



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 3: Being Part of the Mental Health Team

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

Disclaimer

This resource was prepared for the Mid-America Mental Health Technology Transfer Center (MHTTC) under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All information appearing in this resource, except that taken directly from copyrighted sources, is in the public domain and may be referenced and shared without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this resource without specific, written authorization from the Mid-America MHTTC. For more information contact midamerica@mhttcnetwork.org

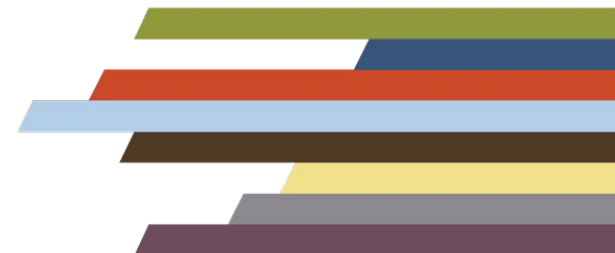
*At the time of release, Elinore McCance-Katz served as SAMHSA Assistant Secretary. The opinions expressed herein are the view of **Mogens Bill Baerentzen, Lilchandra Jai Sookram, Rita, and Stuart**—and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA.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



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED/
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

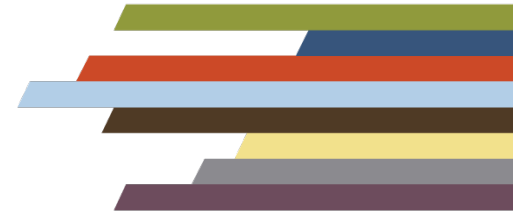
PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

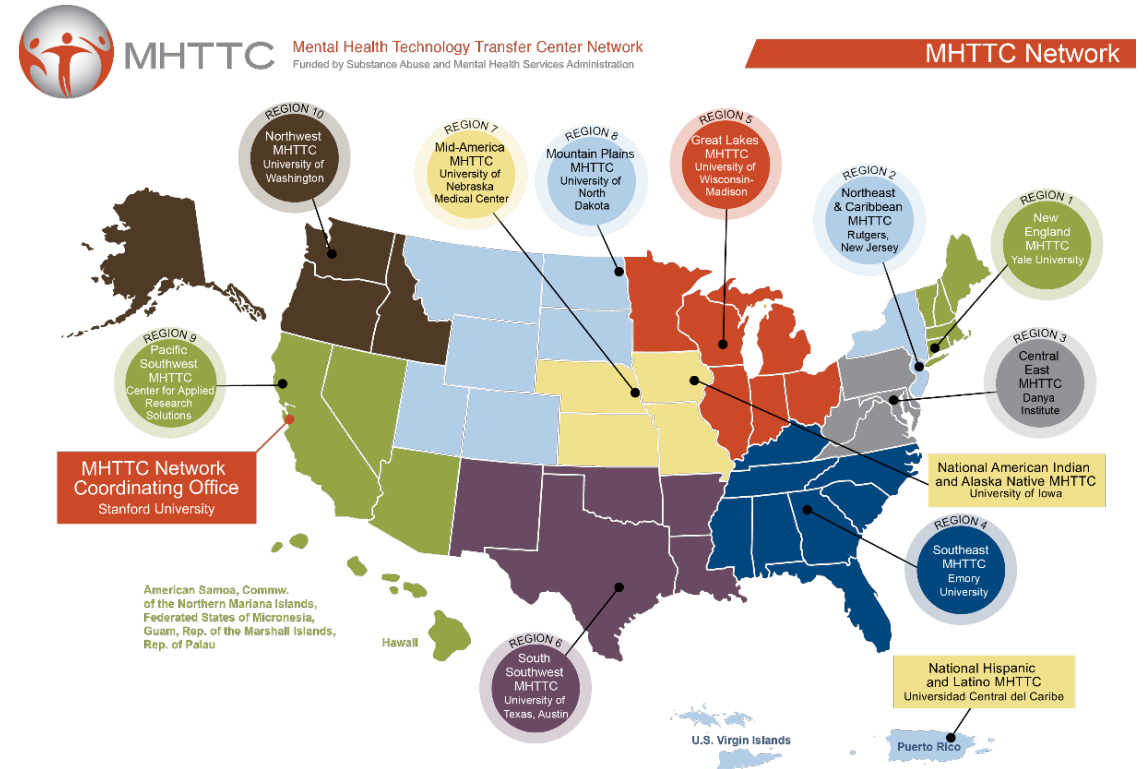
Adapted from: https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf



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)



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Objectives

In this presentation, Mid-America MHTTC specialists and partners with Omaha-based Community Alliance will demonstrate ways in which family peer support empowers families in their roles on the mental health team. In particular, participants will learn how recipients of family peer support:

- Learn self-regulation;
- Learn to partner with the mental health team to develop a crisis plan; and
- Learn to partner with the mental health team to develop a recovery plan.

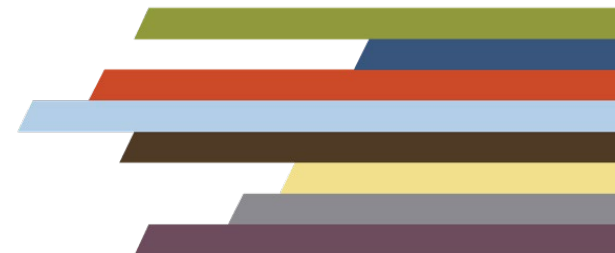


Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



Family Involvement in Care

- Onset of a serious mental illness triggers significant role changes within a family.
- Few families are prepared for such change.
- Professionals are often not prepared to work with a family in such crisis.

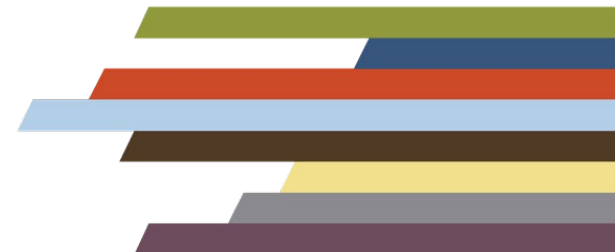
(Angood, 2010; Bouwman, 2018;
Spaniol, Zipple, and Lockwood, 1992)



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Expression of Negative Emotions of Family Member

- Overinvolvement, hostility, anger, criticism, sadness and anxiety are normal expressions of loss, grief and fear related to being a family member of a person with a serious mental illness.
- High expression of negative emotions are often considered “bad” despite being normal reactions. This blinds the real positive value of family support.
- This can lead to strained relationships with their loved one and the rest of the care team.

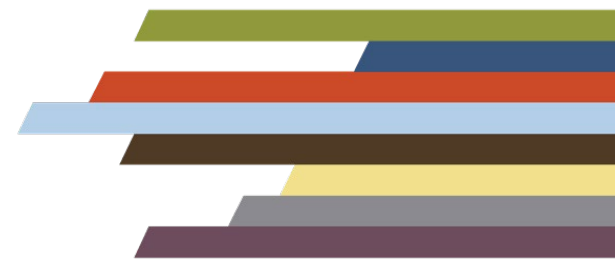
(Bouwman, 2018; Spaniol, Zipple, and Lockwood, 1992)



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



The Role of Family Members on the Mental Health Team, 1/2

Caregiver. Families provide support for their loved one to function optimally in all areas of life; including medication and illness management, daily living activities and emotional support.

Teacher/Educator. Families are historians to provide a different perspective to other mental health professionals and help their loved one to better understand their illness and other aspects of their lives.

Advocate. Families are motivated to create better lives for their loved one, them selves and others in similar situations. This manifests in personal, organizational and legislative advocacy.

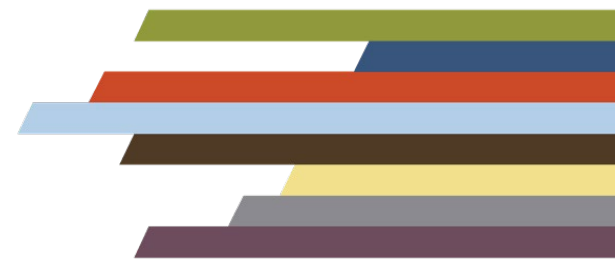
(Angood, 2017; Corrigan, 1016; Spaniol, Zipple, and Lockwood, 1992)



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



The Role of Family Members on the Mental Health Team, 2/2

- Distinct role from their loved one.
- Individual Choice/Autonomy and Family Support.
- Families want to help.

(Angood, 2017)

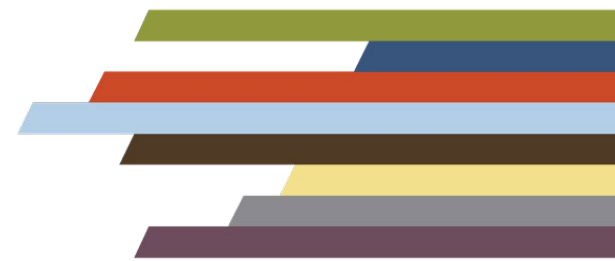


Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



Family Peer Support and Adjustment

- Self help groups for families of a person with a serious mental illness provide a unique environment for families to learn, grow and adjust to role changes.
- Sharing difficult experiences provide sensitive and respect for each other.
- From Family Peer Support people can freely and openly share and listen to traumatic experiences, and learn to adjust thoughts, feelings and behavior to function better in the new family role.

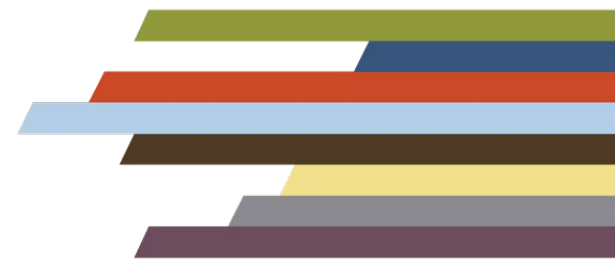
(Corrigan, 2016; Spaniol, Zipple, and Lockwood, 1992)



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



A decorative graphic on the left side of the slide consists of white lines and circles on a blue gradient background, resembling a circuit board or a stylized tree structure.

FAMILY PEER SUPPORT: FAMILY RECOVERY EDUCATION

L. SOOKRAM PH.D.

CA/MHTTC WEBINAR PRESENTATION.

ENGAGING WITH THE MENTAL HEALTH SYSTEM : WHAT FAMILIES EXPERIENCE WHEN A FAMILY MEMBER IS SYMPTOMATIC AND PARENTAL APPROACHES FAIL.

- Feelings of personal fault, guilt, suspect competencies and moral standing of the family.
- Frustration, anger, helplessness...
- Isolated and Alone.

MEETING OTHER FAMILIES: KEY POINTS OF FAMILY PEER SUPPORT.

- Bio-Psycho/Social dimensions of Behavioral Disorders: becoming free from fault and guilt.
- Sharing stories: A world view that supports Self Regulation.
- Connections with other families that shapes a new perspective about illness.
- Expanded knowledge of community resources that helps.
- Expanded communication and problem-solving skills.

LEARNING SELF REGULATION AND PARTNERING SKILLS FROM OTHERS WITH LIVED EXPERIENCE

- Monitoring thoughts, feelings and behaviors – self observations and evaluations recordings. Reactivity.
- Empathetic relationship with all family members.
- Collaboration and partnering with BH teams, improving treatment compliance and recovery results.
- Partnering more and parenting less with FM towards recovery.

FAMILY PEER SUPPORT HELP OTHERS TO COPE WITH HAVING A FM WITH BHD.

- Emotional and behavioral self regulation.
- A self care plan : the Brain Health Program.
- Connecting socially with family and community partners.
- A new normal for our family, hope for ongoing improvements and recovery.

FAMILY PEER SUPPORT: ADVOCACY- A HEALING PATHWAY.

- Connecting families and their loved ones to resources and recovery oriented service providers.
- Partnering with policy makers, providers and practitioners to remove system obstacles, including new treatment ideas and promote growing resources.
- Promoting family inclusion and shared decision making on BH teams.
- Supporting new and broader engagements for families to bolster the BHS – like. Family Peer support.

REFERENCES

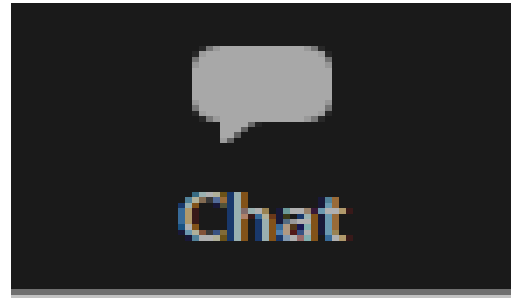
Surgeon General's report on Mental Health (1997)

New Freedom Commission Report -2003.

The 19th Rosalyn Carter Symposium on Mental Health. The Carter Center, Atlanta ,Georgia. Pillars of Peer Support- 2014: Report from the Carter Foundation Atlanta Georgia.

Peer Support Competencies -2015: SAMHSA Brass Press

Questions?

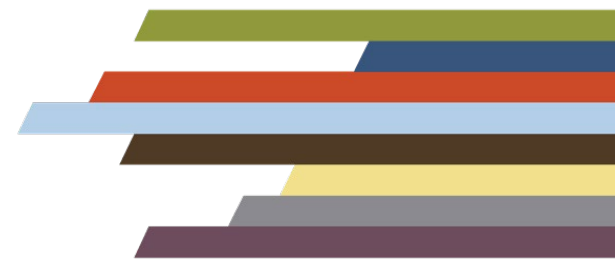


Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



References

Spaniol, L., Zipple, M., & Lockwood, D. (1992). The role of families in psychiatric care. *Schizophrenia Bulletin*, 18(3), 341-348.

Corrigan, P.W. (2016). *Principles and Practice of Psychiatric Rehabilitation*. The Guilford Press. NY.

Dirik A, Sandhu S, Giacco D, et al. (2017). Why involve families in acute mental healthcare? A collaborative conceptual review. *BMJ Open*

Bouwman, R.; De Graaff, B.; De Beurs, D.; Van de Bovenkamp, H.; Leistikow, I.; Friele, R. (2018). Involving Patients and Families in the Analysis of Suicides, Suicide Attempts, and Other Sentinel Events in Mental Healthcare: A Qualitative Study in The Netherlands. *Int. J. Environ. Res. Public Health*, 15, 1104.

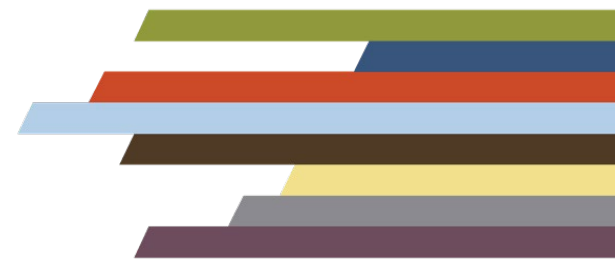
Angood, P., Dingman, J, Foley, M.E., Ford, D., Martins, B., O'Regan, P., Salamendra, A., Sheridan, S., Denham, C. (2010). Patient and family involvement in contemporary health care. *Journal of Patient Safety*, 6(1), 38-42.



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Thank you very much

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

Mogens Bill Baerentzen, PhD., CRC, LMHP

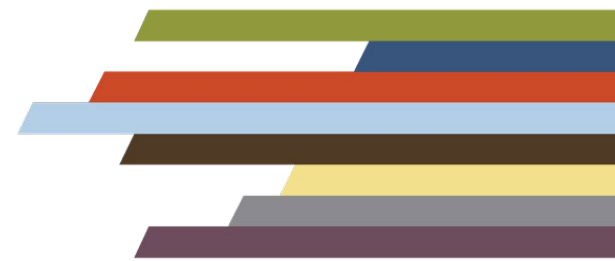
Mogens.Baerentzen@unmc.edu



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

A webinar series to introduce Family Peer Support to the mental health community

Register for upcoming events:

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

Jan. 21 2020, Family Peer Support: Preventing crisis and relapse



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

