



# Partnering in Your Child's Behavioral Health Care

HOW DO I KNOW IF MY CHILD NEEDS HELP AND WHERE DO I GO IF THEY DO?



# Families as Allies Overview

Founded in 1990, we are the only statewide organization run *by* and *for* families of children with mental health challenges in Mississippi. We support each other and work together to make things better for our children.

Our *vision* is that all children will have the opportunity to reach their potential and succeed.

Our *mission* is that families are partners in their children's care.





# What Do We Care About?

Our core values define us. We value:

- Every child and family
- Excellence
- Partnership
- Accountability

Our work is built on three pillars. We support:

- Families
- Community
- Positive Change

# What Do We Do?



## Families –

- Telephone and in person family-to-family information, support and system navigation
- Family training in commonly encountered issues
- Advocating with families to get what they want for their children, including written responses and formal grievances.

## Community

- Initial and ongoing training and coaching of parents and caregivers who provide support to other families
- Training those working with families in family-driven care and system advocacy
- Community awareness events
- Collaboration on community level teams and initiatives

## Positive Change

- Statewide grassroots network
- Family-driven evaluation of systems and programs
- Leadership training for families so they can affect change at the systems level
- Technical assistance to policy makers and evaluators
- Membership on infrastructure groups and committees
- General and specific public awareness campaigns
- Partnership with the Mississippi Wraparound Institute



## Today's Goals

Give families practical information about children's behavioral health and why it's an important part of health.

Help families know if their child might benefit from extra support

Support families in finding the right kind of help if children need it.

Emphasize how important families are in their children's care and how they can be part of and support behavioral health treatment for their children.



# What We Believe About Families

You know your child better than anyone

You are your child's strongest advocate

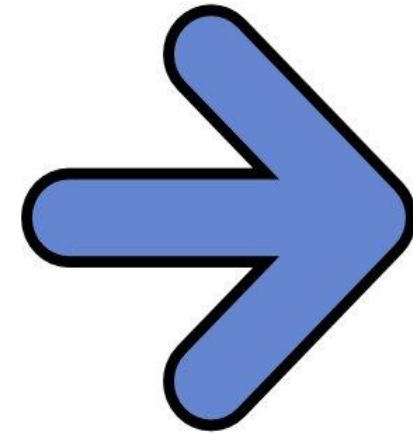
Systems should follow laws and policies about your rights





# Something to Think About

Finish these sentences.....





## Imagine a World.....

With days but no nights

With right but not left

With hot but not cold

*How well would that work?*





Yet.....



m a c m c r a e . c o m



Our brains are part of our bodies and behavioral health is part of health.

*IN YOUNG CHILDREN, WE USUALLY TALK ABOUT SOCIAL AND EMOTIONAL HEALTH*



Separating behavioral health from overall health increases stigma and makes it less likely children will get the help they need.

Not realizing that physical health problems can lead to mental health challenges may keep us from being as supportive as possible to children who have severe or chronic medical conditions.

# What Makes it Hard to think about Behavioral Health as part of Health?





What is Behavioral Health and Why are We Taking about Health Instead of What's Wrong?



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The Goal is for ALL Children to be Healthy

# Definition of Behavioral Health

Reaching developmental and emotional milestones at the appropriate times

Learning healthy social skills and how to cope when there are problems.

Having a positive quality of life

Able to function well at home, in school, and in their communities.

[Centers for Disease Control](#)





# How Do I know if My Child Might Be Having Behavioral Health or Social and Emotional Challenges?

*Compared to most children their age.....*

They are not reaching developmental and emotional milestones

They are having trouble learning healthy social skills and how to cope when there are problems.

Having a positive quality of life

They are not able to function well at home, in school, and in their communities.

***Thought Question:*** How common do you think behavioral health challenges in children are?







# Places to Get More Information about whether Your Child's Behavior is Typical

## Young Children –

[Zero to Three](#) “What to Expect” Chart (birth to 3)

[CDC Birth to 5 Milestones](#) (birth to 5)

Bradley Hospital [Infant and Toddler Modules](#) (birth to 3)

## Older Children -

Child Mind Institute [Warning Signs](#) and [Symptom Checker](#) (ages 4 and up)

National Alliance on Mental Illness [Know the Warning Signs](#) (adults and adolescents with separate list for children)

## All Children -

The person who provides your child's medical care

Licensed mental health provider

**Reliable** Internet Sites



# Reliable Internet Sites About Children's Mental Health

[The American Academy for Child and Adolescent Psychiatry](#)

[National Association of School Psychologists – Family Matters](#)

[National Child Traumatic Stress Network – Resources for Parents and Caregivers](#)

[Centers for Disease Control – Children's Mental Health](#)

[National Institutes of Mental Health - Child and Adolescent Mental Health](#)

[Children's Mental Health – The American Psychological Association](#)

[American Psychiatric Association – Children and Adolescents](#)

[Substance Abuse and Mental Health Services Administration- Children](#)

[The National Federation of Families for Children's Mental Health](#)

[Family Run Executive Directors Leadership Association](#)

[Mental Health America - Children](#)

[Child Mind Institute](#)





Checking In.....





# Help with Mountain Climbing

Friends and Family – but pick the ones you trust and who “get it”

Family-Run Organizations

Remember that children get better with the right kinds of help

Reframe blame

Congratulate yourself on making it this far

Celebrate your victories



# How to Find a Licensed Mental Health Provider

It is fine to ask other families but make sure the person they recommend is licensed

Ask you child's medical provider

Your child's school may know resources

Sometimes churches are aware of providers

Check with licensing groups

- [National Association of Social Workers - Mississippi Chapter](#) 800-742-4089
- [Mississippi Board of Psychology](#) 1.888.693.1416
- [Mississippi Psychological Association Facebook page](#)
- [Mississippi Psychiatric Association Facebook page](#) 601-898-9662
- [Mississippi State Board of Examiners for Licensed Professional Counselors](#) 601 359-1010
- [Mississippi State Board for Social Workers and Marriage and Family Therapists](#) (601) 987-6806

Check with your local community mental health center

Information on [Certified Providers through the Department of Mental Health](#)





# What About Diagnosis?

Based on an agreed upon set of standards - Diagnostic and Statistical Manual Of Mental Disorders or Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood

Group of symptoms or characteristics

Given by a trained and licensed clinician

Can help determine treatment and give information about what to expect

Not set in stone

***Thought Questions: What do you like and dislike about the idea of diagnosis?***



# Ways to Learn More About a Diagnosis

Ask the treating clinician for more information

Understanding Mental Disorders Your Guide to DSM-5  
(<https://www.psychiatry.org/patients-families/understanding-mental-disorders>)

American Academy of Child and Adolescent Psychiatry  
Facts for Families Guide  
([http://www.aacap.org/AACAP/Families and Youth/Facts for Families/AACAP/Families and Youth/Facts for Families/FFF-Guide/FFF-Guide-Home.aspx](http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/FFF-Guide-Home.aspx))





# What Should You Expect from Behavioral Health Treatment?

AN INDIVIDUALIZED PRACTICAL PLAN TO RESPOND TO THE SITUATION THAT BROUGHT YOU THERE





# How to Tell if the Person Working with your Child is a Good Fit

They are respectful and ethical

They do not over or under share

You feel comfortable talking to them

They maintain your confidentiality

They explain what they are doing and answer your questions

The service or support seems to be helpful

More information:

<https://health.usnews.com/health-news/health-wellness/articles/2014/06/02/is-your-therapist-a-good-fit>

<https://www.psychologytoday.com/us/blog/insight-therapy/201603/10-ways-spot-good-therapist>

<https://psychcentral.com/lib/therapists-spill-red-flags-a-clinician-isnt-right-for-you/>



# What Does Family Driven Mean?

Family-driven means *families have a primary decision making role in the care of their own children as well as the policies and procedures governing care for all children in their community, state, tribe, territory and nation.* This includes: Choosing culturally and linguistically competent supports, services, and providers; Setting goals; Designing, implementing and evaluating programs; Monitoring outcomes; and Partnering in funding decisions.





# Ways to Partner in Your Child's Behavioral Health Care

Provide the background information you think is most relevant

Support your child in partnering in their care

Use your expertise to help those working with your child understand the outcomes that are most important to your child and family

Encourage those working with your child to use their expertise to help people who are involved in your child's life

If it fits for you, consider ways to work together with other families and family-run organizations, to make our systems more family-driven





## How Did We Do?

Give families practical information about children's behavioral health and why it's an important part of health.

Help families know if their child might benefit from extra support

Support families in finding the right kind of help if children need it.

Emphasize how important families are in their children's care and how they can be part of and support behavioral health treatment for their children.





# Thank You for Joining Us Today

Contact us at [info@faams.org](mailto:info@faams.org)

Our website: [www.faams.org](http://www.faams.org)

Like us on [Facebook!](#)