

# **Building Community Partnerships with Family-Run Organizations to Support Students and Families**

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# The Family-Run Executive Director Leadership Association (FREDLA)

The logo for FREDLA features the word "fredla" in a lowercase, blue, sans-serif font. A yellow brushstroke underline is positioned beneath the letters.

- ▶ Started in 2013 by 16 Statewide Family Network Directors
- ▶ Dedicated to building strong, sustainable family-run organizations and together influence policy and practice to support children and families
- ▶ FREDLA is a partner in national TA centers and offers technical assistance to FROs, states and other stakeholders

[www.fredla.org](http://www.fredla.org)



# What Is Family?

- ▶ Families are big, small, extended, nuclear, multigenerational, with one parent, two parents, and grandparents. We live under one roof or many. A family can be as temporary as a few weeks, as permanent as forever. We become part of a family by birth, adoption, marriage, or from a desire for mutual support.... A family is culture unto itself, with different values and unique ways of realizing its dreams; together, our families become the source of our rich cultural heritage and spiritual diversity.... Our families create neighborhoods, communities, states, and nations.

Polly Arango, Family Voices, Algodones, NM

# Family-Run Organizations



Family-Run  
Organizations  
SOAR!



# What is a Family-Run Organization?

- ▶ Local or Statewide nonprofits
- ▶ Mission: Support families raising children, youth and young adults with behavioral health needs
- ▶ Board of Directors: Comprised of at least 51% family members with lived experience
- ▶ Leadership: Executive Director and majority of staff are family members of children with behavioral health needs

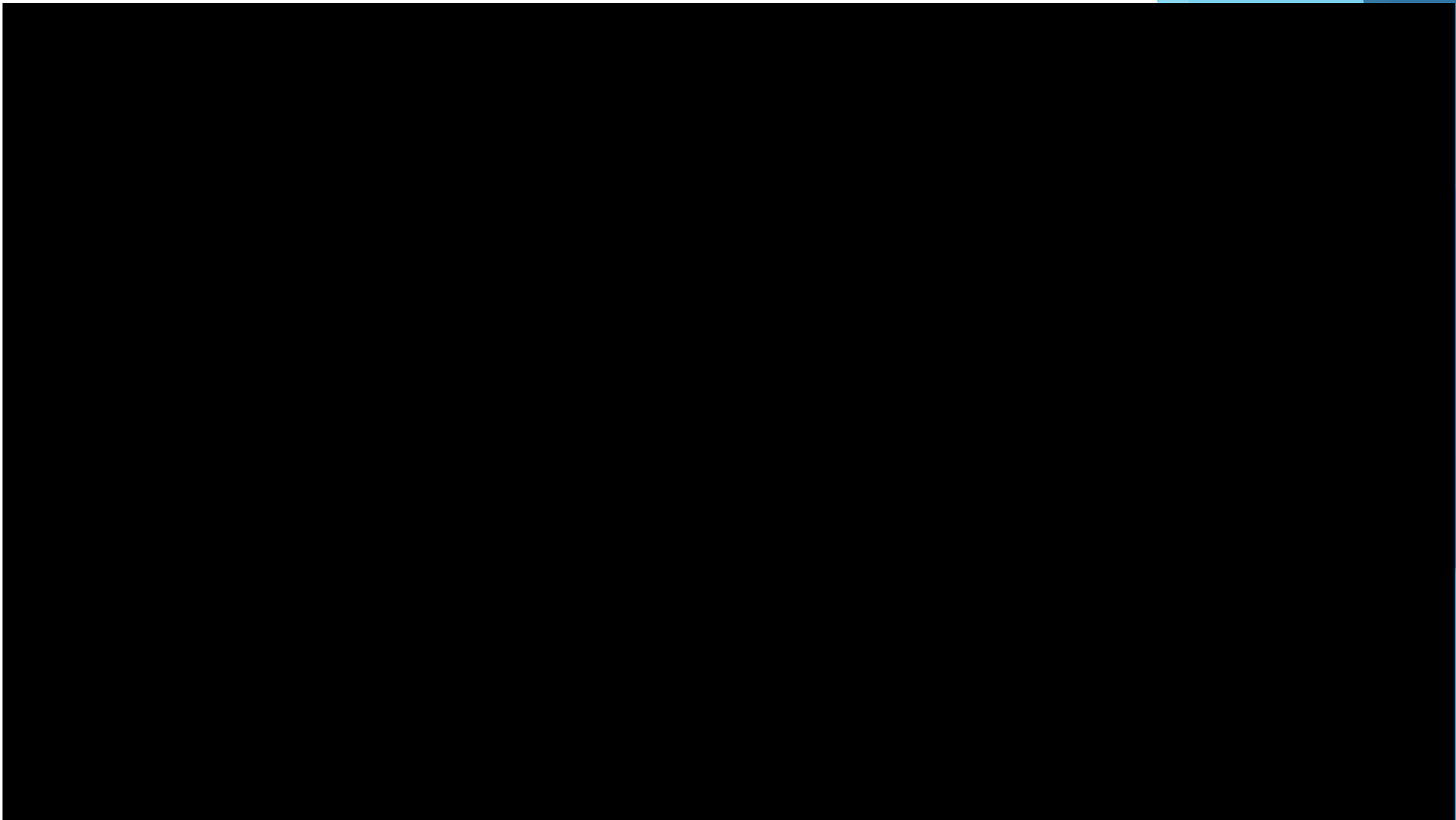
# Where are Family-Run Organizations?



## Listing of FROs per SAMHSA region:

<https://www.fredla.org/wp-content/uploads/2019/10/Region-1-10-Regional-FRO-Listings-for-SAMHSA-Administrators-10-23-18.pdf>

About 120 throughout the country





# What Do Family-Run Organizations Do?



# With Families...

- ▶ **Information and referral:** Respond to phone calls for information on services or basic support
- ▶ **Peer Support:**
  - **Short term Navigation:** Help families find the services for their child
  - **Intensive support to families:** Wraparound, family preservation, care coordination and other intensive programs
- ▶ **Support groups:** Led by a family member and may incorporate speakers



# With Families...

- ▶ Targeted programs: Early childhood, juvenile justice, child welfare, military families, substance use, developmental disabilities
- ▶ Engage and support youth: youth peer support, support groups, social activities, training
- ▶ Screening: Trauma, Protective factors
- ▶ Training and education opportunities:
  - Leadership skills
  - Understanding Special Education
  - Parenting - Strengthening Families, Nurturing Families

# Parent Peer Support

A caregiver to caregiver approach that employs parents with lived experience trained to support other families with similar situations

Parent peer support activities include:





- ▶ *Support at all levels of intensity - outreach to inpatient hospitalization - and across all settings - home, school, juvenile court, community*
- ▶ *Provide information and education about mental health, child development, etc.*
- ▶ *Build sustainable skills that increase resiliency and ability to address family needs*
- ▶ *Model and foster relationships between families and school staff, providers and others*
- ▶ *Build natural support networks*
- ▶ *Assist families in navigating complicated systems and facilitating connection with services and supports*
- ▶ *Infuse family voice at all levels through modeling, mentoring and leadership skills*

# Parent Peer Support



## Parent Peer Support Activities

Parent peer support (PPS) is a caregiver to caregiver approach to supporting families caring for children, youth and young adults with mental health or substance use challenges. PPS is provided by a parent or caregiver with lived experience who is trained to assist other families by providing support, identifying resources, and facilitating access to services for the child and family. PPS can be offered individually or as part of a team. While the focus is supporting the child's parent or caregiver, parent peer support providers may also provide assistance to other members of the family. PPS builds effective engagement and can facilitate more positive outcomes for a family. It is a critical piece of any service array.

 <p><b>Connect</b> Connect with the family through shared lived experience</p>	 <p><b>Engage</b> Engage in policy-making &amp; advisory groups</p>
 <p><b>Support</b> Reduce isolation, provide validation and foster resiliency</p>	 <p><b>Educate</b> Provide education, information, problem-solving and skill-building</p>
 <p><b>Navigate</b> Facilitate access to services and supports for the child and family</p>	 <p><b>Evaluate</b> Participate in evaluation, research, &amp; CQI activities</p>
 <p><b>Train</b> Provide training for families, providers and communities</p>	 <p><b>Advocate</b> Model effective advocacy and collaboration skills</p>

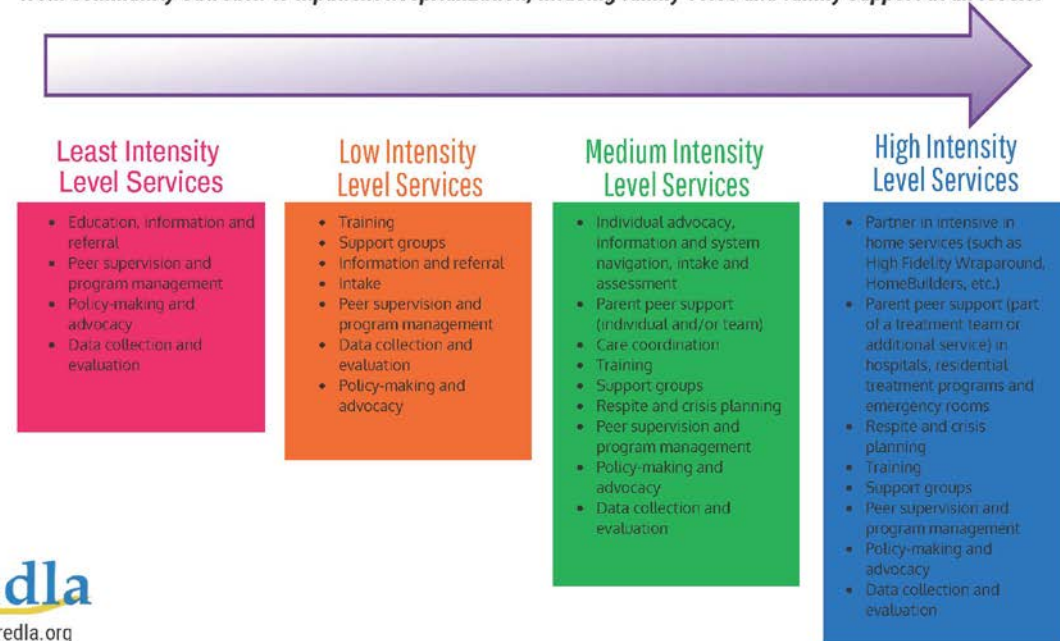
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## Parent Peer Support Provider Roles

Parent peer support (PPS) is a caregiver to caregiver approach to supporting families caring for children, youth and young adults with mental health or substance use challenges. PPS is provided by a parent or caregiver with lived experience who is trained to assist other families by providing support, identifying resources, and facilitating access to services for the child and family. PPS can be offered individually or as part of a team.

Parent peer support is a critical component of a system of care for children and youth, builds effective engagement and can facilitate more positive outcomes for a family. This unique workforce can be found in a variety of settings including: family-run organizations, mental health centers, foster care programs, juvenile courts, emergency rooms, schools, state and local government entities, and residential treatment programs. PPS positions are typically funded through federal and state funds, contracts, grants and Medicaid.

*PPS Providers have roles at all levels of service intensity, from community outreach to inpatient hospitalization, infusing family voice and family support at all levels.*



# With Schools...

- ▶ Preparing and helping families to be full partners at school meetings
- ▶ Informing families about process for IEP's, 504 plans
- ▶ Modeling and encouraging families to help their child succeed in school
- ▶ Developing and accomplishing Title I parent engagement plans
- ▶ Raising awareness about children's mental health needs
  - National Children's Mental Health Awareness in May
  - Project Aware
  - Mental Health First Aid
- ▶ In-service training for school staff
- ▶ Referral source for schools



## With Communities...

- ▶ Social and recreational activities for families
- ▶ Focus groups , discussion groups and surveys to gather information on family needs
- ▶ Family voice in public policy
- ▶ Partnership with other child-serving systems: Mental Health, Juvenile Justice, Child Welfare
- ▶ Partnership with providers
- ▶ Partnership with advocacy community
- ▶ Research to improve practice

# Benefits of Partnering with Family-Run Organizations

- ▶ Trusted sources of information & support for families
- ▶ Trusted source for schools, providers and other system partners
- ▶ Cultural brokers in communities
- ▶ Support school mental health efforts
- ▶ Bring an important perspective that can improve outcomes



# Make the connection!

Schedule collaborative meeting with your local/state family-run organization

- ▶ Referral Process
- ▶ Joint presentations/Trainings
- ▶ Family Leadership Development
- ▶ Family Involvement Groups
- ▶ Mutual Support Opportunities





**OUR CHILDREN. OUR FOCUS.  
OUR FUTURE.**



# Resources

- ▶ Listing of Family-Run Organizations by SAMHSA Region and State: <https://www.fredla.org/wp-content/uploads/2019/10/Region-1-10-Regional-FRO-Listings-for-SAMHSA-Administrators-10-23-18.pdf>
- ▶ Parent Peer Support Activities: <https://www.fredla.org/wp-content/uploads/2019/09/PPSP-activities-infographic.pdf>
- ▶ Parent Peer Support Provider Roles: <https://www.fredla.org/wp-content/uploads/2019/09/PPSP-roles-by-intensity-of-service-infographic.pdf>
- ▶ Supporting Family Participation in Systems of Care: <https://www.fredla.org/wp-content/uploads/2018/06/SupportingFamily-2017-Revised2018-newlogo-print-1.pdf>

# Resources

- ▶ Ten Tips for Outreach to Families: [http://www.fredla.org/wp-content/uploads/2015/09/Outreach-to-Families\\_FREDLA-2016.pdf](http://www.fredla.org/wp-content/uploads/2015/09/Outreach-to-Families_FREDLA-2016.pdf)
- ▶ Meeting the Needs of ALL Families: [https://www.fredla.org/wp-content/uploads/2019/04/NeedsOfAllFamilies\\_\\_FINAL\\_SCR-1.pdf](https://www.fredla.org/wp-content/uploads/2019/04/NeedsOfAllFamilies__FINAL_SCR-1.pdf)
- ▶ Family-Run Organizations: Monthly Minute: [https://www.youtube.com/watch?v=L2JKFaDBhDE&index=7&list=P\\_LWv-X8-WjcQXJmRQ6ySK2mABg\\_aOwNgVx](https://www.youtube.com/watch?v=L2JKFaDBhDE&index=7&list=P_LWv-X8-WjcQXJmRQ6ySK2mABg_aOwNgVx)
- ▶ Roles of Family-Run Organizations: <http://www.fredla.org/wp-content/uploads/2015/09/FRO-infographic-1.pdf>
- ▶ Ways to build resiliency for students: <https://www.fredla.org/wp-content/uploads/2019/10/School-MH-Conf-resource.jpg>

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