

## Parents Supporting Families: An Introduction to Peer Support for Families with Children Who Have Mental Health or Substance Abuse Issue (Revised) [Family Partner 101]



During the Parents Supporting Families five-day training, participants will learn how to use their personal experience parenting a child who has mental health or substance abuse issue to support other parents. The structure of the training is a three-day training with two day follow up. [Prerequisite for the National Certification process.]



### **Parent Peer Support Practice Model: Supervision Curriculum- Partnering with Families**

Supervision is a key component in the success of Parent Peer Support Providers. By attending this three-day training, participants will learn supervisory skills that will support the work of the PPSP, including creating a supportive environment, maintaining fidelity and accountability to the PPSP role, workplace wellness, and opportunities for growth and advancement. Suggested strategies and tools are provided for use in individual supervision.

### **NC System of Care: SOC 101 *Coming June 2020***

System of Care (SOC) in North Carolina, is not a program; it is a philosophy of how care should be delivered. The goal of this training is to explore authentic, practical ways to implement SOC cross systems within agencies, programs and communities. Participants will learn the aspects of the history of SOC federally and within NC. Participants will also, leave with an understanding of the importance of family and youth involvement and understand the values of NC SOC and the value of cross system family, youth and agency partnerships.

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## On the Road to Family Driven Care [FDC]



A Valuable Experience for cross systems to operationalize Family Driven Principles in our System of Care. A tool to help individuals and our communities to move forward with the process of thinking differently about the value of FAMILY VOICE in the treatment and success of children and families with whom we work! This is a one full day training.

## Family Support Partners & Youth Support Partners in the Workplace

Using representatives from lived experience populations has been on an upward evolutionary process for over two decades. Aside from organizational and funding requirements, the inclusion of a family and youth representative position has multiple benefits. This one-day training emphasizes the importance of the family and youth support position within the organization, agency or program and the benefits that come along with that. This training is designed for executive level to front end staff within organizations or agencies who employ or contract with Family and Youth Support Partners. This training will define the Family and Youth Support Position, list the qualifications of the positions, identify the hiring process and demonstrate an understanding of ways to support the Family and Youth Support Position.

## Youth and Transition Preparation

This training assists in preparing families and youth who are transitioning into adulthood to become independent, and self-reliant members of their communities. Participants will learn about the HIPPA laws affecting new adults. IEP and 504s accommodations for college will be a part of this training. *This is a one full training*

## Youth Peer 2 Peer (Youth and Young Adult Peer Support)

Are you a young adult between the ages of 18 and 28 with lived experience working in a role to support other young adults with mental, behavioral, or other life challenges? Training participants will learn the continuum of helping relationships, strategies for supporting resilience, and the importance of self-care while also developing resources to support and further inform their work.

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## Youth Leadership Series Training

North Carolina Families United hosts a Leadership series geared to youth/young adults ages 14-26 who have struggled with mental and behavioral health, and substance use including trauma-based experiences. The leadership series unites the voices of traditional and non-traditional leaders with lived experiences in various systems including mental health, juvenile justice, education, and child welfare. This training equips young adults with the tools they need to become better leaders in their communities as well as the mental health community. The training prepares youth and young adults for real-world advocacy and provides hands-on training that empowers their own experience and brings awareness to the common struggles of peers and community members.



## RENEW

RENEW is based on the philosophy that all youth can succeed with the proper support's treatments and services. The RENEW model elements are consistent with the research that shows that students who build protective factors engage in fewer problematic behaviors (Costa & Jessor, 1999). This is a five-day training by certified RENEW trainers on how to do care coordination using the RENEW Wraparound Model.

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Family, Youth and Cross Systems  
Resource and Training Center  
A Program of NC Families United

## ***Other Trainings Available....***

### **Child and Family Teams 1**

This revised two-day training developed in partnership with families from across North Carolina will provide an overview of Child and Family Team meetings from the family's perspective. The goal of this training is to encourage authentic partnerships between agencies and families, while reinforcing the family's perspective and engagement in Child and Family Teams. This training seeks to reinforce the idea of "one family, one plan" by addressing Child and Family Teams through the lens of multiple systems as they affect families in their everyday lives. This training strongly encourages both agency representatives and parents/family members attend this training. [Prerequisite for the National Certification process.]

### **Child and Family Teams from the Family's Perspective: Part 2: A Cross Systems Approach to Facilitating Family Driven Meetings.**

SOC principals support the CFT process and during this full two-day training participants will understand and define Family Driven, explore values and discuss assumptions that we make, learn by defining and probing a variety of facilitation skills used throughout this training and target new skills needed by participating in a mock CFT meeting.

### **W.R.A.P.**

The Wellness Recovery Action Plan (WRAP®) is a personalized wellness and recovery system born out of and rooted in the principle of self-determination. WRAP® is a wellness and recovery approach that helps people to: 1) decrease and prevent intrusive or troubling feelings and behaviors; 2) increase personal empowerment; 3) improve quality of life; and 4) achieve their own life goals and dreams. Working with a WRAP® can help individuals to monitor uncomfortable and distressing feelings and behaviors and, through planned responses, reduce, modify, or eliminate those feelings. A WRAP® also includes plans for responses from others when an individual cannot make decisions, take care of him/herself, and/or keep him/herself safe.

(<https://copelandcenter.com/wellness-recovery-action-plan-wrap>) [Prerequisite for the National Certification process.]

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## **Mental Health First Aid:**

This is a groundbreaking public education program that introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. Mental Health First Aid is a live training course, which uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect persons to professional, peer and social supports as well as self-help resources.

(thenationalcouncil.org) *This is a one full day training*

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