



NATIONAL FEDERATION OF FAMILIES

For Children's Mental Health



Mental Health America 2013 Annual Conference

Why Wellness Works

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Why are Families so Valuable?

- ❑ Families know what works for them;
- ❑ Families know what their limitations are;
- ❑ Families can keep track of services and changes;
- ❑ Family comfort and buy-in is necessary for success;
- ❑ Family experience is holistic;
- ❑ Families face the challenges all day and every day;
- ❑ Families are passionate and will not give up; and
- ❑ Families have credibility.

Parenting Can Be A Challenge

- ❑ The vast majority of families raising children with mental health needs are **healthy families** who are experiencing a particularly stressful challenge;
- ❑ “Good parenting” **skills don’t usually work** when a child has mental health needs – when they hear voices, are extremely depressed or anxious, have compulsive behaviors, or are self-abusive; and
- ❑ **Mental health problems present themselves as “behavior problems”** but they are not amenable to the disciplinary strategies that work with our “typically developing” children.

Supporting Adult Family Members

(this also works for children and youth)

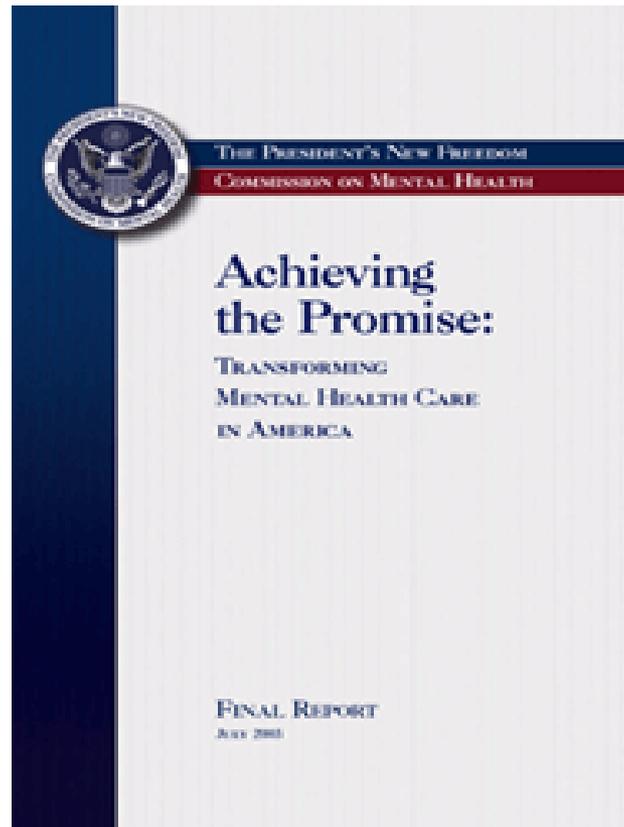
- Allow each individual to define their family
- View family members as a part of the recovery process, not as a part of the problem
- Involve family members in the treatment planning
- Define each family member's role in the treatment and support process
- Help family members create a crisis plan with an agreed upon intervention process

Barriers Families Face

- We can be scared.** Make sure the environment is safe and comfortable for families and youth to speak frankly with honesty, without incriminating themselves.
- We can be misinformed.** Make sure families have a “roadmap” with all the information they need to understand what is being discussed – be accurate and factual, not judgmental.
- We can be isolated.** Open up multiple lines of communication with families and connect them to other families.
- We can be confused.** Watch the vocabulary – avoid acronyms and technical jargon.

**Providers, administrators, policy makers and other professionals can have the same feelings at times*

Goal 2



Mental Health Care is Consumer and Family Driven

Family-Driven Definition

Family-Driven means families have a primary decision making role in the care of their own children as well as the policies and procedures governing care for all children in their community, state, tribe, territory, and nation.

This includes:

- Choosing culturally and linguistically competent supports, services, and providers;
- Setting goals;
- Designing, implementing and evaluating programs;
- Monitoring outcomes; and
- Partnering in funding decisions.

Systems of Care (CMHI)

- Systems of care is not a program — it is a philosophy of how care should be delivered.
- Systems of Care is an approach to services that recognizes the importance of family, school and community, and seeks to promote the full potential of every child and youth by addressing their physical, emotional, intellectual, cultural and social needs.

Evolution of Guidance:

- 1999 “family involvement”
- 2000 “family professional partnerships”
- 2003 Key family contact FTE, Youth coordinator, support for a family-run organization, & family and youth involved in systems evaluation design, interpretation, and reporting of evaluation
- **2005 “Family-Driven” and financial support to sustain family-involvement throughout and beyond the Federal funding period**

The Power of Parent Participation

The evidence is clear and consistent: When schools and families work together, student learning and outcomes improve.

So do:

- children's attitudes toward school,
- their social skills and behavior, and
- the likelihood that they will take more challenging classes and pass them.

This holds true across families of all economic, ethnic/racial, and educational backgrounds—and for students of all ages.

The nation's special education law, the Individuals with Disabilities Education Act (IDEA), strongly supports parents' right to be involved in the special education their child receives.

As IDEA states:

“Almost 30 years of research and experience has demonstrated that the education of children with disabilities can be made more effective by strengthening the role and responsibility of parents and ensuring that families have meaningful opportunities to participate in the education of their children at school and at home.”

Affordable Care Act

- On May 7th a joint CMCS/SAMHSA bulletin was issued that stated “The providers of peer support services are family members or youth with lived experience who have personally faced the challenges of coping with serious mental health conditions, either as a consumer or a caregiver.”
- ACA is following these same guidelines and allows for peer support to be included in benefit packages. States running their own healthcare exchanges will have a choice of whether or not to include this service. Several states have already added peer support to their revised State Medicaid Plans.

Parent Support Provider Initiative

The National Federation houses the Certification Commission for Family Support. We are the only entity offering national certification for the Certified Parent Support Provider credential. The Certification Commission has four functions:

- To promote high standards and level of competence of peer support services in order to promote wellness and resiliency of children, youth, and emerging adults , including but not limited to: family-to-family, parent to parent, youth-to-youth, and peer-to-peer services and program, and
- To provide a formal testing, certification and recertification process in the professional field of peer support,
- To promote ethical practice in the professional field support by providing a process for the administration of ethics and disciplinary enforcement, and
- To encourage, promote, and assist in the development of quality instructional programs to improve the professional field of peer support.



Certification Commission

For Family Support

The National Federation of Families For Children's Mental Health



Statewide Family and Consumers Network

The Substance Abuse and Mental Health Services Administration, (SAMHSA) Center for Mental Health Services funds Statewide Family and Consumer Networks to ensure self-sufficient, empowered networks of family members and consumers that will effectively participate in state and local mental health services planning and health care reform activities related to improving community-based services and supports.

Thank You!

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