

A Note to Professionals



Parent Partners are para-professionals, clinically supervised, who's most important value is that they've raised a child with a mental, emotional or behavioral disorder.

They know about frustration, being blamed, losing hope, losing patience—all the challenges that go with raising special needs kids.

Their formal training is *on-going*, beginning with a State Certified Wraparound program to reinforce the importance of family focused, strength based strategies. Parent Partners receive training on mental illnesses, treatments, therapies; Non-violent Crisis Prevention; specific parenting skills; Special Education, Probation, and Foster/Kinship systems; and on-going compliance with HIPAA. Some Parent Partners meet the MediCal standard of Mental Health Associate or Mental Health Rehabilitation Specialist.

Our Parent Partners also have specific trainings in Grief, Domestic Violence, and Recovery, to name a few.

Parent Partners work with the family's therapist to enhance treatment plan goals with practical applications in the home.



1989 Norm & Ellen Linder host other parents of special needs children in their home.

1992 Monthly support meetings grow and are open to the public. (United Parents Library is established and open to families.

1995 Began offering 20 hours of monthly respite or "chill time" to parents and caregivers of challenging special needs children. (VCBH/SAMHSA Contract)

1996 Began the only children's crisis intervention/prevention program in Ventura County, reducing psychiatric hospitalizations

Quarterly Children & Teen activities offered: camping, hiking, movie nights, outings, teen meetings. (VCBH/SAMHSA Contracts)

2003 Began providing 12 hours of monthly respite to Foster Parents of children 0-5. (HSA/First Five Contract)

2004 Recruit, train and provide Parent Partners as team members for Ventura County Wraparound. (HSA/Casa Pacifica Contract)

2005 Crisis Counselors comfort and stay with children in an adult psychiatric hospital, awaiting a proper bed elsewhere. (Health Care Agency Contract)

2007 Recruit, train and provide Parent Partners as team members for MHSA Full Service Partnership. (VCBH/Interface Contract)

2008 Para-professional trainings begin. FAST begins to include in-home services and Parent Partners at VCBH Clinics.

On Going

Daily telephone support

Educational Advocacy

Support meetings for Parents

Parenting Workshops & Discussion

In-home follow up

Transitional Age Youth Referrals (TAY)

Open library ♦ Referrals

FAST

Family Access & Support Team



Help for the more difficult times a family may have.



391 S. Dawson Drive, 1A

805 384 1555/1080 Fax

www.unitedparents.org

FAST—Family Access & Support Team

All families experience good and bad times. Most can move beyond the problems. Occasionally, however, family members become stuck in a pattern that is damaging to the entire family. Therapy is helping, but somehow, your problems get the better of you.

FAST is an innovative and exciting partnership between United Parents and Ventura County Behavioral Health (VCBH). It is designed to help families overcome chronically occurring problems which result in serious crisis.

If your therapist refers you to **FAST** a Parent Partner will contact you.

A Parent Partner is a parent who combines their own life experience of raising a difficult child with on-going trainings in areas that help highly stressed families move towards a more peaceful, functional home. Parent Partners consult with your therapist so everyone can work together.

This service is to help your family identify what is working, where the problems keep coming up, and brainstorm new strategies and ideas that can break the cycle of crisis.

WHAT CAN YOU EXPECT?

- ♥ To work hard
- ♥ Think creatively toward solutions
- ♥ Practical answers
- ♥ Have realistic expectations
- ♥ Improvements
- ♥ To be Involved
- ♥ Create more peace at home
- ♥ Create a better family life

The Next Step...

1. If you feel the need for this service ask your VCBH therapist for a referral.
2. We will call you for an appointment.
3. We will come to your home, meet you and your family to discuss your hopes, concerns and expectations.
4. With your permission, we will coordinate goals with your clinician.
5. You choose a day and time when we can meet **regularly** with all members of the family.
6. We (all of us) will form an “action” plan—one everyone can start to use immediately.
7. We will introduce and go with you to meet resources that will continue to support you after **FAST** leaves.
8. We are action oriented & dedicated to helping families reach their goals.
9. We will be respectful, honest, creative, and professional with you.



FAST Facts

- * You Must be referred through VCBH
- * We will come to your home, meet you during lunch at your office, or in the evening.
- * We are a short term service, 3-9 months
- * We are action and solution oriented
- * We coordinate goals with your therapist

Additional Supports

HAT (HOME ACCESS TRIAGE)

This line is for non-critical emergencies.

- * It is for support when you *really* need to talk to someone and the office is closed.
- * It is to talk to someone, or have your child talk to someone, *before* behaviors escalate to a crisis
- * It is 24/7. If it is busy, someone will call you back. **805 551 0472.**

**In the event of a crisis, call CIRT
(Children's Intensive Response Team)
@ 866 431 2478 or 911.**

Monthly Support Groups

There are gatherings of families throughout the county that meet to discuss the challenges of raising children. Call United Parents to find a location near you @ 805 384 1555.

“Hope for tomorrow.”