

BUILDING MULTIDISCIPLINARY ENGAGEMENT TEAMS: PEER SUPPORTS AND THE PHILOSOPHY OF SHARED EXPERIENCE FROM WITHIN THE CLINICAL TEAM

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Hathaway-Sycamores
CHILD AND FAMILY SERVICES

Peer Support Overview

- I. Introduction of Hathaway-Sycamores
- II. History of Peer Support
- III. Defining Peer Support
- IV: Philosophy of Peer Support
- V: Peer Support Integration within the Child and Family Team
- VI: Peer Support Integration within STRTP
- VII: Future of Peer Support

Who are we?

Hathaway-Sycamores Child and Family Services



OUR MISSION

Cultivating hope and resilience to enrich the well-being of children, adults, families and communities

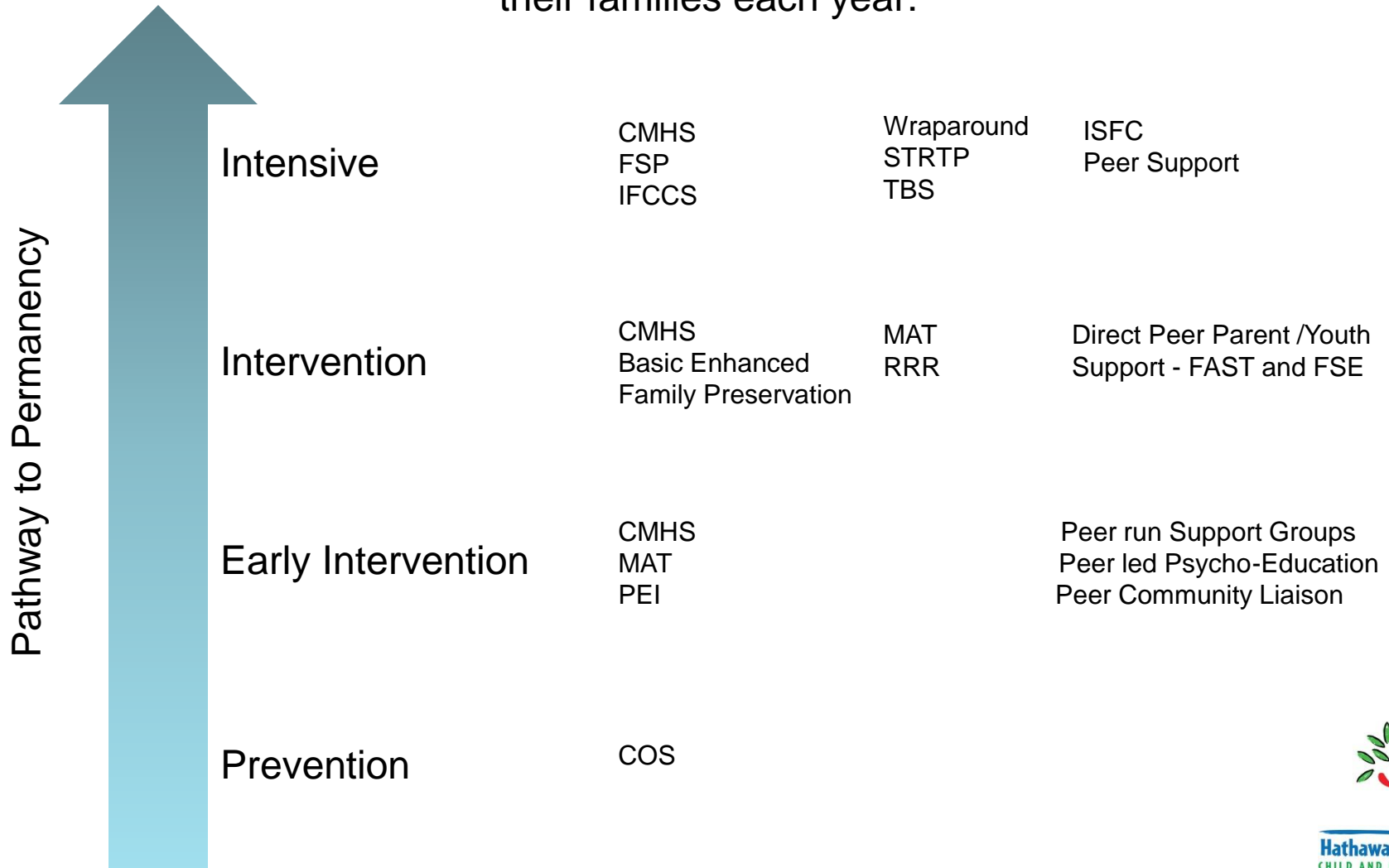


OUR VISION

Stronger families, stronger communities

Who do we serve?

Nearly 4,000 unduplicated youth, young adults/adults, and their families each year:



What is an STRTP?

STRTP is an acronym, **Short Term Residential Therapeutic Program**, which is one part of the continuum of care supporting children and youth in foster care.

The STRTP is a program that is culturally relevant, trauma-informed, and is focused on improving outcomes for children, youth, and non-minor dependent young adults as they move through the continuum, ultimately, returning to a home with family in the community.

Specialty mental health services and a team-facilitated process called a Child Family Team (CFT) support the child and family as they prepare for the child to transition home.



Continuum of Care Reform (CCR) Vision

All children live with a committed, permanent and nurturing family with strong community connections

Services and supports should be individualized and coordinated across systems and children shouldn't need to change placements to receive services

When needed, congregate care is a short-term, high quality, intensive intervention that is just one part of a continuum of care available to children and non-minor dependents

Effective accountability and transparency drives continuous quality improvement for state, counties and providers

Core Principles Align with CCR Values



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Family-driven

Youth-guided



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Permanency-focused

Adopted from Families First Act and BBI training resources

Family-Driven Youth-Guided Care

“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.”

Including:

Choosing culturally and linguistically competent supports

Sharing power with parents in planning process

Setting goals

Monitoring outcomes

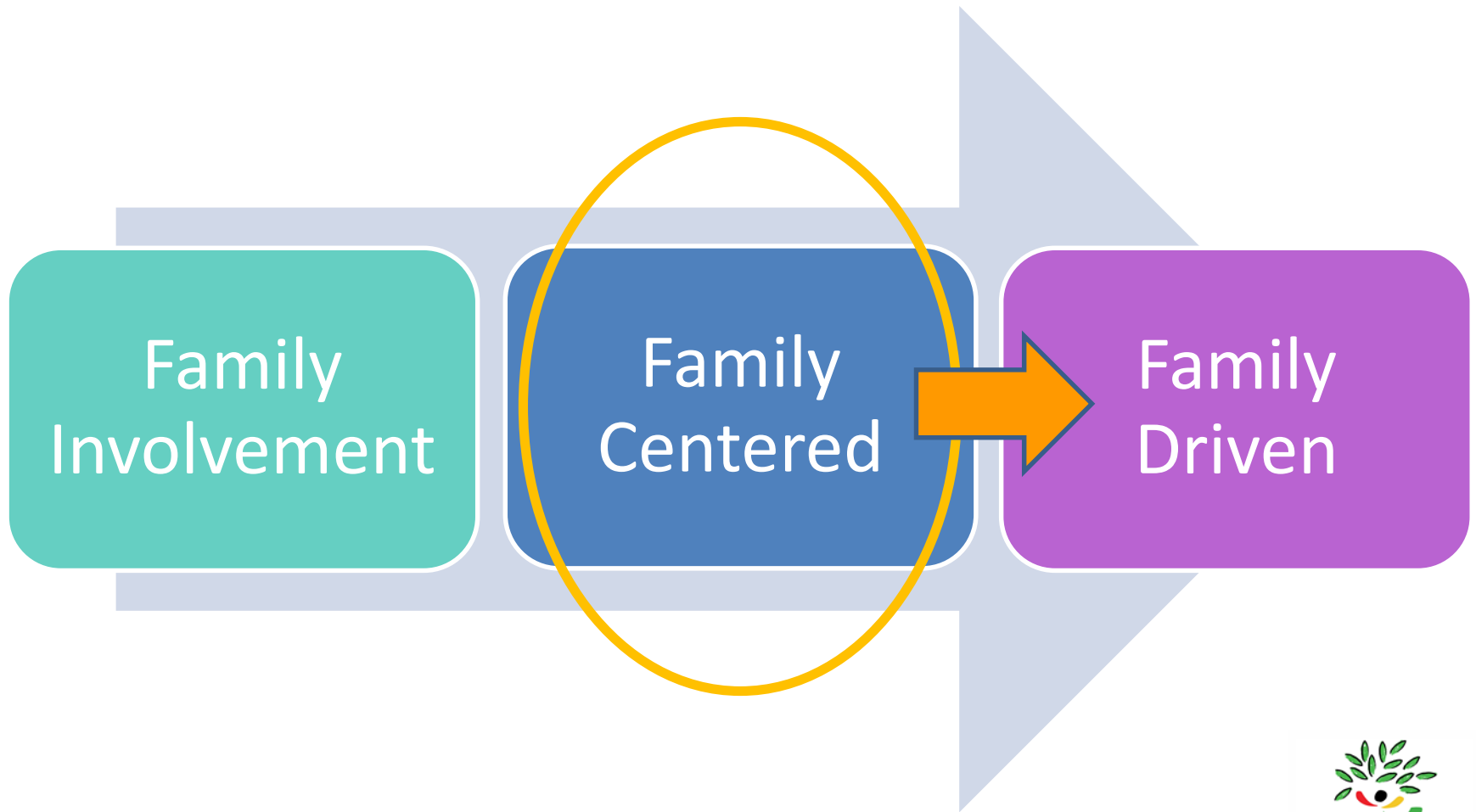
Designing, implementing, and evaluating programs

Partnering in funding and policy decisions

Retrieved - Federation of Families definition (2012 <http://ffcmh.org/r2/publications2/family-driven-defined>)



Family-Driven Care



Shifting the Paradigm

“Traditional” Help

- You’re the expert
- You know best as an educated professional
- I call you for answers
- You diagnosed me/child
- I come to you for help
- You determine treatment

Family-Driven Help

- I’m the expert of my family
- I know my child best
- I call you for support
- We’re not defined by our diagnosis
- Team empowers self-help advocacy strategies
- I decide treatment options

Why Strive for Family-Driven Care?

- Engagement with parents/caregivers as the informed drivers of their children's health care can decrease perceived "resistance"
- Sharing decision-making can change the treatment experience for youth and their families when they own the plan
- The skill of working with parents/caregivers is transferable to working with youth, but it doesn't work the other way around
- Strengthens the team alliances and outcomes

Peer Workforce Evolution: A Brief History

History of civil and human rights expanded to disability and **patient rights**.

Georgia State launched **Peer Specialist Certification**, 47 states adopted PSC model.

1970s

1980s

2004

2017

Govt. reports acknowledge clinically poor outcomes for clients and Peer Support services as the **missing ingredient**.

LA-DMH launched **PPTA and Certification for Parent Partners**.

Los Angeles Parent Partner History

- 1994: Children's System of Care hired 5 Parent Advocates
- 1998: Expansion to other programs, including Wraparound, Juvenile Justice, and Interagency Screening Committees
- 1999: Parent Partners hired at Hathaway-Sycamores
- 2011: Parent Partner Practice Model
- 2017: LA - Parent Partner Training Academy

Where else do peers exist?

Nationally (48 states)

Internationally

Wraparound and School-based services

Primary Health Care and Wellness Centers

VA hospitals and community centers

Residential, Hospitals, and Medical Centers

Drug and Alcohol Treatment services

12 Step and Self-Help groups

Family and Peer-run Organizations

The only source of knowledge is
experience.

Albert Einstein



Defining Peer Support: Authentic Engagement

Peer-to-Peer Support

PARENT PARTNERS

A parent of a youth with life experience navigating the mental health, child welfare, and/or juvenile justice system. Uses their experience to provide hope, guidance, and advocacy for our customer families.



YOUTH ADVOCATES

A youth with lived experience who empowers peer youth receiving Residential/Community - Based services to become self-advocates and leaders, and to inform agency and system transformation.



PSYCHO-EDUCATIONAL SUPPORT GROUPS and ADVISORY COUNCILS

Peer-led and facilitated trainings to youth and caregivers involved in services; In-Home, Community, Residential, and Foster Care.



Terminology: Peers Have Many Titles!

- Certified Peer Specialist - adult, TAY, Caregivers
- Peer Parent Support Specialist
- Parent Partner & Parent Advocate - LA county
- Youth Advocate - LA
- Family Support Specialist – adult/TAY
- Mental Health Peer Specialist
- Peer Health Navigator
- Others?



Philosophy of Peer Support: Core Beliefs

- Children deserve to be raised in families, not in institutions or placements
- Keeping families together and connected is in the best interest of every youth
- Continuum of care aligns with family-driven youth-guided care promotes permanency, connections, and wellness
- Family Support significantly elevates youth and caregiver engagement and ownership in planning and decision making
- Peer Parent Support strategies show compelling evidence and outcomes, when done well
- Hiring people with lived experience is transformative

Peer Parent Support

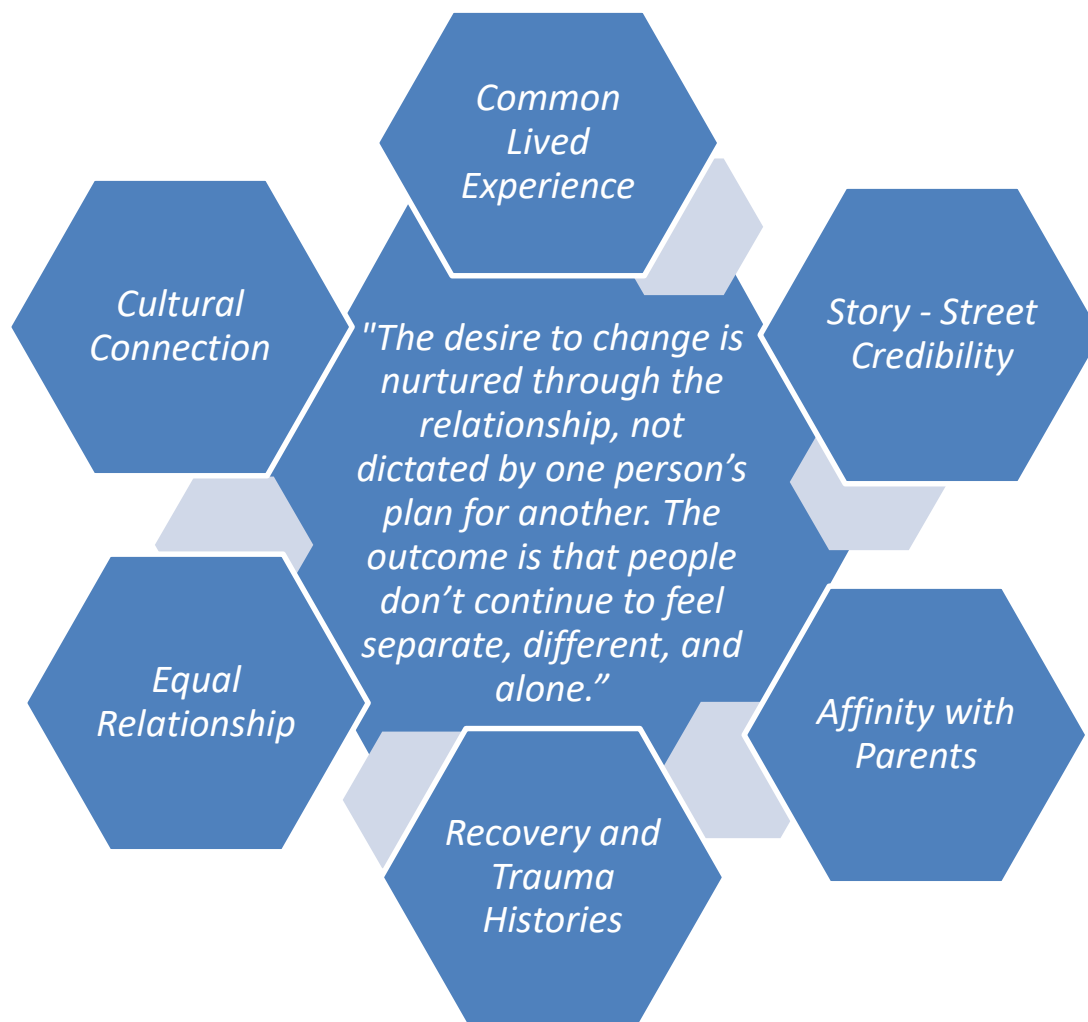
Hired for personal experience and knowledge of trauma- informed care and trained to share lived experience

Hired to share experience of parenting a child/children with complex trauma histories and mental health struggles

Hired to share personal experience of living through their own trauma and mental health challenges

Hired to share personal story in the healing process

What makes us different?



What are the stories being told about families at your office?



dreamstime.com

Choosing to Tell a Better Story: Reshaping Narratives

Our worldview and beliefs create a lens through which we tell stories

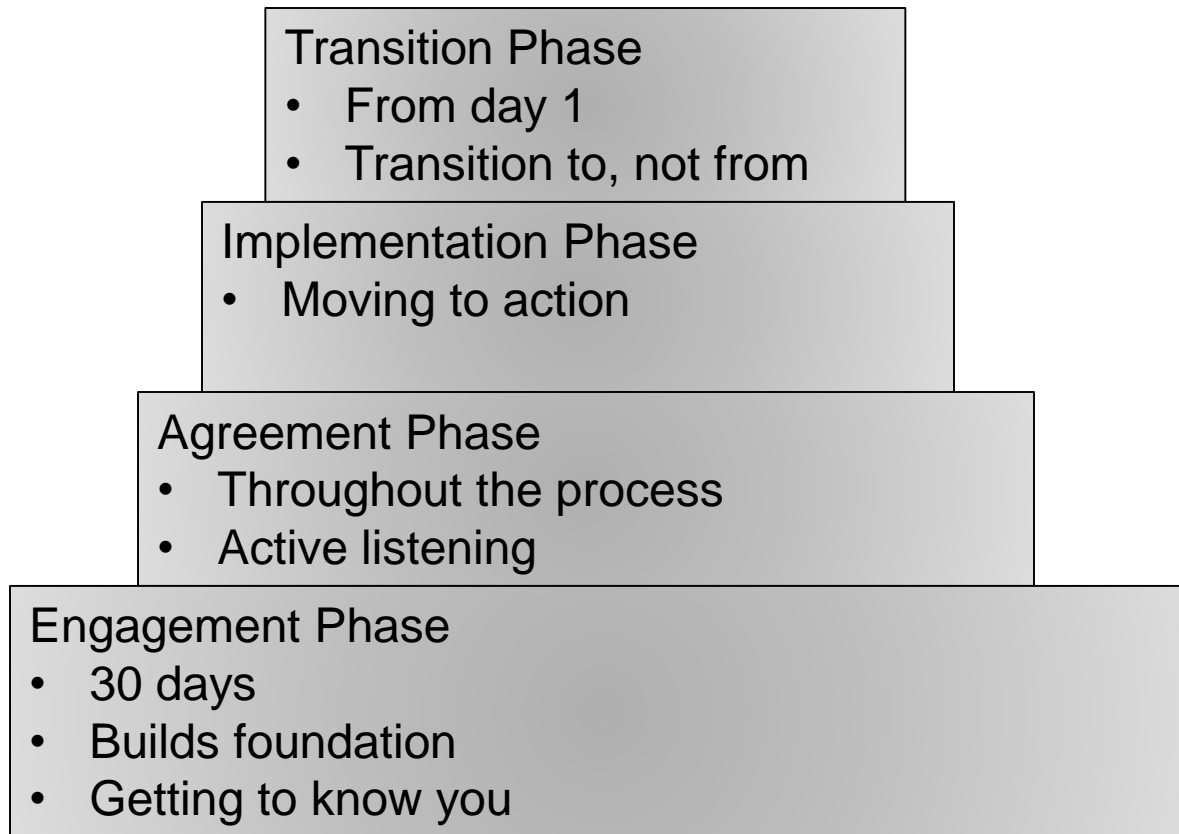
Forming stories is simply human nature but can be based on limited information

It is part of the healing process to find meaning in our trauma stories and lived experiences

Peer Support Practice Model

- Based on Phases of Help and Logic Model Process based on peer's voice and choice
 - Engagement
 - Planning
 - Implementation
 - Transition
 - Psycho-Education and Community Linkages

Parent Partner Practice Model



Parent Partners: One of the Team

- Part of the Child and Family Team (CFT)
- Duties and Responsibilities
 - Billing mental health progress notes that tie back to the client's treatment goals
 - Meeting agency service delivery expectations
 - Family search and engagement
 - Helping families to navigate multiple systems
 - Providing collateral services and crisis management for families
 - Providing psychoeducation within scope
 - Helping families to develop and understand client's safety plan
 - Collaborating with the Child and Family Team to assist the client with meeting treatment goals
 - Participating in Child and Family Team Meetings (CFTMs) and providing insight and a voice for families
 - Participating in weekly supervision
 - Participating in agency and program-specific required trainings

Peer Support within STRTP

- Parent Partners
 - Integral part of the team, particularly when considering STRTP population
 - Knowledge of trauma and Trauma-Informed Care model
 - Every case assigned a Parent Partner
 - Holders of Permanency
 - Coordinates family visits and maintaining connection
 - Manage Family Cottages
- Youth Advocates
 - Brings youth voice into meetings
 - Carries out monthly surveys capturing youth feedback
 - Every client has contact with Youth Advocate
 - Leads El Nido Youth Advocacy Club (EYAC)
 - Works closely with stakeholders to shape policy decisions that impact foster youth

The Future of Peer Support

- What does peer support look like at your agency/program?
- How do you envision a peer support workforce benefiting your agency/program?

Contact Us!

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