Youth MOVE National

A Subsidiary of the National Federation of Families for Children’s Mental Health

Presentation by Cindy Juarez, MBA
Director of YMN
Overview

- What’s been going on with Youth MOVE National?
- Youth MOVE work happening at the state level.
- What does the transition for Youth MOVE National mean to Youth Involvement.
Current State of YMN

- 46 Chapters in 31 States
  - Full list available on our website:
    - http://www.youthmovenational.org
  - This number is up from 13 at the start of 2010
- Youth ages 14-25
- Systems involved youth & allies
  - Mental Health, Substance Abuse, Juvenile Justice, Special Education, Child Welfare, Foster Care, Developmental Disabilities, and more...
- Culturally and socially diverse youth
- Rural, suburban, urban communities
Products Developed by YMN

• Dare to Dream America

• Launched in 2009, Dare to Dream America has been our most successful program. With funding from SAMHSA, we have been able to award over 30 grants, with 20 more scheduled to be awarded, to youth groups nationwide to conduct a program or event in their own communities that addresses youth’s mental health needs.
Products Developed by YMN

• Chapter Tool-kit
  • The seven guides in the tool-kit are:
    • increasing membership
    • developing/adopting bylaws
    • fundraising
    • creating awareness
    • creating peer to peer support
    • establishing committees
    • starting a writing team
  • Also includes Road Map to Navigate First Year
Products Developed by YMN

- Consulting & Technical Assistance Pool
  - 5 trainers/consultants available
  - Well established engagement process

- Strategic Sharing Guide

- Family Organization Collaboration Guide
Youth MOVE on State Level

- Quarterly Chapter Support Calls

- Staff based assistance for expansion and growth questions for Statewide chapters

- Consulting support to chapters with resources to support it
Youth MOVE on State Level

• Several Chapters are Statewide Chapters
  • This allows chapters to unite the different youth groups across their state, so as to have strength in numbers when advocating for systematic change on the state level, outside of their local communities.
  • Many chapters have been recognized nationally for their work
    • Youth MOVE North Carolina Youth Leader recipient of the 2012 Youth Voice Award
    • Youth Leader from Youth MOVE Massachusetts recognized in the Boston Globe
Supporting YMN Moving Forward

- Encourage Mental Health Directors across the country to look into Youth MOVE National, and supporting the development of a chapter in their community, or expanding any chapters already in existence.
- Bring YMN consultants to your communities to support the direct training of youth leaders and adult allies.
Supporting YMN Moving Forward

- As Youth MOVE National moves to independence, the organization will need the support on a statewide level and especially a national level.
- Funding is a scarcity and vital to the survival of this unique youth-led organization.
- Supports for chapters still needs to be further developed, but there is a lack of resources.
Historic Federation Support of Youth Involvement

- Youth Leadership Academies
  - Held annually at the NFFCMH conference
- Youth Tracks
- Youth Resources
  - Health Care Information Tip Sheet for Youth
  - Comic Book Titled “Change Agents”
- Youth Involvement Associate
  - Has provided trainings and TA nationwide for youth & adults
Supporting Youth Involvement Nationwide

- The Federation aims to continue Youth Involvement activities to reach youth not currently affiliated with Youth MOVE
- Resources need to be developed for youth whose only connections are family-run organizations
- Aiming to maintain the connection between youth and families
- Please continue to support the Federation’s work to empower youth nationally.
Thank You

• For more information:
  • http://www.youthmovenational.org
  • http://www.ffcmh.org

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  240-403-1901
Sandra Spencer
Parent Support Providers
Core Principle and Definition

This is not a clinical service. It is a peer-to-peer service.

- The Parent Support Provider is a peer of the parent that is being supported. Their relationship is based on the sharing their own parenting or “lived experience”.

- For purposes of certification in the field of parent support, “parent” in “parent support” means:

  A person who is parenting or has parented a child experiencing emotional, behavioral or mental health disorders and can articulate the understanding of their experience with another parent or family member. This person may be a birth parent, adoptive parent, family member standing in for an absent parent or a person chosen by the family or youth to have the role of parent or be able to articulate experiences based on parenting a child.
Parent Support Provider Service Definition

- The focus of the service is on empowering parents and caregivers to parent and advocate for their child/youth with emotional, mental or behavioral health related disorders or challenges.
- The scope of the service involves assisting and supporting family members to navigate through multiple agencies and human service systems (e.g. basic needs, health, behavioral health, education, social services, etc).
- It is strength-based, skill-based, and coaching built on common lived experience that:
  - promotes wellness, trust and hope
  - increases communication and informed decision making and self-determination
  - identifies and develops advocacy skills
  - increases access to community resources and the use of formal and natural supports
  - reduces the isolation that family members experience and the stigma of emotional, behavioral and mental health disorders
Certification of Parent Support Providers

National Association of State Mental Health Program Directors

July 25, 2012
Frances Purdy MEd JD
Director, Certification Commission
National Federation of Families for Children’s Mental Health
Operational definitions for use in this presentation:

**CERTIFICATE** – the recognition of completion of a training or educational program (which may be based on reaching a certain level of proficiency or just “seat hours”)

**CREDENTIAL** – the recognition of successful completion of a training, educational program, and/or documented experience that adheres to established professional standards set by an Institution of Higher Education, professional group or organization, eg. MSW, JD, RN, etc

**CERTIFICATION/Certifying**– The process of voluntary recognition of an individual who meets specific established knowledge, skills and attitudes/dispositions for initial and continuing practice as set by a standardized process in accordance with an appropriately accredited organization.

**LICENSURE** – mandatory, regulatory structure for authorizing or permitting a specific scope of practice of an individual professional. This may include specific endorsements that defines the population served or topic content allowed within the license

**ORGANIZATIONAL ACCREDITATION** – voluntary recognition of an organization that meets specific established standards or criteria, eg JCHO, COA, CARF, CHEA, ANSI/IEC
Why National Certification?

- A few states have statewide certification for purposes of billing Medicaid: TN, MD, MI, OK
- A few states have developed statewide certification FL, IL, NY
- Some state have Medicaid plan amendments to bill for PSP work: AK, AR, AZ, GA, IN, KS, KY, MA, MD, MI, MT, SC.
- The advantages of national certification:
  - No costs to the state to develop or administer
  - Easier to standardize since it is the same as other states
  - Outcomes can be compared across states
History CPSP™ Development

• 2007-2010 – focus groups of people involved in parent-to-parent work. Gathered “job descriptions” data
• Aug-Dec 2010 – identified core competencies
• 2011 – Code of Ethics, Role Delineation study, tests and testing process
• November 2011 – first approved certificate holders announced at FFCMH Annual Conference
• 2012/2013– development of CPSP Supervisor™, CYSP™, CYSP™ Supervisor, and trainings for certification.
Why make it “cross-disability”? 

- Children and youth rarely only have one category of challenges: mental health, substance use, intellectual disability, learning disorders, autism spectrum, physical disabilities.
- Even when one child or youth could be squeezed into one category, there often is a sibling that does not fit the same category.
- Sometimes primary diagnoses need to be reviewed or changed and families need to know their option.
Why now?

- Most states will be submitting new Medicaid plans as a result of the Affordable Health Care Act.
  - Parent to parent and youth to youth and adult consumer to adult consumer peer support needs to be included as part of the array of services
  - Clinical professionals are not available to even provide all the specialty clinical needs of families
  - Parent Support Providers and Youth Support Providers supplement the workforce to provide the day to day wellness, peer to peer services, rehabilitation and support needs of family members.
What works?

- The outcome data from Kansas, New York, Alaska and Michigan, the use of Parent Support Providers
  - decreases the number of missed appointments to clinics
  - Increases attendance in school and graduation rate for children
  - Decreases the use of “high end care” and long-term residential placement
  - Increases the parent’s self-assessment of “practical knowledge“ about resources and “care coordination”
  - Decreases the parent’s stress level about parenting
What is Required?

- Demonstration of specific knowledge, skills and abilities based on a national standard
- Adherence to a set of standards of practice in ten domains of core competencies
- Adherence to a Code of Ethics
- On-going training requirement for re-certification
- Required peer supervision
Eligibility

Articulation of lived experience, 88 contact hours of training, 1000 hours of work experience, and 20 hours of supervision involving these 11 domains:

• Ethics
• Confidentiality
• Effecting change
• Currency on children’s behavioral health treatment and prevention information
• IDEA information
• Communication
• Parenting for resiliency
• Advocacy in and across systems
• Empowerment
• Wellness and natural support
• Use of local resources
Ethics

- Cultural and linguistic competency
- Peer to peer principles (family-driven, youth-guided, consumer driven)
- Compliance with laws and regulations
- Duty to do no harm
- Responsibility to remain current in the field
- Responsibility as a certificant
- Scope of practice
- Principles of non-exploitation

Confidentiality

- HIPAA, IDEA, 42 CFR
- Understanding conflict of interest and reporting requirement
- Special issues (substance abuse treatment, ICWA, child custody, )
- Teaching family members about confidentiality
- Child/adult protection, juvenile justice, and criminal prosecution related issues
- Duty to warn and domestic violence issues
IDEA and Other Education Information

- Timelines, procedures and regulations
- Resources for parents
- Communicating written goals and outcomes
- Working with enforceable regulations
- Mediation
- Pre-teaching effective meeting skills to parents and youth

Currency on Children’s Behavioral Health Prevention and Treatment

- Engagement, diagnoses and assessments
- Medication
- Treatment – EBP, PBE and other practices
- Finding and summarizing research and published literature
- Addressing complex health information
Effecting Change

- Preparing adults for the decision-making process and behavior change
- Supporting opportunities for self-efficacy
- Using of lived experience
- Using conflict and discrepancy for decision-making
- Finding and using psycho-educational material
- Use of support groups

Communication

- Understanding cultural/linguistic diversity
- Using distance communication technology
- Translating & assisting adults to communicate emotions
- Assisting adults with assertive communication
- Mediation techniques
- Informed and shared decision making
Parenting for Resiliency

- Identifying culture, family and individual values
- Physical and emotional development of children and youth
- Use of control, choices and consequences
- Shared decision-making
- Crisis planning and intervention
- Transition to adulthood skills

Advocacy in and Across Systems

- People-first, strength-based language and approach
- Understanding the mission and tasks of service systems for children
- Understanding funding streams of services
- Mediation techniques
- Organizational behavior and decision-making
Empowerment

- Implementation of consumer/family-driven and youth-guided approach
- Promotion of self-determination
- Teaching self-assessment and goal setting
- Understanding stigma
- Bridge building and group leadership
- Leadership development

Wellness and Natural Supports

- Crisis prevention and management for children and adults
- Self care and wellness planning
- Using spirituality and culture strengths
- Identifying family and community strengths
- Community organizing and problem solving
Use of Local Resources

- Implementation of consumer/family-driven and youth-guided approach
- Facilitates use of continuum of care, services, and local informal supports for children, youth, emerging adults, and adults
- Understanding local funding sources
- Promotion of self-determination
- Teaching self-assessment and goal setting
- Understanding stigma and local customs
- Coaches bridge building and leadership
- Understands applicable data collection and reporting
## Criticality of Functions

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References


More References


State Level Support of the Standard of Practice for Parent Support Providers

Include Certified Parent Support Providers as a billable service (individual and group, phone and in-person, with and without child present) for:

- targeted prevention/engagement (psychoeducation)
- Information and Referral
- Brokering and coordinating resources
- Case management, treatment plan development & discharge planning
- Parenting, family support, and adult recovery skill building
- Building wraparound or collaborative services across delivery systems

For child or youth:

- Child rehab and socialization
- Community/daily living skills and development of natural supports
- Coaching self-advocacy
- Medication management and treatment planning
- Emotional regulation, communication, and relapse prevention
NASMHDP Supporting the Use of Parent Support Providers

- Utilize the term Certified Parent Support Provider
- Require the standard of practice of CPSP at the national level
- Encourage use in all services involving families parenting children with health and behavioral health needs
If you have questions or comments on certification or want to be added to the listserv

Frances Purdy at certification@ffcmh.org
National Federation of Families for Children’s Mental Health
9605 Medical Center Drive #280
Rockville, Maryland 20850
240-403-1901 or fax 240-403-1909
http://www.ffcmh.org/certification