

# CHILDREN AND YOUTH SERVICES:

## Parent/Family/Caregiver Support

<b>Target Population</b>	Parents, family, or caregivers of children/youth from birth to age 26 with a mental health or substance use disorder (MH/SUD).
<b>Expected Outcomes</b>	<p>Expected outcomes of this service include:</p> <ul style="list-style-type: none"> <li>• Parent/caregiver coping better with MH/SUD</li> <li>• Caregiver empowerment</li> <li>• Caregiver satisfaction</li> <li>• Reduced caregiver strain</li> <li>• Youth at home and in school</li> <li>• Reduced placement for child/youth and recidivism</li> </ul>
<b>Service Definition</b>	This service provides a structured, one-to-one relationship between a family partner and a parent(s), family member(s) or long-term or permanent caregiver(s). Services are designed to improve the caregiver’s capacity to ameliorate or resolve the child/youth’s emotional or behavioral needs and strengthen their capacity to parent.
<b>Program/Service Requirements</b>	<p>Activities for this service may include:</p> <ul style="list-style-type: none"> <li>• Educational support</li> <li>• Instructional skills development support, e.g. coaching activity – caregiver’s personal well-being</li> <li>• Emotional and affirmative support, e.g. promoting caregiver’s feelings of being understood/appreciated</li> <li>• Identification and referral to community services, e.g. transportation, and basic life skills</li> <li>• Advocacy support, e.g. information about rights, entitlements, negotiation for services and development of personal leadership abilities</li> </ul>
<b>Staffing Requirements</b>	<p>Required staff education/qualifications:</p> <ul style="list-style-type: none"> <li>• Associates or Bachelor’s degree in a human services field and one year of experience working with the target population; or high school diploma or GED and a minimum of two years of experience working with the target population and experience working within any of the child and family serving systems and teaching family members who are involved with these systems.</li> <li>• Lived experience with a child/youth with MH/SUD</li> <li>• Completion of training program to certify, e.g. programs at Vanderbilt, USF, or other programs certified by state standards</li> <li>• Background checks for individuals over 18 involved in service provision</li> </ul> <p>Parent/Family/Caregiver Support requires regular staff supervision by a</p>

<b>Requirements</b>	<p>licensed MH/SUD professional with at least a Master’s degree in a relevant field.</p> <p>Required staff competencies:</p> <ul style="list-style-type: none"> <li>• Lived experience parenting/caring for a child/youth with MH/SUD</li> <li>• Successful participation in services provided through the child/ youth MH/SUD system</li> <li>• Knowledge of child/youth development including MH/SUD and mental health resiliency and recovery management</li> <li>• Demonstrated ability to respectfully and effectively communicate and collaborate with diverse populations</li> <li>• Knowledge of consumer rights and regulations of MH/SUD system policies across various child serving systems</li> </ul> <p>Ongoing/continuing staff training should include:</p> <ul style="list-style-type: none"> <li>• Community college courses related to service activities, child/youth development, recognizing signs and symptoms of MH/SUD, research in parenting skills and resiliency, ethics and confidentiality, regulations and policies across child serving systems.</li> </ul> <p>Caseloads for this service may vary, depending on the need for services. A standard practice could be one staff member delivering services for up to 10-15 families.</p>
<b>Location Requirements</b>	<p>This service may be delivered face-to-face, by phone, or through electronic media.</p> <p>This service should be delivered in a home, in the community, in an agency, or wherever it is needed to provide accessibility to the recipient family.</p>
<b>Recommended Duration</b>	<p>This service should be performed every three months/quarterly before a review is conducted to determine progress towards the intended outcome.</p>
<b>Service Exclusions</b>	<p>Activities should not include any activity that requires behavioral health licensure, such as diagnosis of and therapy for a MH/SUD.</p>
<b>Documentation Requirements</b>	<p>Progress reports detailing contact made with the family.</p>