

**Family Networking –  
The Key to Easier and More Effective Family  
Engagement**



**Virginia  
Family  
Network**

***PRESENTED BY LAURA MAY AND NICOLE ANJUM***



*We all have a reason for being here...*



*We all have a reason for being here...*





# Untreated mental illness is a thief of childhood

- *CHILDHOOD BECOMES A PAINFUL ORDEAL*
- *THE BUILDING BLOCKS THAT THEY NEED TO PREPARE THEMSELVES FOR ADULTHOOD ARE KICKED OUT FROM UNDER THEM*
- *THEIR SYMPTOMS CAUSE POOR FUNCTIONING IN SCHOOL; THEY FALL BEHIND, CAN'T COMPETE, FAIL*
- *BEHAVIORS DRIVEN BY THEIR SYMPTOMS ARE UNPLEASANT AND IRRITATING; THEY BECOME LIGHTNING RODS FOR CRITICISM, RIDICULE AND REJECTION.*



**GREAT TEAMS!**

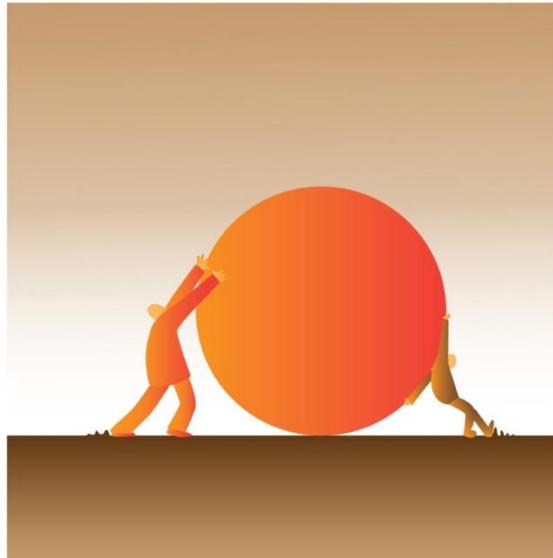
# Family and Youth Involvement at All Levels Leads to Better Outcomes



- *Families and youth know what works for them*
- *Families and youth know their limitations*
- *Families and youth keep track of services and change*
- *Family and youth's level of comfort and trust are necessary for success*



**Becoming more family driven and youth  
guided at all levels may be harder than you  
think...**



***Why?***



**Because we have to shift the way we provide services...**

***WE HAVE TO MOVE FROM A TRADITIONAL APPROACH (MEDICAL MODEL) TO A FAMILY DRIVEN, YOUTH GUIDED APPROACH WITH FAMILY AND YOUTH AS EQUAL PARTNERS AT ALL LEVELS.***





### **Family Driven**

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.

### **Family Engagement**

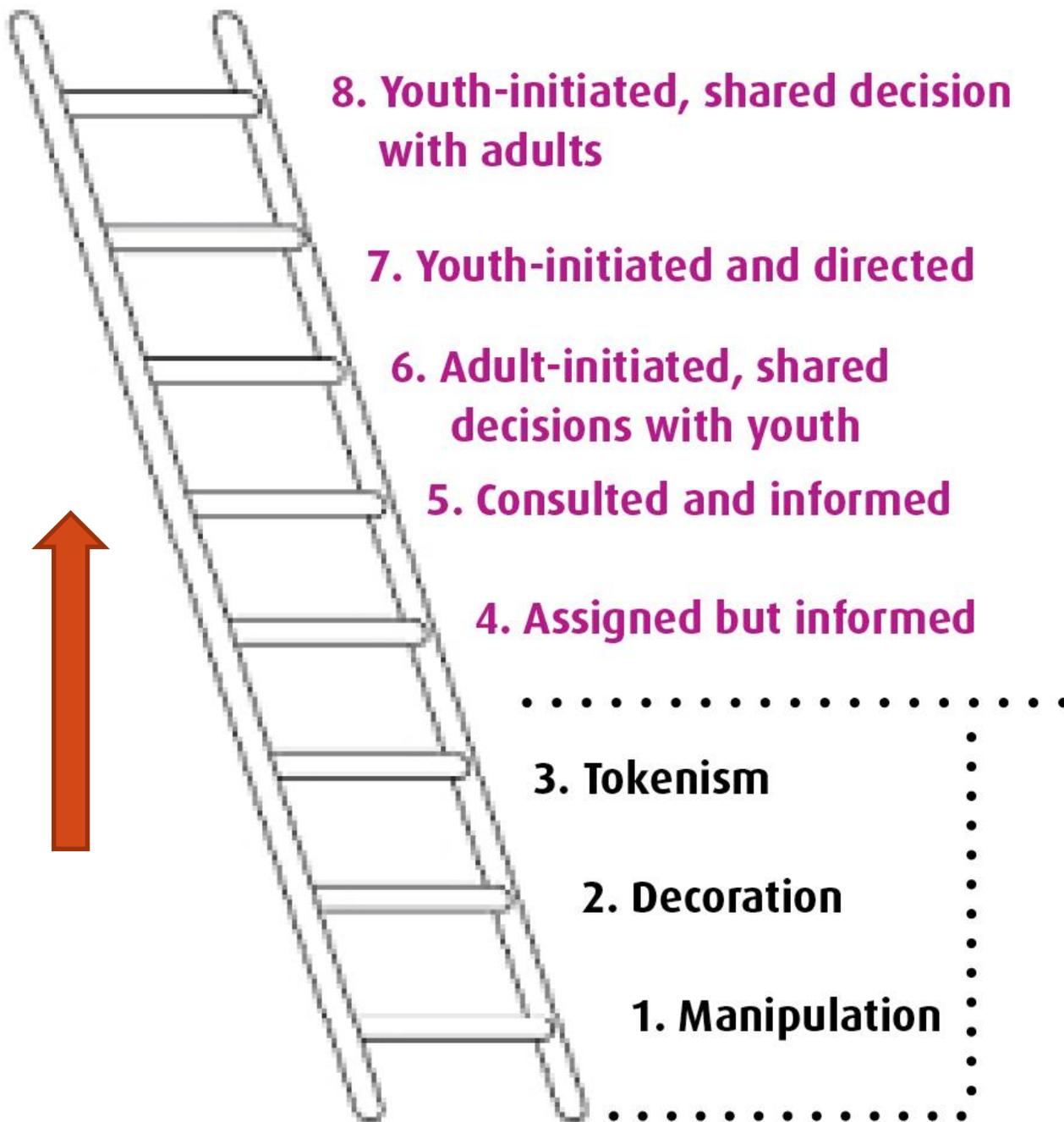
The community has an active effort underway at some level to engage families in parts of the system of care. Overall impact that families have on the system, plans, and implementation is not yet significant.

### **Family Involvement**

Families are included or participate in some parts of the system; although only in positions considered to be traditional or “safe”. Family involvement at this level is not in significant places, positions, or numbers.



# Ladder of Youth Participation



<http://www.waggstakingactionongender.org/youth-participation-2/how-young-people-participate/the-ladder-of-participation/>

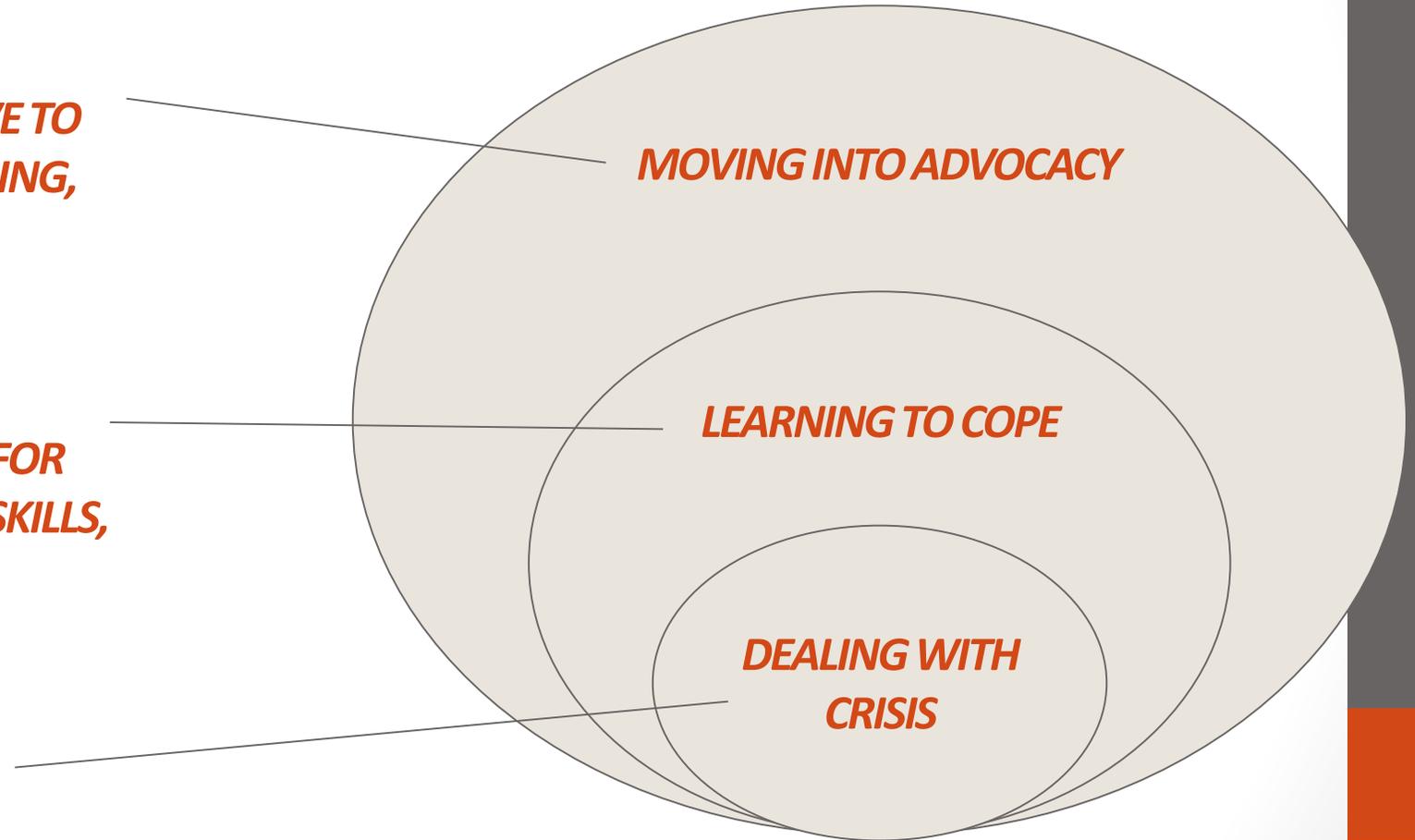


# Family Empowerment Continuum

**CONNECTED/RESILIENT/INFORMED**  
**RESTORE BALANCE, SYSTEM RESPONSIVE TO**  
**NEEDS, OPPORTUNITIES TO FIND MEANING,**  
**HOPE!**

**CONFUSION/GRIEF/OVERWHELMED**  
**NEED SELF-CARE, SUPPORT NETWORK FOR**  
**VENTING, BROADER INFORMATION & SKILLS,**  
**HOPE!**

**ISOLATED/SCARED/HELPLESS**  
**NEED SUPPORT & COMFORT, TARGETED**  
**GUIDANCE & INFORMATION, HOPE!**



# The Roles of Families and Youth in Systems have Evolved

- *AS COLLABORATORS*
- *AS ADVISORS AND ADVOCATES*
- *AS PEER SUPPORT*
- *AS SERVICE PROVIDERS*





# Getting Started

- ***BUILD ON WHAT YOU HAVE***
- ***KNOW REQUIREMENTS OF YOUR MEDICAID WAIVER AND LEGISLATION (I.E., CSA)***
- ***CONSIDER CERTIFICATION OR CREDENTIALING PROCESS FOR PARENT PROFESSIONALS***
- ***ANALYZE WHERE YOU ARE IN IMPLEMENTATION OF FAMILY DRIVEN POLICIES, PROCEDURES, OR REQUIREMENTS AT THE LOCAL AND STATE LEVELS***



# Utilize Peer Support, Leadership & Modeling

- *CREATE VEHICLE TO CHANNEL NEGATIVE EXPERIENCES TO POSITIVE OR PRODUCTIVE USES OPPORTUNITIES TO BECOME POSITIVE ROLE MODEL FOR PEERS AND DEVELOP SENSE OF COMMUNITY*
- *HAVING WALKED ALONG THE SAME ROAD, PARENTS/CAREGIVERS/YOUTH/YOUNG ADULTS CAN SHARE THEIR LESSONS LEARNED*
- *OFFER HOPE FOR IMPROVED PERSONAL AND FAMILY FUNCTIONING AND BALANCE*



# What is Virginia Family Network (VFN)

- ***A GRASSROOTS NETWORK OF FAMILIES WHO ARE COMMITTED TO PROVIDING OPPORTUNITIES THAT SUPPORT, EDUCATE, AND EMPOWER OTHER FAMILIES WITH CHILDREN AND YOUTH WITH MENTAL HEALTH OR CO-OCCURRING NEEDS WHILE ALSO PROMOTING FAMILY DRIVEN AND YOUTH GUIDED POLICY THROUGHOUT THE CHILD SERVING SYSTEMS.***
- ***OVERSEEN BY A PARENT ADVISORY BOARD***
- ***LAUNCHED IN 2011 UNDER NAMI VIRGINIA THANKS TO FUNDING FROM DBHDS***
- ***SAMHSA DESIGNATED STATEWIDE FAMILY NETWORK***



# **What is Youth MOVE Virginia (YMV)** **(Motivating others through Voices of Experience)**

- ***STATEWIDE NETWORK FOR YOUTH AND YOUNG ADULTS WITH MENTAL HEALTH AND CO-OCCURRING NEEDS***
- ***PART OF NATIONAL ORGANIZATION, YOUTH MOVE***
- ***COMMITTED TO OPPORTUNITIES THAT SUPPORT AND EMPOWER YOUTH AND YOUNG ADULTS WHILE PROMOTING YOUTH VOICE THROUGHOUT THE SYSTEM***
- ***MEET YOUTH WHERE THEY ARE THROUGH MENTORSHIP, SUPPORT GROUPS, TRAININGS, AND RESOURCES***
- ***OVERSEEN BY A YOUNG ADULT ADVISORY BOARD, CONSISTING OF 15 YOUNG ADULTS WITH VARIOUS LEVELS OF EXPERIENCE WITH MENTAL HEALTH***  
***LAUNCHED IN 2012 UNDER NAMI VIRGINIA THANKS TO FUNDING FROM DBHDS***



# VFN & YMV Services

- *LOCAL PARENT OR YOUTH SUPPORT GROUPS*
- *EDUCATIONAL WORKSHOPS (DONE IN A DAY)*
- *ONLINE RESOURCES*
- *ANNUAL STATEWIDE FAMILY AND YOUTH LEADERSHIP SUMMIT*
- *ADVANCED PARENT OR YOUTH LEADERSHIP TRAINING*
- *LEARNING AND LEADERSHIP*
- *PARENT OUR YOUNG ADULT RETREAT*



# What can VFN & YMV do for CSA?

- ***COMPLEMENT YOUR COORDINATED ARRAY OF SERVICES, BY OFFERING PEERS SUPPORT, LEARNING AND MENTORSHIP WHICH IS UNIQUE AND ESSENTIAL TO FAMILY RESILIENCY***
- ***PROVIDES THE ONGOING SUPPORT, TRAINING AND MENTORSHIP THAT CAN ASSIST IN PREPARING PARENTS TO BE AT A POINT WHERE THEY ARE READY TO GIVE BACK IN A MEANINGFUL AND PRODUCTIVE WAY FOR YOUR FAPT/CPMT***
- ***CONNECTING PARENTS READY TO GIVE BACK TO IN NEED TEAMS***
- ***ASSIST YOU IN BRINGING IN LOCAL PEER SUPPORT AND LEARNING OPPORTUNITIES TO STRENGTHEN COMMUNITY-BASED RESOURCES/SERVICES***
- ***INFORM YOUR POLICIES, PRACTICES AND SERVICE DELIVERY***



# Discussion: Valuing Parent Involvement

- *What steps have you taken towards meaningful engagement with families or in utilizing parent peer support?*
- *What have been your biggest challenges?*
- *Where do you see opportunities for growth?*



# Hear From Families





# State Resources

- ***VIRGINIA FAMILY NETWORK*** – [www.namivirginia.org/programs/Virginia-family-network](http://www.namivirginia.org/programs/Virginia-family-network)
- ***CHILDREN'S MENTAL HEALTH RESOURCE CENTER*** – [www.mentalhealth4kids.org](http://www.mentalhealth4kids.org)
- ***CAMPAIGN FOR CHILDREN'S MENTAL HEALTH*** – [www.1in5kids.org](http://www.1in5kids.org)



## State Resources

- **FORMED FAMILIES FORWARD (FAMILY ORGANIZATION IN NORTHERN VA FOR FOSTER AND ADOPTIVE FAMILIES)**— [www.formedfamiliesforward.org](http://www.formedfamiliesforward.org)
- **PEATC (SPECIAL ED)** - <http://www.peatc.org/>
- **CENTER FOR FAMILY INVOLVEMENT (SUPPORT FOR FAMILIES WITH CHILDREN WITH SPECIAL NEEDS)**  
<http://www.centerforfamilyinvolvement.org/>



# National Resources

- ***NAMI CHILD AND ADOLESCENT ACTION CENTER***  
[http://www.nami.org/Template.cfm?Section=Child and Teen Support&Template=/TaggedPage/TaggedPageDisplay.cfm&TPLID=72&ContentID=38391](http://www.nami.org/Template.cfm?Section=Child%20and%20Teen%20Support&Template=/TaggedPage/TaggedPageDisplay.cfm&TPLID=72&ContentID=38391)
- ***FEDERATION OF FAMILIES FOR CHILDREN'S MENTAL HEALTH*** – [www.ffcmh.org](http://www.ffcmh.org)
- ***YOUTH MOVE NATIONAL (YOUTH RESOURCES)*** – [www.youthmovenational.org](http://www.youthmovenational.org)
- ***CHILD MIND INSTITUTE*** – [www.childmind.org](http://www.childmind.org)
- ***CHILDREN'S MENTAL HEALTH NETWORK*** – [www.cmhnetwork.org](http://www.cmhnetwork.org)

# Parents..

*Learn when and how to seek help for your child!*

*Develop parenting strategies to help with your child's behavior problems!*

*Learn the educational supports (special education) and community resources available to you and your child!*



## Children's Challenging Behaviors



**FREE 6 HOUR WORKSHOP FOR PARENTS AND OTHER FAMILY CAREGIVERS OF CHILDREN AND ADOLESCENTS WITH EMOTIONAL AND BEHAVIORAL DIFFICULTIES.**



Helping Hands!



## ADVANCED PARENT LEADERSHIP TRAINING

AN INTENSIVE TWO DAY TRAINING FOCUSED  
ON THE RELEVANT SKILLS AND TOOLS TO  
BECOME A PARENT LEADER IN YOUR  
LOCAL COMMUNITY.

*FREE LODGING, CHILDCARE + TRAVEL STIPENDS  
AVAILABLE FOR APPROVED REGISTRANTS*

**FREE!**



**Virginia  
Family  
Network**





**Do you want to start the conversation on mental health within your community?**

*Do you want to offer support to parents and youth around mental health?*

**NOW  
YOU  
CAN!**

**'DONE IN A DAY'**

Virginia Family Network and Youth MOVE Virginia offer free, customizable 'Done in a Day' mental health workshops or presentations to all communities in Virginia!

- ➔ Presentations can range from 1-2 hours while workshops can run up to 6 hours
- ➔ Both options can target various audiences including youth, parents, school professionals, youth serving stakeholders and the general public
- ➔ Both utilize personal sharing of lived experience to help normalize and offer insight as well as general information on mental health and promoting wellness





NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties prior to age 13.

### Participant Perspectives

“This is such a great step by step program that walks parents every step of the way. It is as if you are holding their hand through it all.”

“The course is inclusive of almost all aspects of family and child resources. I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward.”

“NAMI Basics bridges the gap. It provides help that can't be found in a doctor's office.”



LEARN • CONNECT • THRIVE

# FAMILY AND YOUTH LEADERSHIP SUMMIT



Promoting parent and youth  
voices through knowledge, skills  
and networking!



Virginia  
Family  
Network

DATE: Saturday, April 6, 2019

TIME: 9:00am - 3:30pm

LOCATION: Richmond, VA

COST: Free! Lunch provided. Child care/travel  
stipends are available, must register.





# Learning and Leadership Scholarships





# Thank you - Any questions?

## *CONTACT INFORMATION*

Laura May

[lmay@namivirginia.org](mailto:lmay@namivirginia.org)

804-285-8264 x210

Nicole Anjum

[nanjum@namivirginia.org](mailto:nanjum@namivirginia.org)

804-285-8264 x202