



Promoting Family Support: Questions for Applications in Practice

The following questions are designed to help you think about how you could apply the ideas shared by Corinne Spiegel and Dr. Ajit Jetmalani in your work with young people. Ideally, discuss the video and your thoughts about it with a supervisor or co-worker and consider the following questions:

1. For the youth you work with, how do you see their needs for family support changing over time?
2. Dr. Jetmalani and Ms. Spiegel propose that unless there is a history of significant abuse or neglect, service providers should explore with youth the ways they might see their **family members as sources of support**. Consider the following question:
 - What are some specific ways you could increase your support for youth engaging more with family members?
3. As a parent and service provider, Ms. Spiegel talks about parents' bewilderment and **lack of understanding** of their child's mental health diagnosis and its implications. Think of a time you have worked with a young person and their parent and explore the following questions:
 - What did you do to help the parent understand what was going on with their youth?
 - While respecting the youth's privacy and autonomy what else could you have done to support increased understanding on the part of parents?
4. Dr. Jetmalani states that he believes that some service providers have misinterpreted the HIPAA and FERPA privacy laws and that other rights and responsibilities should also be considered. Dr. Jetmalani encourages service providers to discuss with youth the benefits and possible risks of sharing mental health information with parents. If you are unfamiliar with these laws, please **review legal requirements for privacy** at <https://www.hhs.gov/hipaa/index.html>
 - What is your understanding of how privacy laws guide your work?
 - Can you think of times when it could be beneficial to a youth to share information about their mental health needs with a parent?
 - What do you do in your work to encourage youth to share important information with their parents? What else could you do?
5. What do you know about **support organizations for parents** who are assisting youth in transition who have mental health needs? What more could you do to increase your awareness and share supportive resources with families?



Resources on Promoting Family Support for Youth with Mental Health Needs

Allison, J., Childs, J., Lambert, L., & Silver, A. (2015). *Moving to young adult life: A legal guide for parents of youth with mental health needs*. Boston, MA: Parent/Professional Advocacy League.

https://docs.wixstatic.com/ugd/318d31_7b4cf3fca01d4db2976a266514d153d3.pdf

Center for Health Care Strategies. (2013). *Family and youth peer support literature review*.

https://www.chcs.org/media/FYPS_Literature_Review_FINAL.pdf

Children's Bureau. (n.d.) *Family engagement inventory: Family engagement practice level strategies*. Washington, DC: Administration for Children and Families, U.S. Department of Health and Human Services. <https://www.childwelfare.gov/FEI/practice-strategies/>

Chovill, N. (2009). *Engaging families in child & youth mental health: A review of best, emerging and promising practices supporting family members of loved ones with serious mental illnesses*. British Columbia, CA: The F.O.R.C.E. Society for Kids' Mental Health.

<http://www.fredla.org/wp-content/uploads/2015/09/Engaging-Families-in-Child-Youth-Mental-Health.pdf>

Federation of Families for Children's Mental Health; a national family support organization.

<https://www.ffcmh.org/>

Jivanjee, P., Brennan, E., Sellmaier, C., & Pathways Transition Training Collaborative. (2012). *Strengthening family support for young people with mental health needs in the transition to adulthood: A tip sheet for service providers*. Portland, OR: Research and Training Center for Pathways to Positive Futures, Portland State University.

<https://www.pathwaysrtc.pdx.edu/pdf/projPTTC-FamilySupportTipSheet.pdf>

Jivanjee, P., Brennan, E., y Sellmaier, C. en consulta con el Pathways Transition Training Collaborative. (2012). *Fortalecimiento de Apoyo Familiar para Jóvenes con Necesidades de Salud Mental en la Transición a la Edad Adulta: Una Hoja de Consejos para Proveedores de Servicios*. Portland, OR: Research and Training Center for Pathways to Positive Futures, Portland State University. <https://www.pathwaysrtc.pdx.edu/pdf/projPTTC-Family-Support-TipSheet-Spanish-02-2015.pdf>

National Alliance for Mental Illness, resources for family members and caregivers:

<https://www.nami.org/Find-Support/Family-Members-and-Caregivers>

Ontario Center for Excellence for Child and Youth Mental Health (2016). *Evidence in-sight: Best practices in engaging families in child and youth mental health*.

http://www.excellenceforchildandyouth.ca/sites/default/files/resource/EIS_Family_Engagement_EN.pdf

Oregon Youth Authority. *Guide to family engagement*.

https://www.oregon.gov/OYA/pages/youth_family_guide.aspx

Oregon Youth Authority video on family engagement (focus on youth in correctional facilities) (10 minutes). https://www.youtube.com/watch?v=A1HTVTkT_24&sns=em

Pathways Transition Training Partnership. (2016). *Module 9: Promoting support from family, peers, and mentors* (online training module featuring Corinne Spiegel).

<https://www.pathwaysrtc.pdx.edu/pathways-transition-training-modules#>

U.S. Department of Education. (2007). *Parents' guide to the Family Educational Rights and Privacy Act: Rights regarding children's education records*.

<https://www2.ed.gov/policy/gen/guid/fpco/brochures/parents.pdf>

U.S. Department of Health and Human Services. (n.d.). Health Information Privacy website.

<https://www.hhs.gov/hipaa/index.html>

Walker, J.A. & Pearson, M. (2018). A screeching halt: Family involvement when a youth turns 18. Portland OR: *Focal Point: Youth, Young Adults, & Mental Health. Community Integration: State of the Science*, 32, 22-24.

<https://www.pathwaysrtc.pdx.edu/pdf/fpS1809.pdf>