Purpose

* A Discussion of:
  * Transformation in the Mental Health System
  * The Role of Family-Driven Care in PBS

Two Principles Guided the New Freedom Commission

1. Services and treatments must be consumer and family centered. Commitments to choice and options

2. Focus on recovery and resilience. Increase coping, not just symptom reduction

Six Goals of the New Freedom Commission

1. Americans will understand that mental health is essential to overall health;

2. Mental health care is consumer and family-driven;

3. Disparities in mental health care are eliminated;
Six Goals of the New Freedom Commission

4. Early mental health screening, assessment, and referral to services are common practice;

5. Excellent mental health care is delivered and research is accelerated; and

6. Technology is used to access mental health care and information.

Definition of Family-Driven 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. This includes:

1. Choosing culturally and linguistically competent supports, services, and providers;
2. Setting goals;
3. Designing, implementing and evaluating programs;
4. Monitoring outcomes; and
5. Partnering in funding decisions.

Guiding Principles of Family-Driven Care

1. Families and youth, providers and administrators embrace the concept of sharing decision-making and responsibility for outcomes.
Guiding Principles of Family-Driven Care

2. Families and youth are given accurate, understandable, and complete information necessary to set goals and to make informed decisions and choices about the right services and supports for individual children and their families.

3. All children, youth, and families have a biological, adoptive, foster, or surrogate family voice advocating on their behalf and may appoint them as substitute decision makers at any time.

4. Families and family-run organizations engage in peer support activities to reduce isolation, gather and disseminate accurate information, and strengthen the family voice.

5. Families and family-run organizations provide direction for decisions that impact funding for services, treatments, and supports and advocate for families and youth to have choices.

6. Providers take the initiative to change policy and practice from provider-driven to family-driven.

7. Administrators allocate staff, training, support and resources to make family-driven practice work at the point where services and supports are delivered to children, youth, and families and where family and youth run organizations are funded and sustained.
Guiding Principles of Family-Driven Care

8. Community attitude change efforts focus on removing barriers and discrimination created by stigma.

9. Communities and private agencies embrace, value, and celebrate the diverse cultures of their children, youth, and families and work to eliminate mental health disparities.

Guiding Principles of Family-Driven Care

10. Everyone who connects with children, youth, and families continually advances their own cultural and linguistic responsiveness as the population served changes so that the needs of the diverse populations are appropriately addressed.

Changing the Community Culture

<table>
<thead>
<tr>
<th>FROM</th>
<th>TO</th>
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<tbody>
<tr>
<td>Blame</td>
<td>Valuing Each Other, Strengths,</td>
</tr>
<tr>
<td>Suspicion</td>
<td>Sharing a Common Vision,</td>
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<tr>
<td>Mistrust</td>
<td>Pooling Resources,</td>
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<td>Condescension</td>
<td>Respect and Understanding,</td>
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<tr>
<td>Frustration</td>
<td>Advocacy to Strengthen</td>
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<tr>
<td>Litigation</td>
<td>Families and All Systems</td>
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The Evolving Roles of Family

1. Cause
2. Patient
3. Credible informant about their child
4. Partner in treatment planning
5. Service evaluator and research partner
6. Policy maker

Why Involve Families?

<table>
<thead>
<tr>
<th>Area</th>
<th>Elementary School</th>
<th>High School</th>
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<tbody>
<tr>
<td>Global parent involvement</td>
<td>.74</td>
<td>.53</td>
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<tr>
<td>Specific components of parental</td>
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<tr>
<td>involvement</td>
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<tr>
<td>Parent Expectations</td>
<td>.58</td>
<td>.88</td>
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<tr>
<td>Reading to a child</td>
<td>.42</td>
<td></td>
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<tr>
<td>Communication between parent and child</td>
<td>.24</td>
<td>.24</td>
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<tr>
<td>Parental style-supportive</td>
<td>.31</td>
<td>.40</td>
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<tr>
<td>Attendance and participation at school events</td>
<td>.21</td>
<td>.11</td>
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<tr>
<td>Checking homework</td>
<td>.42</td>
<td></td>
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<tr>
<td>Programs aimed at improving parent involvement</td>
<td>.27</td>
<td>.36</td>
</tr>
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</table>
How Do Families, PBS, and the MH System Mobilize?

Components of an Effective Partnership

Contrasting Perspectives in School-Based Mental Health

Resolving Paradigm Conflicts in SBMH

The Essential Elements of Wraparound

The Essential Elements of Wraparound

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The Essential Elements of Wraparound
- Balance of Formal and Informal Supports
- Unconditional Commitment
- Collaboration
- Outcomes Determined and Measured

The Core Principles of RtI
- We can effectively teach all children.
- Intervene early.
- Use a multi-tier model of service delivery.
- Use a problem-solving method to make decisions within a multi-tier model.

The Core Principles of RtI
- Use research-based, scientifically validated interventions/instruction to the extent available.
- Monitor student progress to inform instruction.
- Use data to make decisions.

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Is There a Unifying Conceptual Model to Guide Us?

1. Surveillance at the population/community level
   - What is the problem?
   - Use systematic data collection strategies to determine the mental health service needs in your community.

2. Identify risk and protective factors
   - What are the causes?
   - Use the information collected in and on your community on a regular basis and integrate with the research literature.

3. Develop and Evaluate Interventions
   - What works and for whom?
   - Review literature on empirical based interventions and apply/adapt to local community needs.

4. Implementation monitoring and scaling-up
   - Is it meeting the intended needs?
   - Monitor interventions for proper implementation, scale-up interventions and measure impact.

The Public Health Model

Steps to Identify and Address Factors

- Identify the factors affecting health
- Understand how these factors influence health outcomes
- Develop strategies to address these factors

Steps to Implement Interventions

- Design and develop interventions
- Implement interventions in the community
- Monitor the implementation and effectiveness of the interventions

Steps to Scale-Up Interventions

- Assess the impact of interventions
- Develop plans to scale-up interventions
- Monitor and evaluate the scaling-up process

Steps to Develop a Community-Based Public Health Model

- Identify community needs
- Develop a community-based public health model
- Implement and evaluate the model

What Are Some Barriers to Achieving Family-Driven Care?

- Parents feel overwhelmed and isolated by lack of information
- Parents feel intimidated by unequal power
- Parents feel blamed and disrespected by professionals
- Parents have experienced poor customer service

Personal Reflections

1. What would fully implemented family-driven care mean to you in your role? In other words, as a parent, a therapist, a child welfare worker, a judge, or any other role caring for children with mental health needs, how will family-driven care impact you?

2. What kind of support will you need to move toward family-driven care? Who can help you as you travel this road?
In order to learn new ways of doing things, we must sometimes unlearn old ways. Are there ways of thinking, prejudices, assumptions, or attitudes you will have to unlearn before you can fully implement family-driven care? If so, what are they?

What support will you need to unlearn old ways, and who might support you in that unlearning process?

What challenges do you think you will face in implementing family-driven care?

What strengths or assets do you bring to the process of implementing family-driven care?

How will family-driven care make your life, your child’s life, or your work better?
Al Duchnowski, Ph.D.
Mental Health System Transformation, Family Driven Care and PBS

Today’s power point presentation: http://cfs.fmhi.usf.edu/staff-details-b.cfm?staffID=107