



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 6: How Families Can Help the Team Become Oriented Toward Recovery

Mogens Bill Baerentzen, PhD, CRC, LMHP

University of Nebraska Medical Center

Behavioral Health Education Center of Nebraska

Mid-America Mental Health Technology Transfer Center



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At the time of this presentation, Tom Coderre served as Acting Assistant Secretary for Mental Health and Substance Use at the Substance Abuse and Mental Health Services Administration (SAMHSA). The opinions expressed herein are the views of the speakers and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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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

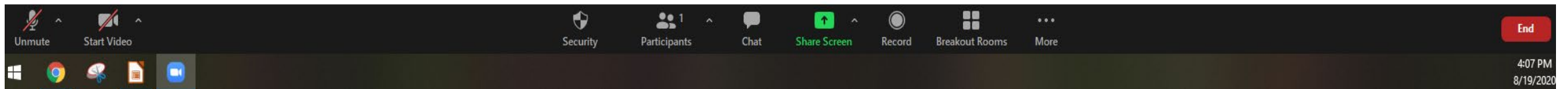
NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS

# 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.





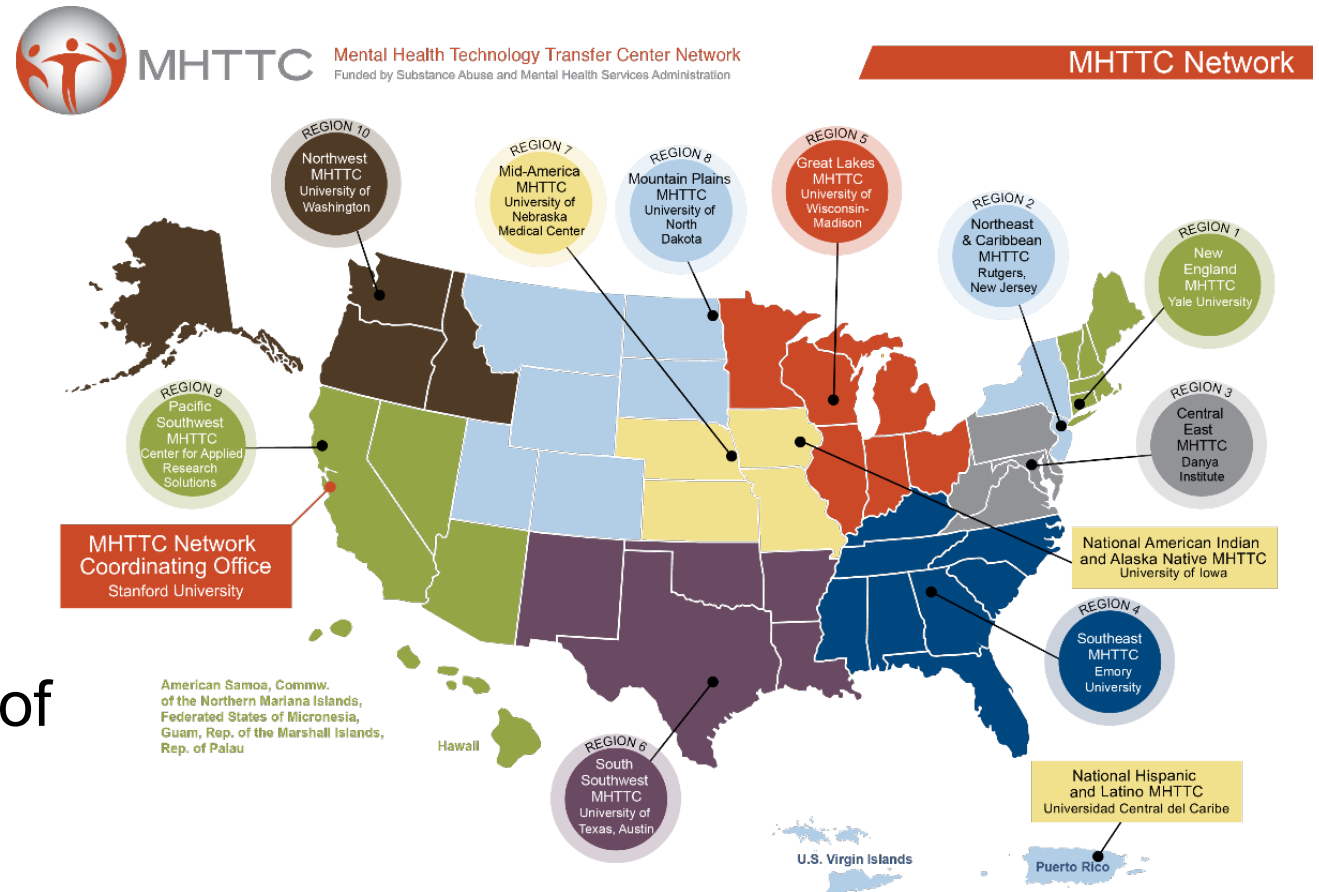
# Evaluation

- 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!!

# 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)





# Family Peer Support: How Families Can Help the Team Become Oriented Toward Recovery

In this presentation, we will demonstrate ways in which family peer support empowers families to support their loved one's path towards recovery. Participants will learn how recipients of family peer support:

- Learn to support their loved one's autonomy;
- Learn to establish a focus on recovery with other members of the mental health team;
- Learn to prepare the mental health team to engage in recovery-oriented dialogue.

# Autonomy

**Autonomy.** “A state of independence and self-determination in an individual, a group, or a society (APA, 2007).”

**Quality of Life.** Goals of Persons with Serious Mental Illnesses that are blocked by psychiatric disabilities:

- Independent Living
- Education and Employment
- Relationships
- Health
- Spiritual Life and Recreation (Corrigan, 2016).

**Self-Determination.** “The control of one’s behavior by internal convictions and decisions rather than by external demands (APA, 2007).”



# Autonomy and the Mental Health Team (incl. family)

## **Recovery is person-driven.**

“Self-determination and self-direction are the foundations for recovery as individuals define their own life goals and design their unique path(s) towards those goals.

Individuals optimize their autonomy and independence to the greatest extent possible by leading, controlling, and exercising choice over the services and supports that assist their recovery and resilience.

In so doing, they are empowered and provided the resources to make informed decisions, initiate recovery, build on their strengths, and gain or regain control over their lives (SAMHSA, 2010).”

# Today's Presenters and Panelists

**Dr. Lilchandra Jai Sookram** has been in the mental health field for over 40 years. At the Nebraska State Hospital, he provided psychological services to persons with serious mental illness and to their family members, and he directed clinical services including psychology, nursing, social work, therapeutic recreation, education and return-to-work programs. He is the former director of mental health services in Kansas and clinical director of a juvenile correctional facility. Currently he is manager of family and peer services at Community Alliance.





# Today's Presenters and Panelists

**Jon Thomsen** is a certified peer support and wellness specialist and is the supervisor for two peer support programs with Community Alliance. Jon is a certified facilitator in WRAP and RentWise, has previously facilitated support groups such as NAMI Connections, and has recently established Safe Harbor's first support group Spiritual Recovery. Jon is involved in Crisis Intervention Training for the Omaha Police Department as well as the training of peer support specialists in the state of Nebraska. His primary goals are to support individuals who struggle with their personal well-being, to share the knowledge he has gained in his own recovery, and to walk with people while they explore their authentic self.

# Today's Presenters and Panelists

**Mark Thomsen, MD**, is an assistant professor of psychiatry at both the University of Nebraska Medical Center (UNMC) and Creighton University, splitting time between the outpatient psychiatry clinic at UNMC/Nebraska Medicine and the inpatient psychiatric hospital Lasting Hope Recovery Center — a 64-bed facility in Omaha. Dr. Thomsen is co-director of the ASPIRE clinic, a specialty outpatient clinic providing care for patients with severe and persistent mental illnesses, including bipolar disorder and primary psychotic disorders. Dr. Thomsen has experienced the impact of family peer support from both the provider and the family perspective and looks forward to helping promote and expand peer support services.



# COLLABORATIONS TO BUILD RECOVERY ORIENTED MH TEAMS.

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L. SOOKRAM PH.D.

PEER AND FAMILY SERVICES

COMMUNITY ALLIANCE

OMAHA, NE.

MARCH 18<sup>TH</sup>. 2021





# WEBINAR-2/18/2021: BUILDING THE RECOVERY PLAN

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- Recovery is a lifestyle : 4 Dimensions and 10 Principles.
- Family is engaged in building a partnership : love, empathy, reflective language and problem Solving and clear boundaries.
- Recovery is driven by respect for our Family Member's (FM) sense of autonomy.
- Family and FM identify and form the MH team.
- Preparing to engage with the MH team in recovery oriented dialogues, making the Recovery plan and implementing it.
- Next time we will look at two outcomes from the Recovery Plan- employment and Housing.

# MENTAL HEALTH (MH) TEAM EXPECTATIONS

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- Family Inclusion
- Shared Decision Making
- Respectful communications
- All team members are positive about and support that recovery is possible and is the expected outcome.
- Recovery lifestyle entails treatment compliance and noticeable improved social functioning in all areas of one's life, and
- results in employment and eventually independent living .

# FAMILY PEER SUPPORT WITH CURRENT OBSTACLES.

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- ‘ I do not want my family involved’ ‘they do not understand me’
- HIPPA
- Hospital processes and staff workloads (?)
- Awareness of community resources
- Accessing resources at critical times
- Morale and the confidence to act.



# QUESTIONS TO HELP THE MH TEAM BUILDING AND RECOVERY OUTCOMES.

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- Are we in a respectful relationship with our FM?
- Do we have a partnership?
- How do we assure our FM autonomy and utilization of their input?
- Are we collaborative with MH professionals? Do we feel respected and valued in the treatment process? Does everyone...?
- Do we have a MH advance directives?
- Is there respect for professional input ?
- Do we have a Family Peer Support Specialist on our team?

# REFERENCES

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SAMHSA: 2016: tears supporting recovery from mental health conditions.

SAMHSA, 2012 A working definition of recovery from mental disorders and/or substance use disorders.

Daniel Amen 2021: the end of mental illness. TYNDALE house publishers: Carol stream, Illinois.

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# References

APA's Dictionary of Psychology. (2007). APA: Washington.

Corrigan, P.W. (2016). Principles and Practice of Psychiatric Rehabilitation: An Empirical Approach. Guilford press: NY.

SAMHSA's Working Definition of Recovery: 10 Guiding principles of Recovery. (2010). SAMHSA.

# Questions?





# 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](mailto:Mogens.Baerentzen@unmc.edu)

# 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>
- April 15th 2021, Family Peer Support: How Families Can Foster Independence: Employment



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