

Family-Focused Parent Peer Specialist Supports in the USA

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Acknowledging the Team

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National Implementation Research Network Framework

- Exploration
- Installation
- Initial implementation
- Full implementation



Goals Today

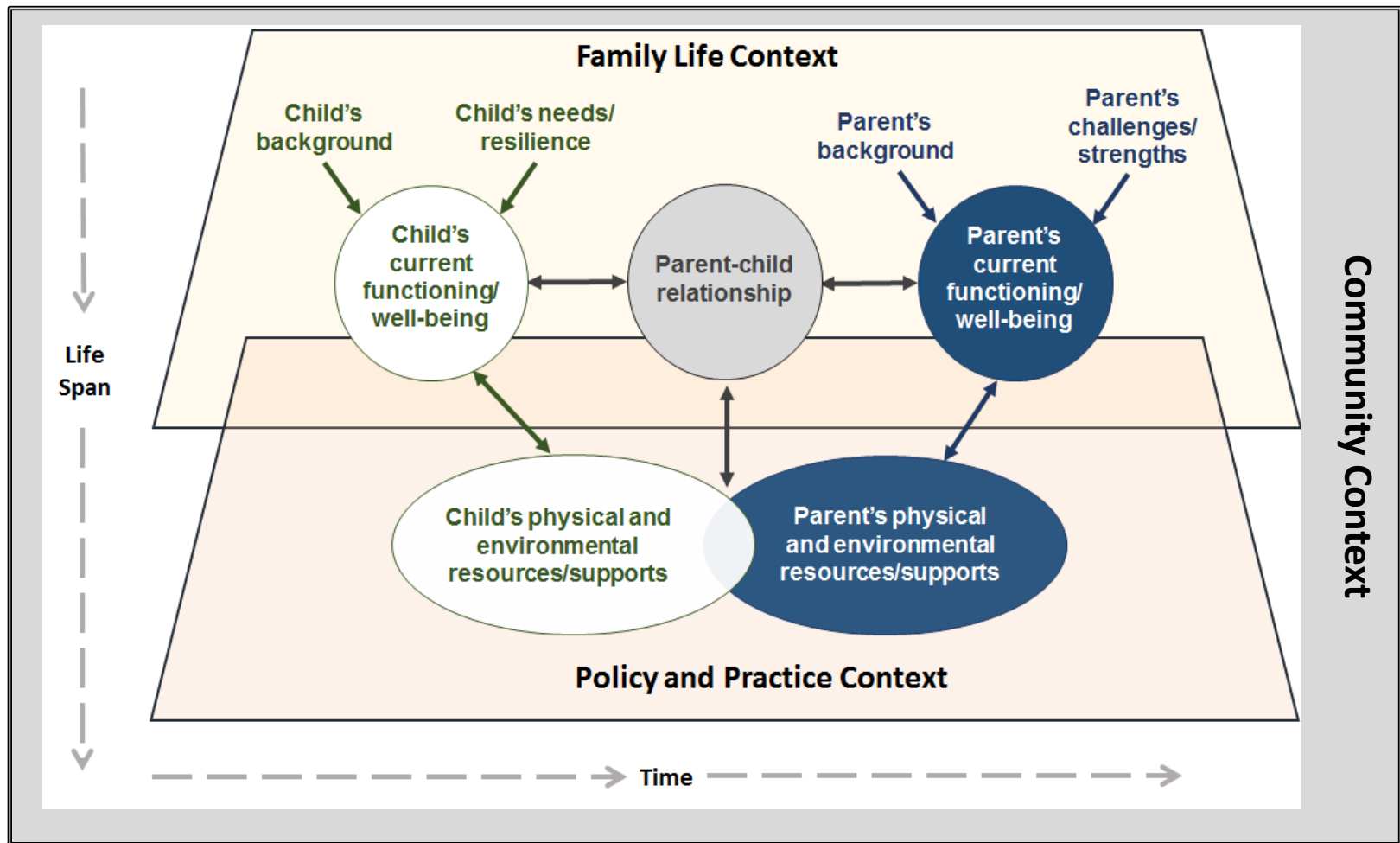
- Describe USA context for the delivery of peer supports in mental health.
- Discuss our intervention development and installation efforts.
- Make recommendations for implementing parent peer specialist supports.

Peer Supports in the USA

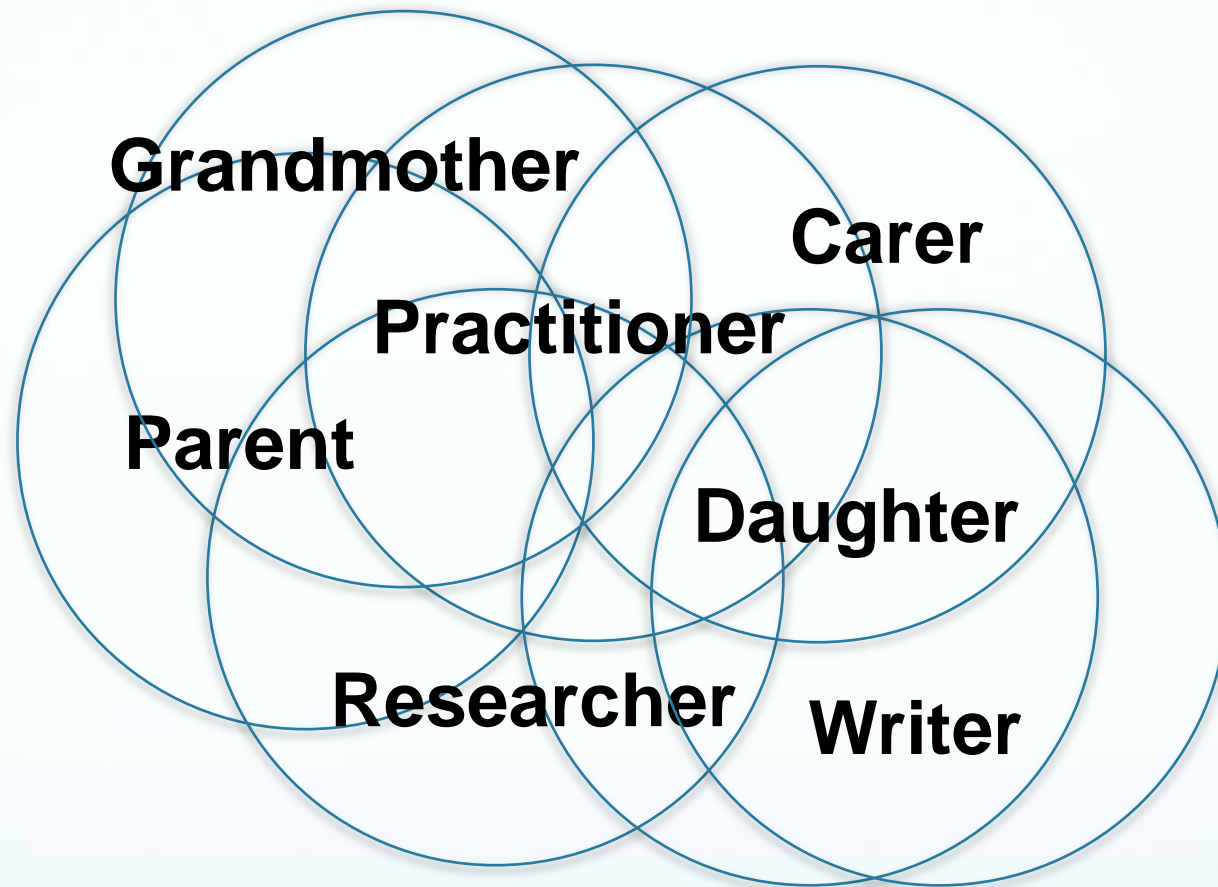
- Provided across a range of health conditions & settings
- Patient-centered care & lived experience movement
- Children's services— Family Partners
- Adult services – Certified Peer Specialists
- Positive outcomes: reduced admission rates, longer community tenure, improved self-esteem & confidence, new relationships, hope.

Peer Support

“...social emotional support, frequently coupled with instrumental support, that is mutual, offered or provided by persons having a mental health condition to others ***sharing a similar mental health condition*** to bring about a desired social or personal change”
(Solomon, 2004, p. 393)



The Family Model in the USA: Which “shared, lived experience” matters most?



**Multiple Roles and Relationships over Time
= Lived Experience**



“No one you have been
and no place you have gone
ever leaves you.”
Bruce Springsteen, *Born to Run*



- We are not defined by our lived experience in just one role.
- We are made up by the sum total of our lived experiences.
- Our differences may sharpen our perspective or help us offer alternatives.
- *It is our shared experience that allows us to do the work we do.*

Key Principles – What to Think About

- Attend to Engagement
- Respect Cultural Context & Identity
- Build on Strengths
- Acknowledge Trauma



Key Elements – What to Do

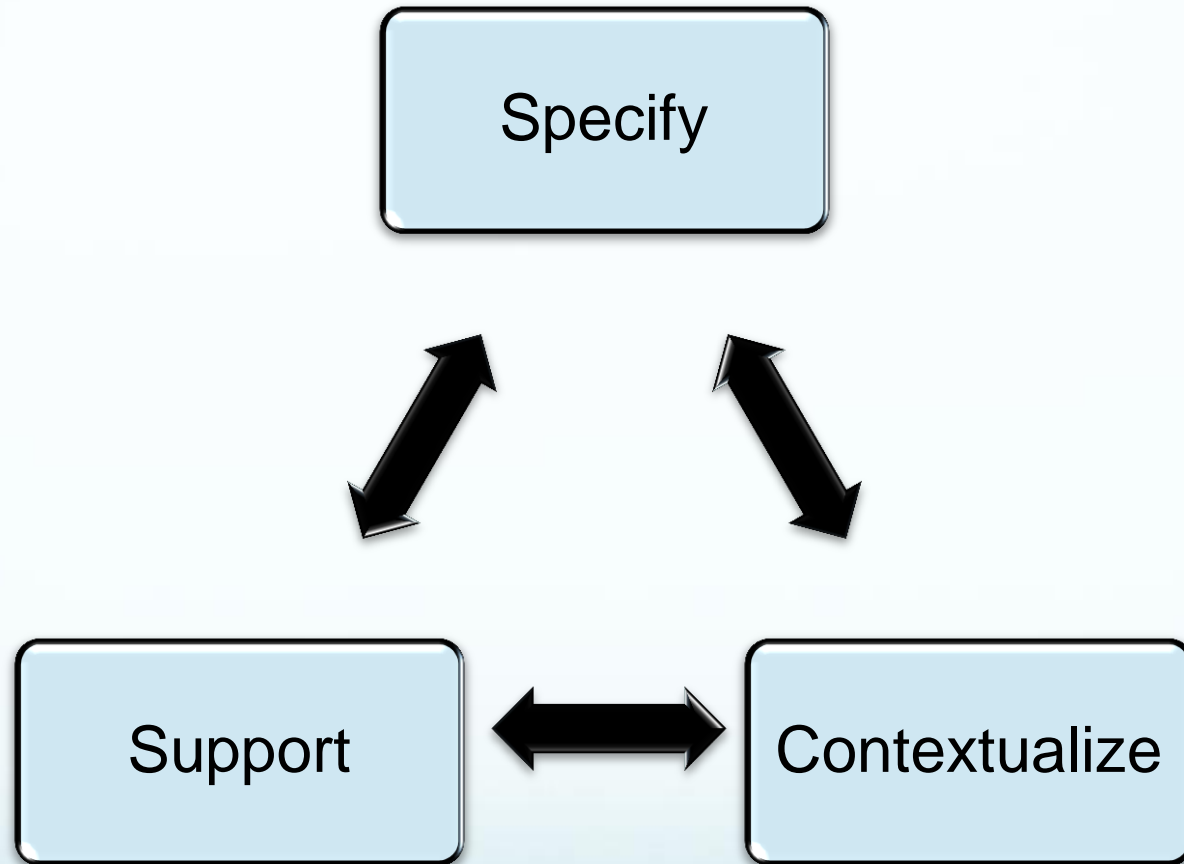
- **Connect & Communicate**
- **Understand**
- **Prioritize**
- **Self-care**



Potential Outcomes

- Improved parent self-efficacy
- Reduced parenting stress
- Increased hope/optimism
- Feeling better (enhanced wellbeing)
- Doing better (improved functioning)
- Parent --> parent-child relationship, resources & supports --> child

What We've Learned



Specify

- Characteristics & experience
- Roles & responsibilities
- Integration with team & within agency
- Code of ethics



Contextualize

- Right place?
- Right stakeholders?
- Right way?



Support

- Orientation
- Training, supervision & coaching
- Sustainability



“We honor our parents by
carrying their best forward and
laying the rest down.”

Bruce Springsteen
Born to Run



A large-scale construction project featuring a steel truss bridge spanning a body of water. Several tall lattice-boom cranes are positioned around the bridge structure, with one crane in the foreground having its boom extended over the bridge deck. The bridge's steel framework is visible, showing the complex truss design. In the background, a city skyline and hills are visible under a blue sky with scattered clouds. The foreground shows the water and some construction equipment on a barge or pier.

Thanks!

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