Parent Support Partners

A Medicaid Service Which Provides Support to Parents of Children with Serious Emotional Disturbance and Intellectual/Developmental Disabilities
Workshop Outcomes

- Explain the Parent Support Partner service found in the Michigan Provider Medicaid Manual
- List three benefits of providing the Parent Support Partner Service
- Identify three components of organizational and agency readiness
- Identify how this service impacts outcomes for children and families
HISTORY OF PARENT SUPPORT PARTNERS IN MICHIGAN
Adult Peer Support started in Michigan first

The Association for Children’s Mental Health – founded in 1989 – advocacy focus

National Federation of Families for Children’s Mental Health – founded in 1989

Began work on PSP curriculum in 2007–8

First Cohort of parents Feb 2010

Currently 13 Cohorts

Began with parent of children with SED
History of Parent to Parent Support

- Foundational values
  - Given the right skills, knowledge, and opportunities, children are best served with their families within their communities
  - Moving from individual child focus to family/parent support
  - Parents are the experts on their children
PARENT SUPPORT
What, Who, How and Why
What is Parent to Parent Support?

- **Purpose:**
  - To increase family involvement and engagement within the treatment process and to equip parents with the skills necessary to address the challenges of raising a youth with special needs thus improving outcomes for youth with SED and I/DD who are involved with the public mental health system

- **Goals:**
  - Empowerment
  - Self-Sufficiency
  - Increased Confidence
  - Increased Competence
Who are Parent Support Partners?

- Parents/caregivers of youth with behavioral, emotional, or mental health disorders
- First-hand experience and knowledge to support family engagement, navigation, and knowledge of systems and resources
- Ability to use personal experiences and knowledge to expand opportunities for family choice and voice
- Ability to partner and engage parents and professionals
Parents need other parents who ‘have been there’

Peer support research shows 6 main areas emerged where families experienced improvements:

- Access and Initial Engagement
- Ongoing Participation
- Increased Empowerment and Self-Efficacy
- Perceived Social Support
- Improved Health and Mental Health Outcomes
- Satisfaction with Services
Why Parent to Parent?

- Unique relationship with another ‘parent’
  - Sharing story
  - Decreased perception of judgment
  - Decreased isolation and increased hope
  - Ability to act as a bridge
  - Increased empowerment and self advocacy

- Unique relationship with professional partners
  - ‘Window into the world’
  - Change agents
Benefits of Parent Support Partners

- Increased engagement in treatment
- Increased retention in treatment
- Decreased caregiver stress
- Increased satisfaction with services
- Decreased costly interventions ie: out of home placement
- Increased family and youth involvement
What is the Role of the Parent Support Partner?

- Provide peer delivered support to parents of youth with SED Emotional Disturbance (SED) and (Intellectual and Developmental Disabilities (I/DD) involved in the mental health system
- Facilitate access to services and promote acquisition of skills, abilities, and knowledge
- Assist in the navigation of services
- Role model effective communication & collaboration
Functions of Parent Support Partners

- Works individually with families who need additional supports and skill building to reach their goals
- Builds and nurtures relationships with the family and others working with the family
- Supports parent’s and family member’s participation in treatment
Functions of Parent Support Partners

- Provides information to increase the caregiver and family’s understanding of their child’s needs
- Uses their own experience to assist parents
- Teams with others providing services and supports
- Participates in family-centered practice and assists in development of goals related to Parent to Parent support in the plan of service
Functions of Parent Support Partners

- Provides information to the family so they can make informed choices
- Provides support and empowers parents/family members to speak for themselves
- Provides education and training to and assist families in preparing for meetings regarding their child
- Links the family, based on strengths and cultural interest, with activities and groups in the community
PARENT SUPPORT PARTNERS AND COMMUNITY MENTAL HEALTH
What is Parent to Parent Support?

- PSP is a covered EPSDT State Plan Medicaid service under Managed Care Mental Health Specialty Services and Supports 1915 b/c waiver
- Intervention based approach to supporting families whose children receive services within the CMHSP
- PSP is a member of the treatment team and is included in service planning, implementation, and transition processes
- An identified service in the PCP to provide support, information, skill development, and resources to families to accomplish treatment goals.
Parent Support Partners (PSP) and MDCH

- PSP’s provide the State plan Medicaid Service of Family Support and Training
- MDCH contracts with ACMH to provide the training, oversight and support via the PSP Statewide Coordinator.
- The PSP must complete the MDCH-approved statewide training curriculum and be certified to provide this service.
Parent-to-Parent Support is designed to support parents/family of children with serious emotional disturbance or developmental disabilities as part of the treatment process to be empowered, confident and have skills that will enable them to assist their child to improve in functioning. The trained parent support partner, who has or had a child with special mental health needs, provides education, training, and support and augments the assessment and mental health treatment process. The parent support partner provides these services to the parents and their family. These activities are provided in the home and in the community. The parent support partner is to be provided regular supervision and team consultation by the treating professionals.
Expanded Population I/DD

- Historically parents with children with SED have been the focus
- Medicaid Provider Manual states that the Family Support and Training (PSP) service includes parents of children with I/DD
- Currently, we are enhancing our existing training to better address the needs of this expanded population.
Planned Curriculum Enhancements for I/DD

- Examples and small group exercises pertaining to children with I/DD
- Resources
- Basic diagnostic information about children with I/DD
- Enhanced professional development and technical assistance regarding I/DD
- Coaching and shared experience to build knowledge base
Expectations of CMHSP’s

- Employ or contract with a Family Organization to employ family members to become Parent Support Partners
- Identify a supervisor with the CMHSP to oversee the PSP’s
- Provide individual clinical supervision to the PSP
- Provide funds and resources necessary to implement PSP services
Organizational and Agency Readiness

- Organizations and Agencies must prepare for the PSP service and working with parents as professional partners

- See handouts
What you can expect?

- Intervention-based service attached to a treatment goal
- Caseloads average 15–20 families (full-time PSP)
- PSP has face-to-face encounter on average once per week or 3 times a month—individualized on needs of family
- PSP has an average of 3 collateral contacts per week on behalf of the family
Integration of Parent Support Partners within the Treatment/ Wraparound Team

- Parent Support Partners are an identified service within the Family Centered Plan to provide support, information, skill development, and resources to families to accomplish the treatment goals being targeted.

- Parent Support Partners will work in partnership with the therapist and treatment team to:
  - Assist families
  - Bridge the relationship between parent and professional
  - Support family & youth voice
Outcomes

- Decreased parental isolation
- Increased parental involvement in child’s treatment
- Increased parental knowledge of community resources
- Decreased caregiver stress and increased hope
- Positive impact on child’s functioning
Measurement Tools

- Piloted the Family Journey Assessment for Georgetown University
- Actively seeking tools used nationally for measuring the impact of parent support
Contact information

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