



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network

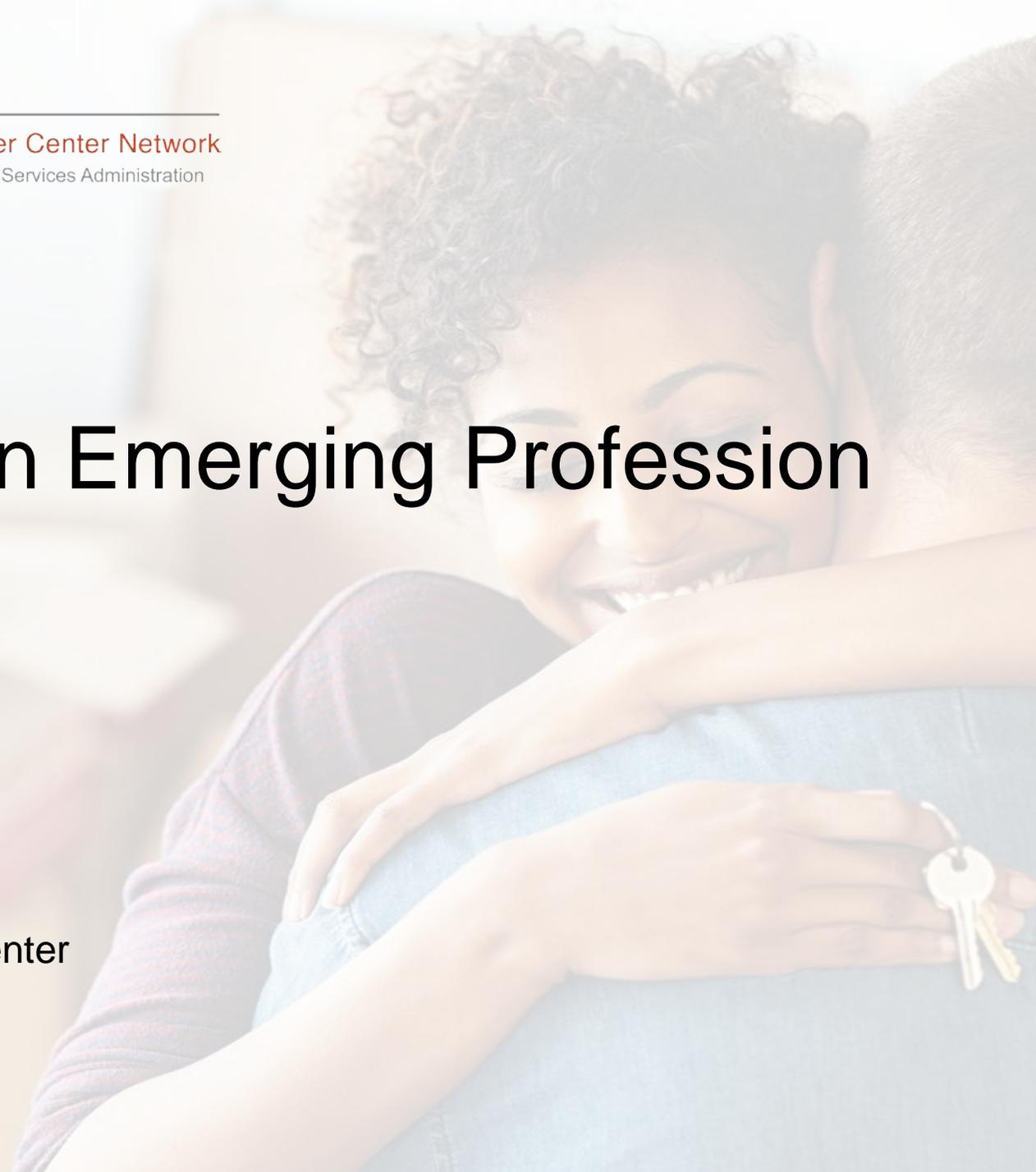
Funded by Substance Abuse and Mental Health Services Administration

Family Peer Support: An Emerging Profession

Session 1: Outcomes

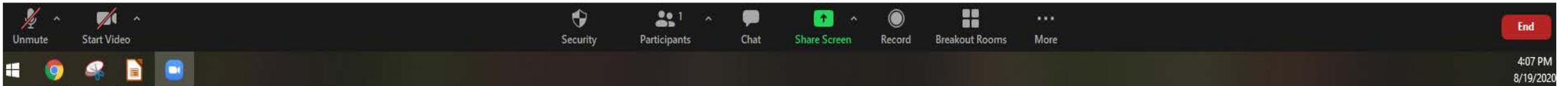
Mogens Bill Baerentzen, PhD, CRC, LMHP
University of Nebraska Medical Center
Behavioral Health Education Center of Nebraska
Mid-America Mental Health Technology Transfer Center

SAMHSA
Substance Abuse and Mental Health
Services Administration



Announcements

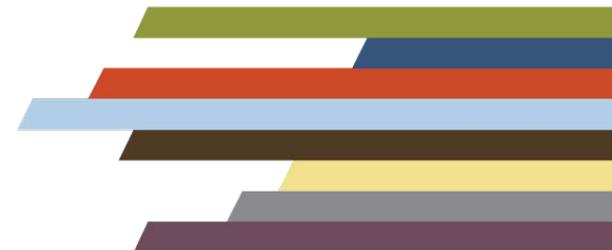
- All attendees are automatically muted.
- Submit questions via the chat box at any time during the webinar.
- The slides are available in the chat box.



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Evaluation

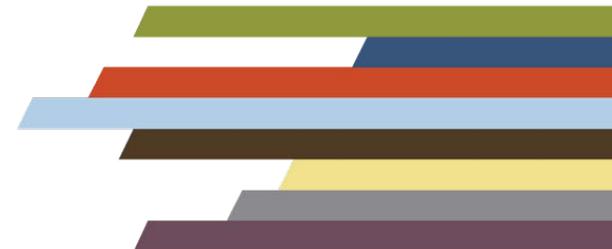
- At the end of this session, you will be asked to complete a brief evaluation.
- Because this event is federally funded, we are required to ask about participants' satisfaction with our services.
- To maintain our funding, we are required to get 80% participation.
- We greatly value your feedback and participation in the survey!!



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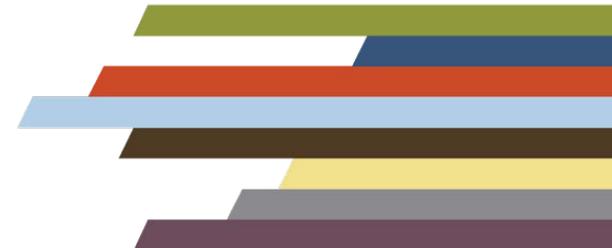
*At the time of release, Elinore McCance-Katz served as SAMHSA Assistant Secretary. The opinions expressed herein are the view of **Mogens Bill Baerentzen, Lilchandra Jai Sookram, Joe Pawloski, Nancy Pawloski and Jon Thomsen**, and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this resource is intended or should be inferred. Additionally, **Baerentzen, Sookram, Pawloski, Pawloski, and Thomsen** have no financial, personal, or professional conflicts of interest in this training.*



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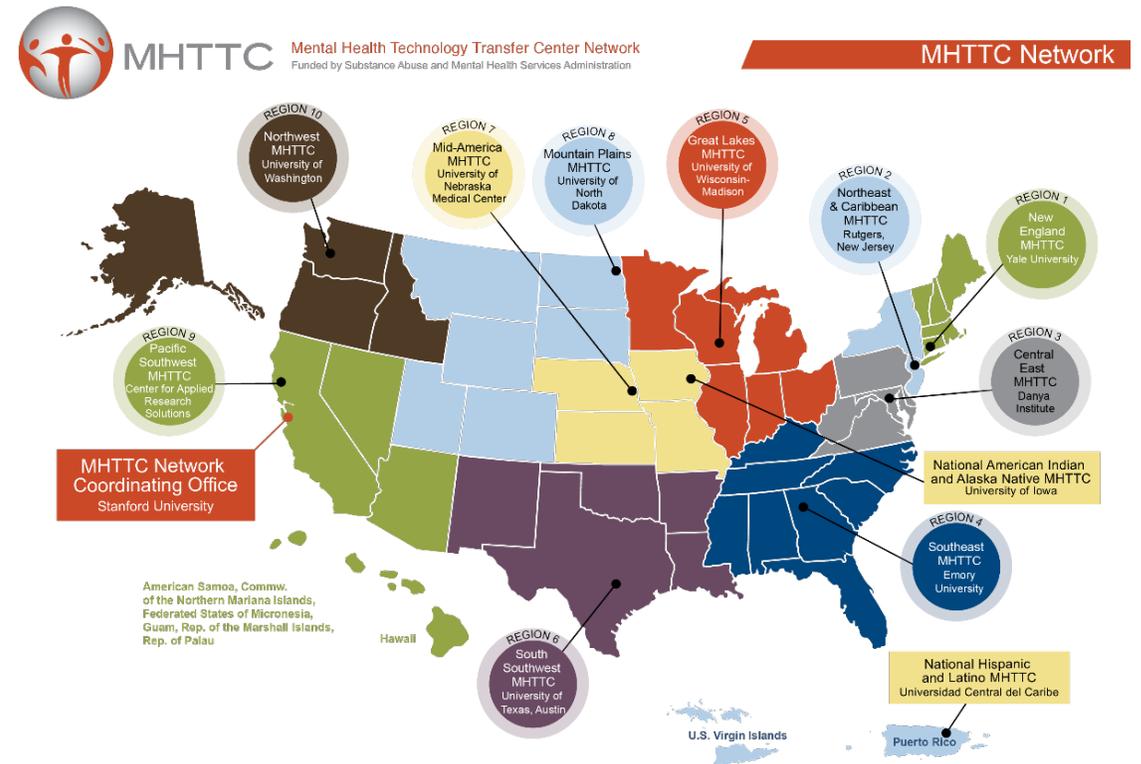
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Mid-America Mental Health Technology Transfer Center

Established to increase utilization of evidence-based mental health practices.

- Missouri, Iowa, Nebraska, and Kansas.
- Free training and technical assistance.
- SAMHSA grant awarded to the Behavioral Health Education Center of Nebraska at University of Nebraska Medical Center. (5 years, \$3.7 million, grant number: H79SM081769)



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Family Peer Support: An Emerging Profession

A webinar series to introduce Family Peer Support to the mental health workforce. A Partnership of Community Alliance and Mid-America MHTTC.

Register for upcoming events:

<https://mhttcnetwork.org/centers/mid-america-mhttc/family-peer-support-emerging-workforce>

Family Peer Support: Self-care (11/19/2020)

Family Peer Support: Being part of the mental health team (12/17/2020)

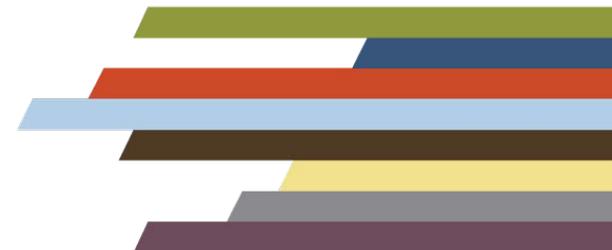
Family Peer Support: Preventing crisis and relapse (01/21/2020)



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Session 1

Family Peer Support: Outcomes

From this presentation you will understand how family peer support...

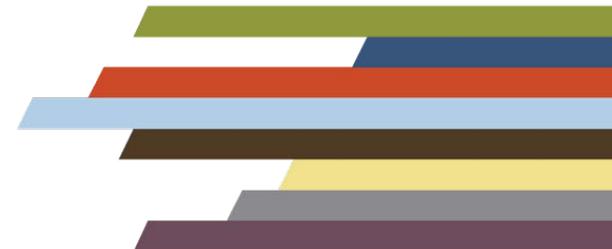
- Is a value added to the mental health system
- Provide positive outcomes and benefits to families
- Help families adjust emotionally and cognitively
- Help recreate healthy family systems



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Family and Mental Illness

Historically, mental illnesses was believed to be caused by societal stressors. Consequently, family was often blamed for the ill of their loved once and excluded from any treatment process and care (Corrigan, 2016).

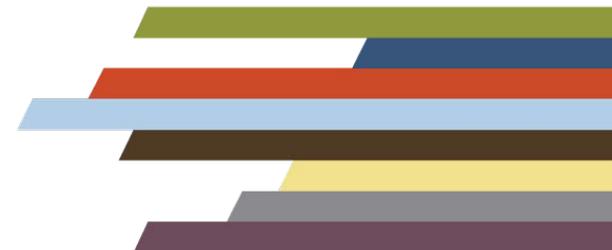
Contemporary mental healthcare is founded on beliefs that biological, psychological and social factors all contribute to a persons mental illness. Also, and more importantly, the same factors contribute to their well being and recovery. Consequently, families are more likely to be viewed as a resource to include in the treatment process (Hatfield, 1994).



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Family Dynamics and Mental Illness

Family member roles and relationships often change when a loved one is diagnosed with a mental illness. In a review of 28 studies on caregivers Corrigan (2016) find:

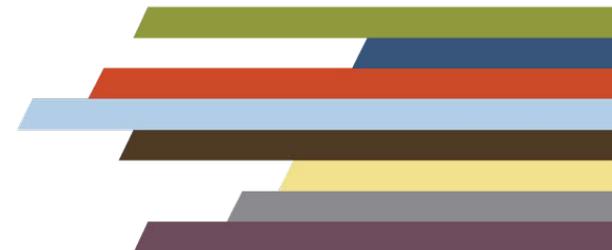
- Significant resources (incl. time) spent on transportation, money management, cooking and other ADL's, continuous supervision, and financial assistance; and decreased time for personal activities.
- Significant distress related to concern for the loved one's safety and potential for violence in the home, excessive demands on self, poor sleep, worries about future, and conflict with other family hardship. Also, families reported a constant distress related to grief and loss.



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Family Peer Support

- Participants
 - Learn to cope with stress
 - Learn to cope with problematic behaviors
 - Learn to adapt own behaviors and coping strategies to meet the needs in the family
- Intervention
 - Family (peer) led
 - Strength based
 - Buffer against stress
 - Protects against stigma of going to mental health agency

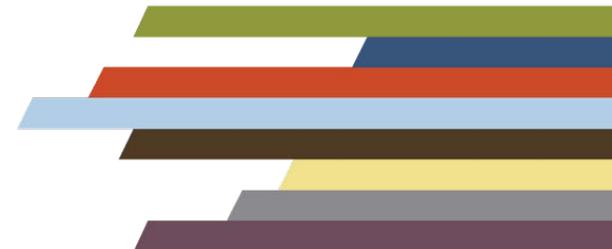
(Hatfield, 1987; Pearlin & Schooler, 1978; Marsh, 1992)



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Family Peer Support: Outcomes

Jai Sookram, PhD

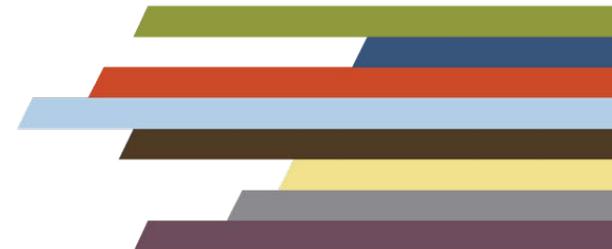
Community Alliance

Manager, Family and Peer Support Services

Nancy Pawloski

Joe Pawloski

Jon T



Family Peer Support: Outcomes

L. Sookram Ph.D.

Manager: Family and Peer Services

Community Alliance

10/22/2020

Family defined

Family describes people with a strong and emotional, psychological and/or economic commitment to one another – regardless of the nature of their relationship. “Family” can include those connected by biology, adoption, marriage or friendship. Ultimately, it is the person seeking services (whether it be a family member or a consumer) who defines his or her own “family”.

Family experiences when a FM has a Behavioral health Disorder

- Crises and family dynamics
- Lack knowledge about BHD, treatment and recovery
- Lack knowledge to access resources and seek help
- Coping with Behavioral Health Disorder
- BHD impact on caregiver emotional and overall well being
- Trauma, grief and loss

Family Peer Support (FPS)

Outcomes

- Knowledge about needed changes in thinking, feelings and behaviors.
- Development of Empathy and Collaborative relationships to end stigma and isolation.
- Development of skills in problem solving and communication.
- Knowledge of accessing Resources in Treatment and Rehabilitation.
- Development five key plans for ongoing Management of BHD: Crisis Management, Recovery, Relapse prevention, Well Being and Advocacy.

SAMHSA: Benefits of FPS

- Increased sense of collaboration
- Increased sense of self efficacy
- Increase sense of empowerment to take action
- Recognition of the importance of self care
- Decreased internal blame
- Decreased family isolation

(Family, Parent and Caregiver Peer Support in Behavioral Health:
SAMHSA, Brass Press Publication 2015)

Measurements

- Increased autonomy, self determination and adherence with treatment by Family member with BHD.
- Documented improvements in physical and mental health related to symptom management, functioning in social roles, social relationships
- Family member with BHD purposeful behaviors towards work, housing and independent living.
- Strength and frequency of positive and collaborative relationships between family members, practitioners and providers.
- Strength and frequency of practices that promote well being in all family members.

Thank you very much

Please do not hesitate to contact me regarding family peer support services

Mogens Bill Baerentzen, PhD., CRC, LMHP

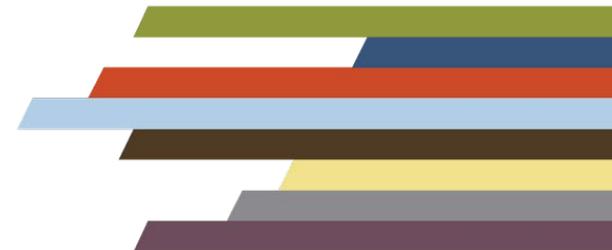
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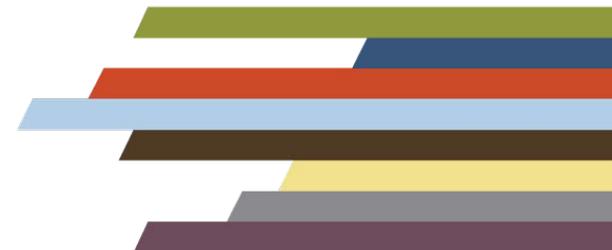
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Questions?

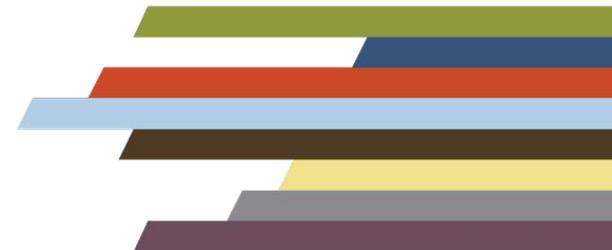


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Complete the Evaluation

Scan the QR code or follow the link

<https://ttc-gpra.org/P?s=464615>

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