted and Informed
4. Assigned and Informed.
3. Tokenism.
2. Decoration.
1. Manipulation

Maximum Youth Participation



Minimum Youth Participation

Moving Towards Family Driven An Initial Draft Definition

- Actively demonstrate partnership by sharing power, resources, authority, and control.
- Let family and youth experiences, visions, goals, perceptions of strengths and needs, and their guidance about what will make them comfortable steer decision making.
- Create culturally competent environments where family and youth voices are heard and valued, everyone is respected and trusted, and it is safe to speak honestly.
- Give families and youth access to sound professional expertise for help making good choices.

Commitment

Securing and sustaining funding in systems of care is an ongoing challenge.

Make sure that family and youth involvement continues to be a priority for all system partners.

Walk the Talk

Nothing about us without us.

Put your

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Where your mouth is.

Re-engaging Families from TAY to Adults in Latino Communities

Angelica Garcia

Associate Director

Project Return Peer Support Network

Our Mission



PROJECT RETURN PEER SUPPORT NETWORK

Taking charge together!

Project Return Peer Support Network promotes wellness, personal growth and self-determination for people who have experienced mental illness by providing social opportunities, education, and community involvement.

Barriers For Keeping Families Together



Services are not offered in native language



Families are struggling with resources



Difficult to navigate the mental health system



Lack of knowledge of where to get services



No other family support



Not sure what type of help to ask for



Legal Issues

El Centrito de Apoyo

El Centrito de Apoyo (Our Little support Center) is a Spanish language social and educational hub providing members an opportunity to develop wellness skills and to reconnect with their strengths, abilities, and supports.

The center provides self-help groups, referrals and linkage to resources, job readiness and preparation services,

Provides social opportunities for engagement and community integration.

Strategies For Engaging Families

- Creating a space for healing and developing new family relationships once people and families are connected to supports.
- Creating opportunities for new rituals.
- Providing services for family members.
 - Direct mental health services
 - Linkage to resources
 - Education
- Connecting with others who work with families.
 - Mental health or substance use providers who help family members

Un Paso Mas Family Program

- Support groups are offered to individuals with loved ones that experience mental illness
- Groups are established within the parent centers of the schools, churches and parks recreational centers
- Provides opportunities for families to connect to and support one another
- Serves as an additional support for our family members who attend our community center

Community Organized for Resource Enhancement (CORE) Workshops

Serve over 200 community members quarterly

Educate the Latino community on mental health

Raises awareness

Reduce stigma

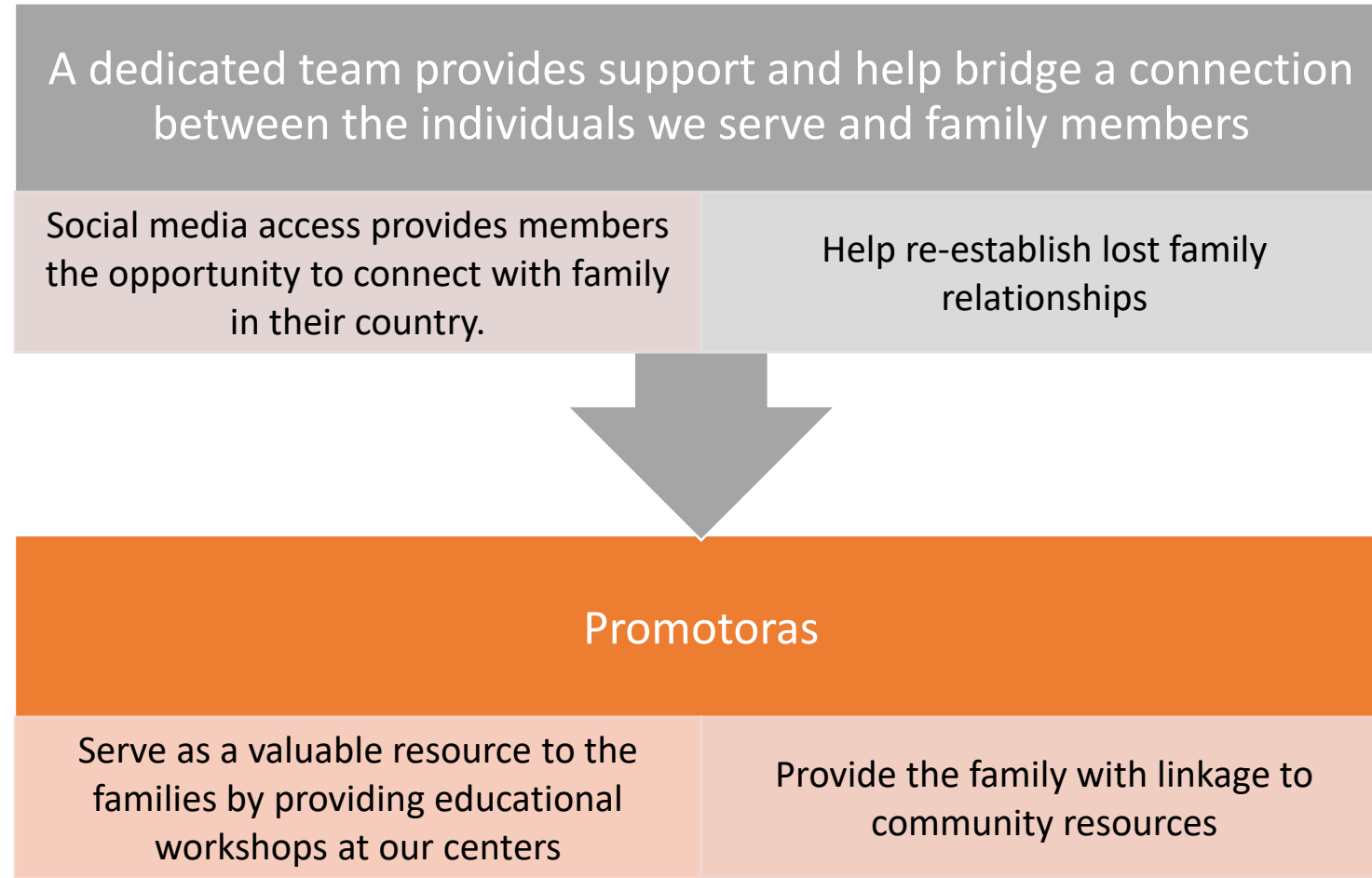
Engages families, by providing workshops topics that match the families needs

- Spanish workshops for families
- Provide workshops for Transitional Age Youth (TAY)

Strategies For Engaging Families

- Learning about specific problems that families are telling us.
- Collaborating with other support communities who are seen as authority – churches, health care providers.
- Families are learning from one another, supporting one another, encouraging reconnection.
- Opportunities to support family members directly.
- Providing education with other supporters (church leaders) to help family members understand (helps with reconnection and preventing disconnection).
- Help build skills among entire family unit on how to understand and support mental health recovery

A Team Based Approach to Reconnecting Families



Promotores & Community Health Workers

Supports Individuals and Families

Role of Promotoras:

- Facilitate access to services
- Strengthen social support networks
- Increase linkages
- Mitigate barriers
- Increase understanding of systems
- Integrate a socio-ecological approach to health

Programs that Integrate Promotoras:

- Improved health care access/status
- Increased health and screening behaviors
- Reduced health care costs
- Increased participation in children's education
- Increase in micro-business
- Community education about U.S. systems, and ways to navigate them



PROJECT RETURN PEER SUPPORT NETWORK

Taking charge together!

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THANK YOU

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

SAMHSA resources for visit here for SAMHSA publications on Family Treatment Approaches

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