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Family Involvement Module

RESEARCH & TRAINING CENTER ON PATHWAYS TO POSITIVE FUTURES



Family Involvement in Transitions to Adulthood

May 24, 2011

Webinar presented by Johanna Bergan, Sandy Bumpus, Pauline Jivanjee, Marlene Penn, Sandra Spencer, and Gwen White.



Introduction:

RESEARCH & TRAINING CENTER FOR PATHWAYS TO POSITIVE FUTURES



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Family Involvement Objectives

- Articulate the value to young people of having family members involved in services
- Navigate the legal and policy contexts of families involved in the transition year
- Call upon Family Support Organizations and Parent Advocates to support families in transition
- Involve families engaged in services in productive ways
- Engage with diverse families



Presenter: Pauline Jivanjee, Oregon



The Family Journey



- The voyage metaphor
- The natural pulling apart of adult family members and youth as youth become more independent
- Forced disconnection within the treatment system between young adults and families
- System can be very disrespectful to youth and families



Presenter: Sandra Spencer, Maryland



Relationships with Providers



- Families are a resource and generally want to be helpful
- Youth in crisis may not see what families have to offer
 - Social and emotional supports
- Financial help (housing, bills, access to health care)
- Treatment
- Education



Presenter: Sandra Spencer, Maryland



Relationships with Providers



- Providers should be prepared to speak about the value of involving families
- The “deskilling” process (Harden, 2005)
- Parents initially felt confident, but having service providers

undermine their expertise and good judgment by questioning and marginalizing what they had attempted to do with their children led to feelings of inadequacy.

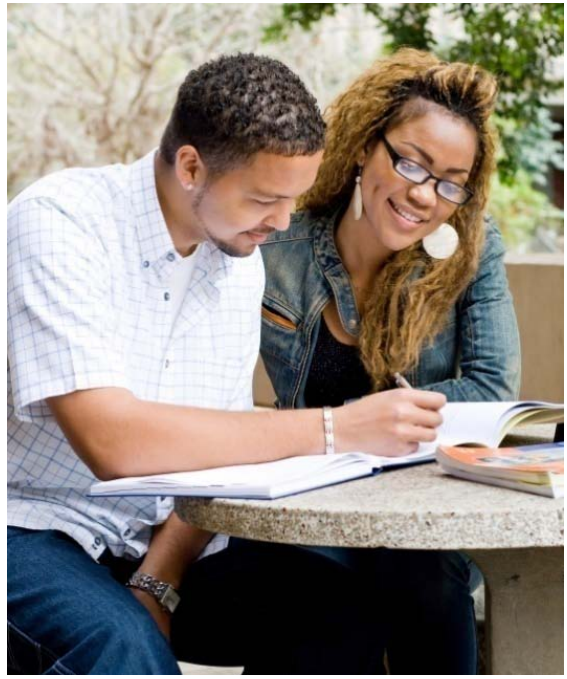


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Implications for Practice with Families

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- Professional language can create a gap
- Families need to be talked with clearly and without jargon
- Providers must be willing to answer questions and provide access to information

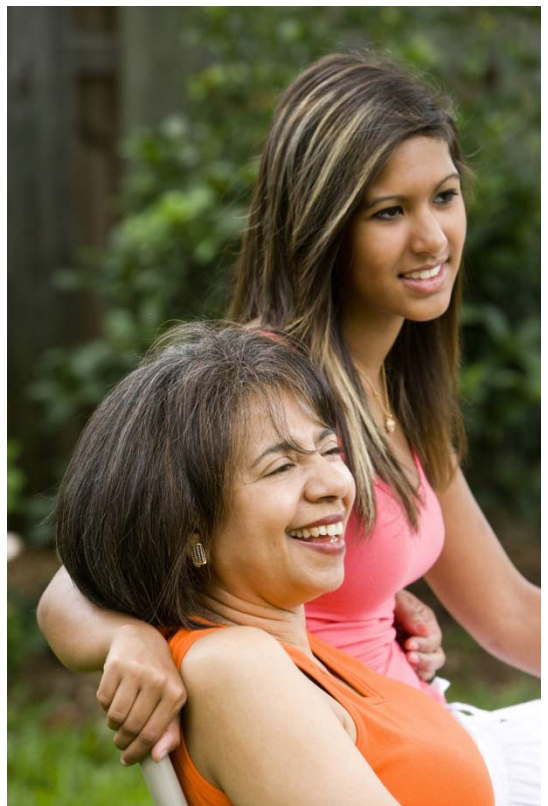


Presenter: Marlene Penn, New Jersey



Implications for Practice with Families

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- Support families in the balancing act between families wanting to protect their child and needing to let them make mistakes
- Don't condemn families if their child makes mistakes
- Get families involved in Family Support Organizations and link them with Family/Parent Advocates



Presenter: Marlene Penn, New Jersey



Relationships with Parent Advocates

- Help other parents navigate the system and access traditional and non-traditional services
- Translate the content and process of meetings with service provider (Munson et al, 2009)
- Work to empower parents and youth so that their voices are heard in service systems
- Serve as networking agents to link parents with others with similar experiences
- Bring their valuable personal experiences to bear, and give hope (Hoagwood, 2005; Munson et al, 2009, Robbins et al, 2008)



Presenter: Marlene Penn, New Jersey



Youth Perspectives



- Some young people may be grateful for support that family members offer them as they work toward recovery and independence (Preyde, Cameron, Frensch, & Adams, 2011)
- Other young people may want to strike out on their own and not want other family members in their business (Arnett, 2000)
- Youth may not have the option to choose between adulthood and childhood when navigating systems



Presenter: Johanna Bergan, Iowa



Family Preparation for Transitions

Mental health issues for family discussion:

- Is the young person able to discuss her/his condition with significant people?
- Can the young adult articulate her/his MH and other needs? Does s/he know how to access health/MH information?
- Does the young person know how to access community resources and agencies?
- Does the young person understand when to discuss her/his condition?
- Can the young person advocate for her/himself? (Holmbeck et al, 2010)



Presenter: Johanna Bergan, Iowa



Implications for Practice with Young People



- Listen, treat young people with respect and dignity
- Offer information to young people and a voice in decisions
- Create opportunities to use experiences for growth, increased skills, self-esteem
- Encourage supportive relationships with family, friends, and others



Presenter: Johanna Bergan, Iowa



Implications for Practice with Young People



- Support involvement in groups such as youth activities, clubs, faith communities
- Promote autonomy, personal agency, empowerment, social inclusion (Osgood, Foster & Courtney, 2010)
- Create opportunities to give and receive peer support
- **Involve families** (Federation of Families for Children's Mental Health, 2001)

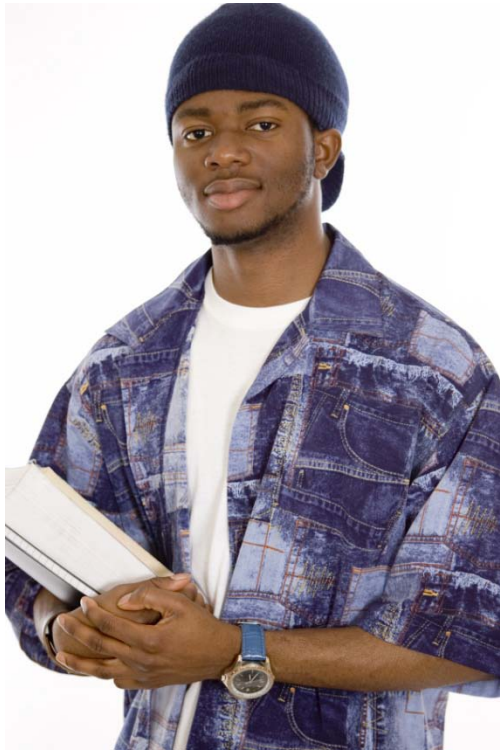


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Legal and Policy Issues

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- Becoming an adult doesn't happen on a birthday
- Individual and Family developmental changes happen gradually
- Institutional Transitions are mediated by bureaucratic and legal rather than cultural or natural guidelines



Presenter: Gwen White, Washington ,DC



Legal Issues: 4 C's and a G



Consent

- Shift of legal responsibility
- Age of consent varies by state

Confidentiality

- According to HIPAA – Health Insurance Portability & Accountability Act of 1996 (PL 104-191) providers cannot discuss health information with a parent unless the youth specifically grants permission

Competency

- When a young adult is clearly not competent to make independent health care decisions, a parent may petition the court to become their child's guardian.



Presenter: Gwen White, Washington, DC



Legal Issues: 4 C's and a G

Guardianship

- A **guardian** is appointed to arrange care of a person
- Generally done prior to the age of 18
- Requires an attorney, filling for a petition and having a court visitor interview the young adult
- The protected person must be in agreement
- No universally accepted definition of competence

Conservator

- A **conservator** is appointed to make decisions about property and assets

Terms and conditions vary state-to-state.



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Policy and Practice Issues

Policy

- About systems changing not young adults and families adapting
- Policies based on functioning rather than a birth date
- Health Care changes

Practice

- Recognize the importance of Adult Allies
- Work with youth and family competent organizations
- The workforce is different
- Create Communication Pathways



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Diverse Families



- Young people live in many different family structures
- As a service provider, do I know who the young people I work with define as family and what are their preferences for family involvement in services?
- How can I find information and advice about the racial and ethnic diversity of families I am encountering and how can I develop skills in providing culturally responsive services?
- Am I tuned in to the over-representation of youth of color in more restrictive settings and the challenges facing families who want to participate in their children's treatment?



Presenter: Pauline Jivanjee, Oregon



Working with Diverse Families

- Service providers working with African American young people recommend long-term resilience-oriented strategies that include activities where youth can experience success
- For example, Self-Enhancement, Inc. in Portland, OR provides after-school and school enrichment programs, and relationships with mentors planned with family involvement
- Protective factors include strong kinship ties (Joe, 2006)
- Involvement of community supports such as churches can be valuable, although not all families want this (Lindsey et al., 2006)



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Interventions with Diverse Families



- Do I seek to connect Native American youth and families to culturally-specific agencies that use holistic approaches rooted in traditional teachings?
- Interventions at programs such as NAYA Family Center in Portland incorporate cultural

activities and the development of positive cultural identity

- Families are encouraged to draw from traditional culture and spiritual teachings to guide their relationships with young people (Cross et al., 2007)



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Immigrant Families

- As of 2010, 24% of youth in the U.S. are from immigrant families, with higher rates of anxiety, depression, PTSD, and suicidality
- For effective work with immigrant families, am I thinking about protective factors such as respect, loyalty to family, and the development of biculturalism?
- Do I focus my interventions on promoting a strong sense of positive cultural identity to reduce the depressive effects of discrimination?



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Working with Immigrant Families



- Helping relationships for Latino adolescents are oriented to health promotion involving family, friends, peer supports, and other community supports that young people trust (Garcia & Saewyc, 2007)

- In my work with Latino families, do I seek ways to facilitate youth-family communication to build understanding and appreciation of strengths? (Chapman & Pereira, 2005)
- Do I reach out to community resources and engage in advocacy on behalf of vulnerable families?



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Youth who Identify as LGBTQIA2-S



- Families with a youth who identify as LGBTQIQ2-S may experience varying levels of acceptance and support when using mental health services
- Do I use asset-based approaches to promote LGBTQIQ2-S resiliency through building positive identity, reducing stigma, and promoting strong relationships with peers, supportive families, positive role models, and adult allies? (Gamache & Lazear, 2009)
- Example of the Sexual & Gender Minority Youth Resource Center (SMYRC) in Portland: Drop in center and developmentally appropriate programming



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Practice Guidelines

- Am I aware of families' different cultural beliefs about mental health and have I clarified their expectations of treatment outcomes?
- Do I respond with humility and reflection and seek clarity where I don't understand?
- Do I know where to seek culturally relevant and specific services and supports?
- Am I working to support the development of positive ethnic and cultural identity as a protective factor?
- Have I sought mentors to bring knowledge of youth culture to adult family members?



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Family Support Organizations (FSO)



- A national network of FSOs advocates for the rights of children and youth with mental health challenges and their families, and provides training and technical assistance (Gyamfi et al, 2010)
- FSOs provide whatever it takes for families to achieve the balance they need, including support groups and parent advocates in the context of systems of care (Koroloff & Friesen, 1991; Kutash & Rivera, 1996)
- FSOs certify Parent Advocates
- Allies in advocating for change
- Help providers evaluate acceptability services



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Family Support Organizations

- National Federation of Families for Children's Mental Health
<http://www.ffcmh.org/>
- National Alliance for the Mentally Ill (NAMI)
<http://www.nami.org/>
- Parents, Families and Friends of Lesbians and Gays (PFLAG) has over 500 chapters nationwide and provides community-based support and advocacy for families
<http://community.pflag.org/>



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Programs

- La Familia Counseling Services and Family Support Services www.lafamiliacounselingservice.com
 - An organization in Sacramento, CA focused on community empowerment and leadership development through mental health wellness in the Latino community. La Familia promotes a focus on the family at all levels of service delivery, and believes that the healing process can more effectively take place in the context of the family.
- Self-Enhancement, Inc. <http://www.selfenhancement.org>
 - A Portland, OR nonprofit organization helping at-risk African-American urban youth. SEI provides family resource services such as counseling, parenting classes, energy assistance and housing programs, and other useful training.
- FosterClub <http://www.fosterclub.com/>
 - FosterClub is the national advocacy network for young people in foster care. Their website includes a section for “grownups,” which includes information and training for foster families and a supportive message board for adults.



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Programs

- Native American Youth and Family Center <http://www.nayapdx.org/>
 - NAYA provides educational services, cultural arts programming, and direct support to reduce poverty to the Portland metropolitan area's American Indian and Alaska Native community. NAYA Family Center provides family services to strengthen family and community ties. Family services include Healing Circle, Foster Care Support Program, Positive Indian Parenting, and Elders services.
- Sexual & Gender Minority Youth Resource Center <http://www.smyrc.org>
 - SMYRC provides a safe, supervised, harassment-free, and alcohol- and drug-free space for sexual minority youth 23 and younger. SMYRC also provides free family counseling services to sexual minority youth and their families. SMYRC provides the only drop-in resource center for sexual minority youth in Oregon. Youth gather to participate in positive activities like art, music, community organizing, youth development, education, peer support, support groups, case management, counseling, and job readiness preparation.



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Question and Answer Session

Q & A



Presenter: Pauline Jivanjee, Oregon

Additional Questions

**If you have additional questions
or feedback, please contact us**

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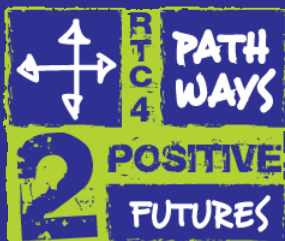
Eliz Roser, Graduate Research Assistant: eroser@pdx.edu

Our project website

www.pathwaysrtc.pdx.edu/proj-trainingcollaborative.shtml



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