

# Ideas for Support and Meaningful Involvement of Young Adults and Parents in Meetings

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CST Statewide Meeting

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## Why Involve Y/YA and Families?

- CST process intended to be driven by ideas and perspectives of youth and family members
- Engagement, partnership increase when people feel they have voice and choice
- Benefits of Involvement Include:
  - New perspectives, ideas
  - Increases self-efficacy and self-determination
  - Sense of agency, especially for Y/YA
- Takes time, but will result in better relationships

# Outline

- Introductions
- Panel Questions about Previous Experiences
- Group Discussion around Ideal Involvement
- Suggestions for Meaningful Involvement
  - Core Team Meetings
  - Coordinating Committee, Advisory Meetings
- Self-Advocacy Opportunities and Parent Peer Specialist Updates

# Joann

- Horse enthusiast, loves being outdoors – hiking, biking, canoeing, kayaking, and camping.
- Family Relations Coordinator at the WI Office of Children’s Mental Health
- Bringing the voice of lived experience as a consumer and as a parent of children who’ve struggled to the highest level of decision making at the state.
- Participate on workgroups with every state agency
- Support parents and youth to be meaningfully involved in systems-change work.

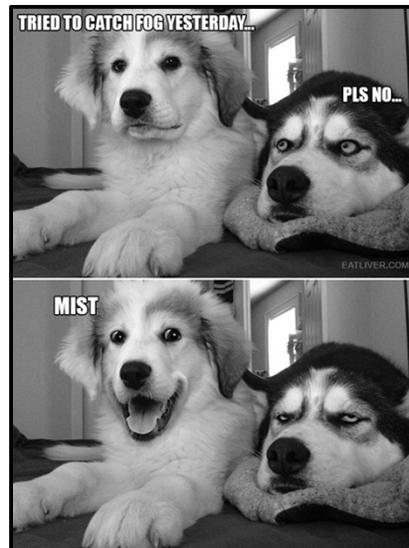
# Kayla

- Pronouns: she, her, hers
- Lover of Cheese, Traveling, Running
- Youth and Young Adult Coordinator for YES! (Youth Empowered Solutions)
- YES!- five-year, federally-funded initiative intended to improve access to treatment and support services for youth and young adults that either have, or are at-risk of developing, mental health challenges
  - Two pilot counties: Jefferson and Outagamie
- Advocate for Y/YA involvement, developing advisory council, meet and connect groups focused on mental health



# Micheal

- Pronouns: he, him, his
- Music and Book Lover
- Collective Impact Youth Partner
- Student studying Psychology, Philosophy, Theology



# Corbi

- Pronouns: it, they, them
- Nerd, Otaku
- Collective Impact Youth Partner



**What has been helpful,  
or made you feel  
supported in meetings?**

# **What has made you feel uncomfortable, or not heard in meetings?**

## **Group Discussion**

- Does your team involve youth, young adults, or family members in meetings?
- Are youth, young adults, or family members involved in your CST Coordinating Committee?
- What would ideal youth/young adult/family involvement look like for you?
  - List 2 or 3 things you would like to see
- What are the things preventing you from having your ideal involvement?

# Ideas for Meaningful Involvement in Core Team Meetings

- [https://www.pathwaysrtc.pdx.edu/HTItoolkit/files/14-Resources/N.Tips for Your Team Meetings.pdf](https://www.pathwaysrtc.pdx.edu/HTItoolkit/files/14-Resources/N.Tips%20for%20Your%20Team%20Meetings.pdf)
- <http://www.nwi.pdx.edu/pdf/proj3-facilitator-guide-2013.pdf>

## Preparation

- Staff-
  - Need time, training, and support to ensure meaningful involvement
- Role-
  - What are the young people comfortable doing in the meeting?
- Communication-
  - How will you communicate and provide support to participants?
- Consider-
  - How will you allow young people and family members to challenge structures, procedures, and policies?
- Team Members-
  - As much as possible allow young person to decide who attends

# Preparation

- Meeting-
  - Create opportunity to check in with a call, or in-person meeting beforehand
  - Discuss options for involvement- attend meetings, facilitate meetings, respond to emails, review drafts
  - Discuss comfortable communication during meeting- texting, writing, asking out loud
  - Discuss meeting's purpose and structure, anticipated participants, agenda, location, date
  - Ask about barriers to participation (work, child care, transportation, parking, meals, etc)
  - Discuss overall time commitment of meetings
  - Discuss young person's, family members' goals for involvement

# Preparation

- Identify Support Person-
  - Someone who can be available to answer questions during or after meeting
  - If needed- plan for strategies to use during meeting to be focused such as fidget items, breaks
- Agenda-
  - Include young person and family members while creating the agenda and outlining goals
  - Suggestion- include questions with agenda items to allow for input
  - Send out as soon as possible

\*\*Every person is different, always be sure to ask what a person would like, provide choice, and be flexible.

# During Meeting

- Provide fidgets
- Discussion-
  - Create opportunities for young person and family voice to be heard
  - Minimize putting people on the spot
  - New items could be sent to a “parking lot”
- Facilitation-
  - Ensure respectful interactions
  - Use strength-based language
  - Define acronyms
  - Allow time for questions and concerns
  - Ensure clarity around responsibility and accountability

\*\*There should not be any surprises for young people or family members during meetings.

# During Meeting

- Questions-
  - Have a plan in place for young person and family members to ask questions (out loud, texting, writing)
- Activities-
  - Work with young person to come up with activities where they can take the lead
  - Make sure all relate to goals young person has identified

## **After Meeting**

- Questions-
  - Create time for answering questions that may not have been answered during meeting
- Follow-up-
  - Have structure in place to ask for feedback, concerns, and recommendations
  - Have support person follow-up for meeting debrief
- Meeting Notes-
  - Send summary of notes, including action steps
- Outcomes-
  - Measure participation and empowerment as part of outcomes

## **Ideas for Meaningful Involvement in Coordinating Committees**

- The Substance Abuse and Mental Health Services Administration's (SAMHSA) Youth Engagement Guidance (<http://store.samhsa.gov/shin/content/SMA16-4985/SMA16-4985.pdf>)
- Consumer Involvement Toolkit by CommunityFirst (<http://www.mass.gov/eohhs/docs/eohhs/olmstead/stg/consumer-involvement-toolkit.pdf>)

# Preparation

- Role-
  - Clearly define why the young people and family members are being invited and their options for involvement
- Support-
  - Identify who can meet, answer questions, follow-up
  - Provide resources on topics being discussed, such as systems, common acronyms, etc.
- Payment-
  - Determine reimbursement rates and payment for expertise
- Communication-
  - Discuss options for communication before, during, and after meeting (suggestion- Slack)
- Agenda-
  - Include young people and family members when creating it

# During Meeting

- Provide fidgets
- Discussion-
  - Create opportunities for young person and family voice to be heard
  - Minimize putting people on the spot
  - Provide option for young person and family members to handle uncomfortable topics outside of meeting
- Facilitation-
  - Ensure respectful interactions
  - Use strength-based language
  - Define acronyms
  - Allow time for questions and concerns
  - Ensure clarity around responsibility and accountability

## After Meeting

- Networking-
  - Introduce the young person and family members to individuals with whom they may network in the future
  - Suggestion- build “informal networking” time into agenda
- Follow-up-
  - Have structure in place to ask for feedback, concerns, and recommendations
  - Provide resources for any questions around systems, agencies, etc.

## Ideas for Supporting Advocacy

- Grassroots Empowerment Project – [www.grassrootspower.org](http://www.grassrootspower.org)
  - Empowerment Days
- Family Voices of WI – [www.familyvoicesofwisconsin.com](http://www.familyvoicesofwisconsin.com)
  - Advocacy for Change Family Leadership Institute
  - Leadership Tools and Resources
- WSPEI – [www.wspei.org](http://www.wspei.org)
  - Parents in Partnership (PIP)
  - Youth in Partnership with Parents for Empowerment (YiPPE)
- WI Board for People with Developmental Disabilities – [www.wi-bpdd.org](http://www.wi-bpdd.org)
  - Partners in Policymaking (youth / young adult training)
- Youth Move WI – [www.movewi.org](http://www.movewi.org)
- Lead 2 Change – [www.lead2changeinc.org](http://www.lead2changeinc.org)
  - Youth Advisory Council
- WI FACETS – [www.wifacets.org](http://www.wifacets.org)
  - Serving on Groups that Make Decisions

# Parent Peer Specialist

Certified Parent Peer Specialists (CPPS) combine knowledge gained from parenting children and youth with social, emotional, behavioral, mental health and/or substance use challenges and training to increase their skills to guide and support other parents or those in a parenting role. CPPS can gain this experience in a variety of ways; it goes beyond those who are biological or legal parents to adults who perform parenting duties. Certified parent peer specialists focus on maximizing parent support and growth by understanding and responding to individual family cultures, strengths and needs.

While the role of a CPPS will vary from one family to the next, it generally includes empowering those who are parenting by:

- increasing their knowledge and skills,
- modeling behavior for others,
- holding hope for change and growth, and
- assisting in advocacy and teamwork.

CPPS use their experiences to assist other parents with:

- navigating service and support systems,
- encouraging and understanding the youth's voice, and
- providing peer support through the sharing of their own parenting experience.

## Questions?

# Thank you!

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