
Vermont Federation of Families for Children's Mental Health



Mental Health Awareness Day – 2019

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Coordinator

Introduction to VFFCMH

- ✓ Family Run Organization, Peer Run
- ✓ Introduction of concept of lived experience
- ✓ Serving families over 30 years, just under 100 per year
- ✓ Share a bit of yours

Overview of the programs

1. Act 264 LIT PR Technical Assistance,
2. Parent Support Provider Programs
3. Family Driven Local Program Standing Committee
4. YIT Programming

Our programs:

Family Support Programming is centered around the access to Coordination of Services in Act 264 and access to a Parent Representative. As a way to attract parents to this leadership role, we added on to it. We are always looking for families who have lived experience with advocacy skills, teaming and collaboration skills, a willingness to learn and a heart to support other families.

- ✓ Describe the Family Voice & Lived Experience Leadership

Family Peer Services – Parent Support Provider Services Map

- ✓ Increased Local Interagency Team (LIT) Teams Parent Representatives from 4 to 9 AHS Regions.
- ✓ Increased Parent Support Providers across the state.

Young Adult Peer Services Map

- ✓ We have offered Young Adult Peer Seed money to 6; WCMH, Brattleboro, HCRS Springfield, NEKYS, Outright Vermont, and The Junction in WRJ

Family Voice & Lived Experience Regional Leadership Network



Outcomes of Family Support Evaluation for families served 2014-2016, currently we are analyzing the data we have received for families served in 2017

- ✓ significant positive outcomes for families after receiving parent peer support
- ✓ families call us when they are experiencing challenges with systems such as Act 264 Coordination of Services Planning, Community Mental Health Services, Child Welfare, Juvenile Justice, and Schools.
- ✓ Primary reason families call for our assistance is with challenging situations with the school around behavior, accessing educational supports, and communication with the school and/or treatment teams.
- ✓ Research on Parent Peer Supports has shown a variety of improved outcomes for the child, the family, and the inter-relationships with system providers.
- ✓ Our results are similar to research and literature that indicates overwhelming family satisfaction with their Peer Support experiences.
- ✓ Families who received our services had improved mental health, lower stress levels, and increased hope about the future.
- ✓ Children of families we support showed significant improvement in behavioral and emotional well-being, replicating previous results.
- ✓ Interesting, improvements in families' leisure time together and overall quality of life suggesting that providing support brings them closer together.

Advocacy Topics that are important to us:

- ✓ Families benefit from appropriate high-quality mental health services when they are needed. (20% of Children have a clearly identified need for mental health services but only about 1/3rd of these children receive any help at all.)
- ✓ Access to appropriate mental health services can make a major contribution to improving educational outcomes for children. Improved community collaboration with families, school and community based mental health is the foundation to that success.
- ✓ Family to Family Peer Supports is a valued and cost effect way to improve family's outcomes.
- ✓ We are concerned with the amount of time children and families are sitting in emergency departments awaiting care.

