

Partnering with Families to Promote Early Childhood Mental Health in a System of Care

Project Launch Meeting
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Presenter:

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www.mdcoalition.org



Maryland Coalition of Families for Children's Mental Health

- Family Organization – established in 1999
- All 39 staff are family members
- One of 48 Statewide Family Networks
- Eight offices throughout MD



Maryland Coalition of Families for Children's Mental Health

- One-to-one support
- Family Leadership Institute
- Newsletters/webinars for families
- Public policy



What is a Family?

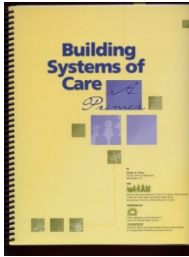
Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one. A guiding principal in systems of care is that the families of children with emotional disabilities are full participants in all aspects of the planning and delivery of services.



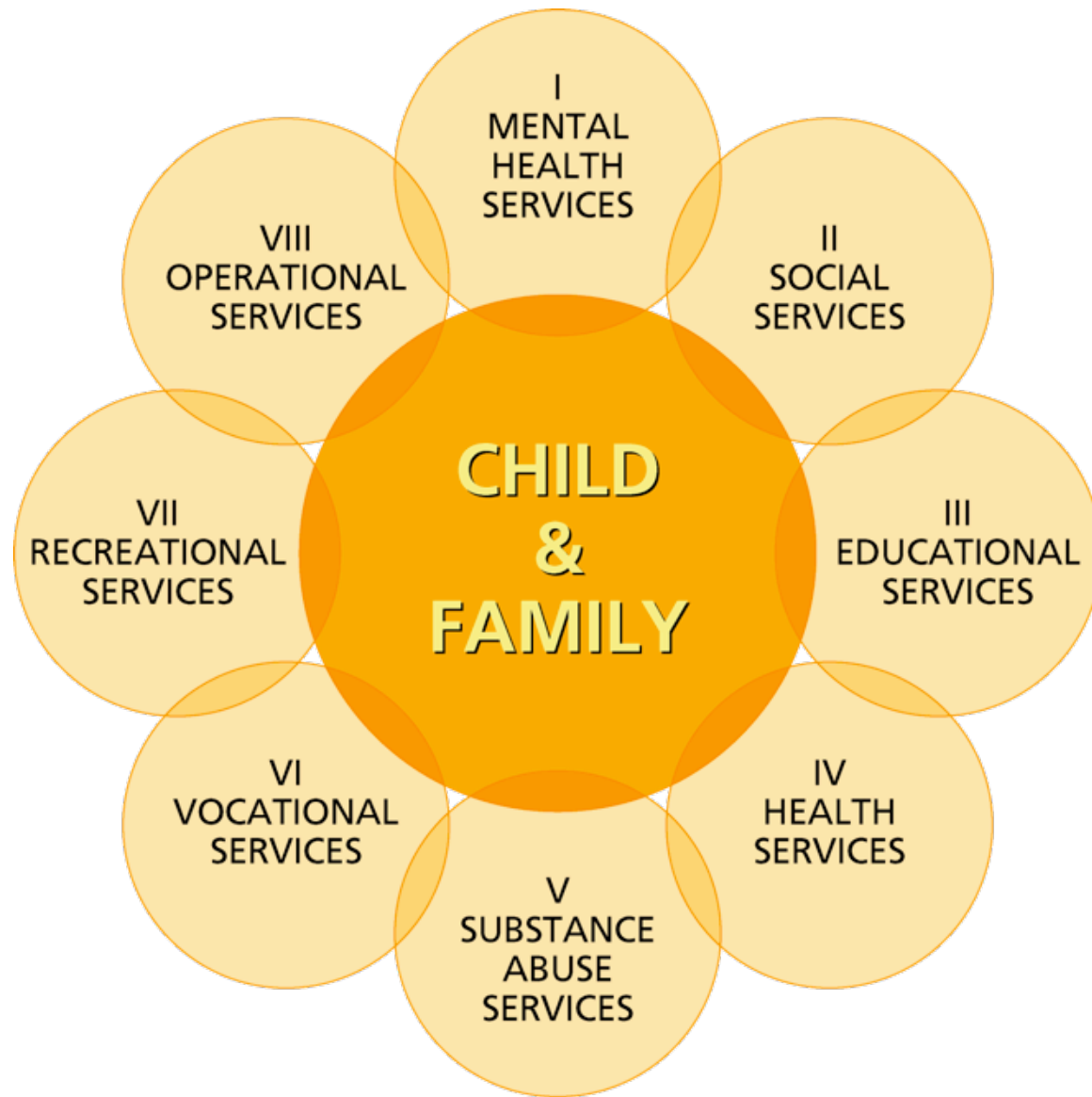
What Term to Use When Talking About Families?

- Family Involvement
- Family Collaboration
- Family-Centered
- Family-Focused
- Family-Driven
- Family Partnership





System of Care Framework



Stroul, B., & Friedman, R. (1986). *A system of care for children and youth with severe emotional disturbances* (Rev. ed.) Washington, DC: Georgetown University Child Development Center, National Technical Assistance Center for Children's Mental Health. Reprinted by permission.

Values of Systems of Care

Systems of Care should be....

- Family-driven, child-centered
- Youth-guided
- Community-based
- Culturally competent



Principles of Systems of Care

- Comprehensive array of services
- Individualized services
- Least restrictive, most normative environment
- Families and youth full participants in all aspects
- Integrated services
- Care coordination/management
- Early identification and intervention
- Smooth transitions to adult services
- Rights of all children protected
- Sensitive and responsive to cultural differences

Stroul, B. & Friedman, R. (1986) A System of Care for Severely Emotionally Disturbed Children and Youth



THE MARYLAND CHILD AND FAMILY SERVICES INTERAGENCY STRATEGIC PLAN

THEME: FAMILY AND YOUTH PARTNERSHIP:

Families and youth should be well-represented, engaged and empowered in every facet of the child-family serving system—at the state and local policy levels, at the quality assurance levels, and at the service delivery levels.

<http://www.goc.state.md.us/PDF/FinalInteragencyStrategicPlan.pdf>



Interagency Strategic Plan Recommendations

#1 The Children's Cabinet should affirm its commitment to family and youth partnership throughout the child-family serving system.

#2 Families and youth should be full partners in identifying their strengths and needs, and planning the services and supports in which they are participating.



What is 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 in their community, state, tribe, territory and nation.



What is the Partnership?

Based on:

- Unconditional acceptance
- Mutual respect
- Acknowledge each other's contributions
- Non-judgmental



Family Partnership Continuum

Professional Centered	Family Focused	Family Allied	Family Driven	Partnership - Team Centered
<ul style="list-style-type: none"> ✓ Adversarial Relationship ✓ Professional is the expert ✓ Parent is the problem 	<ul style="list-style-type: none"> ✓ Families as helpers ✓ Caregiver is one below ✓ Professional is the expert 	<ul style="list-style-type: none"> ✓ Families are customers ✓ Families/ Caregiver is equal ✓ Family and Professionals work in collaboration 	<ul style="list-style-type: none"> ✓ Professionals are one down to family ✓ Families know best ✓ Professional role is to support family 	<ul style="list-style-type: none"> ✓ Wrap-around model ✓ Team makes decisions ✓ Team includes family, provider, child, and natural supports



Structuring Family Partnership At All Levels of The System

Level	Structure
Policy	<ul style="list-style-type: none">• Voting on governing bodies• Members of teams to write and review RFPs and contracts• Members of systems design workgroup and advisory boards
Management	<ul style="list-style-type: none">• As part of quality improvement process• Evaluators of system performance• Trainers in training activities• Advisors to selecting personnel
Service	<ul style="list-style-type: none">• Members of our own child's Team• Family Support Partners, Care Coordinators, peer mentors, system navigators for other families



Roles for Families in Maryland's System of Care

- Service providers:
 - Family Navigators: Assist families to find information and resources
 - Family Support Partners (FSP): Peer support to families with a child in wraparound
- Advisory Councils/Boards
- Trainers
- Evaluators
- Advocates



Families in the Forefront of Change

- Bringing the voices of families to policy tables
 - Committee participation (one is not enough)
 - Resources to support participation – expense reimbursement/stipend
 - Prepare families so they can be full participants
 - training/mentoring
 - Surveys
 - Focus groups

Family Leadership Institute:

Building a Better System of Care for Families

- Annual intensive, multi-session training program
- Open to families statewide
- Commitment by families for all sessions
- Teach participants that they are resources to their own families, to their friends' families, to schools, to programs and providers and to their communities.
- Develop leadership and advocacy skills

Listening and Learning from Families

- Focus groups
 - Before embarking on an issue, MCF conducts a series of focus groups with families and publishes a summary or report with key issues and quotes from families. In this way, one person can speak for many.
 - Reports are widely disseminated and used to inform agencies, providers & legislators
 - Voices of families can bring policy issues to the attention of policymakers to initiate action

FORUMS- Listening & Learning

- The Physical Health and Health Care of Children and Youth being served by Care Management Entities
- Trauma and the Family: Listening and Learning from Families Impacted by Psychological Trauma
- Listening and Learning from Families Caring for a Child with Co-occurring Disorders
- Listening and Learning from Transition-age Youth and their Families
- Relinquishing Custody – an Act of Desperation
- Listening and Learning from Families in Juvenile Justice

Developing an Early Childhood Mental Health System of Care

- 2004-2005 “Voices of Families” – focus groups
 - Families Caring for Young Children with Mental Health Needs
 - Nine focus groups held with diverse populations:
 - Latino Families
 - Fathers
 - Teen Mothers
 - Grandmothers
 - Teen mothers

Early Childhood Partners

- Head Start Centers
- Judy Center
- Family Support Centers
- County Health Department Moms & Tots
- Center for Fathers, Families & Workforce Development
- The Family Involvement Subcommittee of the Early Childhood Mental Health Steering Committee

Thank you!



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