



The Alaska Chapter of the National Federation of Families for Children's Mental Health

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Peer Navigators teach, support and empower

- Parents (or permanent caregivers) to understand wellness and recovery management and the system of services in order to be equal partners with professionals in providing for their child's effective neurobehavioral health related services in the least restrictive setting.
- Youth to understand wellness and recovery management and the system of services in order to be equal partners with their family and professionals in putting in place the least restrictive effective neurobehavioral health related services that will lead to their being able to manage their own treatment and recovery.
- Professionals in developing and sustaining an effective consumer-driven system of care for Alaska's children and families.

Alaska Youth and Family Network provides:

- 24 hour access to a Peer Navigator for support
- Weekly support groups for parents or adult family members
- Weekly socialization groups for children while parents are in support group
- Weekly support groups for teens and young adults
- Parenting classes and coaching specialized for parents who have children with behavioral health issues
- Wellness, recovery management and transitional skills classes for youth

Peer Navigation services tabulation:

| April-June 08 | Adults served | Anch | Fbx | Northwest Arctic | Mat-Su | Juneau & SE | Other AK |
|------------------------------------|---------------|-----------|---------|------------------|----------|-------------|----------|
| Information and referral | 130 | 41 | 3 | 6 | 34 | 12 | 34 |
| Individual Peer Navigation | 812 (166) | 319 (70) | 56 (8) | 152 (28) | 80 (21) | 205 (39) | 0 |
| Group Support | 319 (46) | 192 (28) | 0 | 8 (3) | 57 (4) | 62 (11) | 0 |
| # of group sessions | 64 | 26 | 0 | 4 | 13 | 11 | 0 |
| Total served | 1259 (324) | 552 (130) | 59 (10) | 164 (32) | 171 (56) | 279 (62) | 34 |
| Average time in hrs spent w/ind | 4.1 | 3.25 | 15.25 | 5.25 | 3.75 | 4.75 | 2.5 |
| Average time in hrs spent w/family | | 19.25 | | | | 10.75 | |

Duplicated (unduplicated)

| April-June 08 | Youth served | Anch | Fbx | Northwest Arctic | Mat-Su | Juneau & SE | Other AK |
|---------------------------------|--------------|----------|-------|------------------|----------|-------------|----------|
| Information and referral | 127 | 15 | 1 | 3 | 90 | 17 | 1 |
| Individual Peer Navigation | 157 (39) | 69 (18) | 3 (1) | 17 (7) | 39 (3) | 17 (7) | 12 (3) |
| Group Support | 246 (51) | 112 (17) | 0 | 4 (2) | 130 (32) | 0 | 0 |
| # of group sessions | 31 | 16 | 0 | 2 | 13 | 0 | 0 |
| Total served | 530 (148) | 196 (33) | 4 (1) | 24 (10) | 259 (93) | 34 (7) | 13 (4) |
| Average time in hrs spent w/ind | 3.9 | 1.7 | 2.5 | 3.2 | 4.9 | 4.8 | 5.2 |
| Ave. time in hrs spent w/youth | | 14.8 | | | 33.9 | | |

Duplicated (Unduplicated)

Content of Peer Navigation with parents includes:

1. Listening to what family has experienced, tried, successes and failures
2. Explaining what terms means, where resources are available and how to access them
3. Assisting parents to find and understand behavioral health issues of children
4. Identify the forms that need to be completed and assist parents in including complete answers
5. Allowing the parent to express their grief and changed expectations for their child
6. Pre-teaching and role playing anticipated difficulties with future meetings
7. Coaching parents in positive communication with their children and professionals
8. Attending meetings with family members and the treatment team, IEP/504 team or other meeting the parent requests the presence of a Navigator
9. Debriefing difficult or complex meetings about their children
10. Teaching parenting and wellness recovery
11. Assisting parents to develop a family/community based support system
12. Supporting parents to share information and experiences with other parents

Content of Peer Navigation with youth includes:

1. Listening to what the youth has experienced, tried, successes and failures
2. Explaining what education and treatment terms mean
3. Understanding the role of different professionals and agencies
4. Pre-teaching and role-playing anticipated difficulties with upcoming meetings
5. Coaching youth in positive communication with their parents, friends and professionals
6. Attending meetings with youth and the treatment team, IEP/504 team or other meeting the youth requests the presence of a Navigator

7. Debriefing difficult or complex meetings
8. Assisting youth to address shame, disappointment and anger about behavioral health problems
9. Teaching wellness recovery management
10. Teaching and mentoring transitional living skills
11. Assisting youth to develop a family/community based support system
12. Supporting youth to share information and experiences appropriately with other youth
13. Becoming engaged in positive youth development community activities

Parenting Classes

AYFN teaches parenting classes specifically for parents who have children/youth with behavioral health issues. This quarter, we provided 7 week classes in Anchorage, Matsu and electronically in Juneau and the Northwest Arctic. The quarter's class self-evaluation from 87 parents in the parenting class is as follows:

| | 7 wks | 3 mo | 6 mo |
|--|----------|-------|---------|
| Based on 93 of 95 parents reporting | | | |
| Usefulness of the content class | 5 | 5 | 5 |
| Retake class | n/a | 12 % | 12% |
| Average # of crises per day with children in past 3 month | 4-5 | 3.5 | <1 |
| My child makes good decisions & behaves responsibly | baseline | 15% ↑ | 31.8% ↑ |
| I find myself having fun as a parent | 6.1 % ↑ | 20% ↑ | 20.8% ↑ |
| I find myself really stressed out when dealing with my child | baseline | 2 % ↓ | 22.2% ↓ |

Outcomes of Peer Navigation from families served who had at least one child involved with residential placement:

This quarter served 51 families with 59 children involved with a residential placement and estimated 74 children in the home . For the fiscal year AYFN served 124 families with 102 children involved with residential placement and an estimated 138 children in the home).

92% of the families were able to transition their children to home or community based services.

- 10% of the families utilized acute hospitalization to supplement home/community based services.

In Anchorage and Matsu (where youth recovery management have existed for over a year), only 2 of 72 youth have needed re-hospitalization or incarceration.

Website

AYFN web site has a calendar of events in Alaska, connection to other agencies, access to Peer Navigators and information about children's health and parenting. AYFN has added a release form on the front page to assist agencies in making referrals. This is the use of the web site:

| Month - Year | Average # of hits per day | Total # hits for the month | # of distinct individuals using site for the month |
|--------------|---------------------------|----------------------------|--|
| April 2008 | 3,926 | 117,798 | 4,253 |
| May 2008 | 3,934 | 122,122 | 4,316 |
| June 2008 | 4,937 | 147,915 | 2,506 |

Issues raised through Peer Navigation Associated With Residential Care (twelve months)

- Difficulty in getting behavioral and academic goals addressed in schools
 - Parents/youth don't know what to request and give up after plan is not implemented
 - Professionals don't know how or cannot implement goals
- Parents do not understand the steps needed to transition from one type of service to another or how to access services.
 - Don't know options or don't have time/money to apply for all options
 - Youth won't go to treatment or money not available, family waits for a crisis
 - Respite is generally not available, except in the form of acute care or detention
 - Wraparound plan is written but services are often not available
- Residential services tends to isolate the child/youth from the parents and siblings. Family members are not prepared to separation and reunification .
 - Some residential placements have no accommodations for a parent to visit and there is no mechanism for the parent to be reimbursed for lodging, food and ground transportation costs)