



# Oregon Family Support Network



## FACT SHEET ON FAMILY PEER SUPPORT SERVICES and COORDINATED CARE ORGANIZATIONS

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### Children's Mental Health Statistics in Oregon:

- 1 out of every 9 children, youth and young adults experiences significant mental or behavioral health challenges in Oregon.
- According to the State of Oregon, (1<sup>st</sup> Qtr-2012) the percentage of OHP eligible children and youth receiving any type of mental health treatment is about 5.44 percent.
- Mental health is the costliest health condition of childhood, with over \$8.9 billion dollars spent nationally. This is higher than dollars spent for Asthma, Trauma Related Conditions, Acute Bronchitis and Infectious Diseases.

### Child and Family Needs Are Complex:

- Youth with Serious Emotional or Behavior Disorders typically have overlapping problem areas that need attention.
- Families often have unmet basic needs.
- Traditional services don't attend to health, mental health, substance abuse and basic needs holistically – or even know how to prioritize what to work on.

### FAMILY PEER SUPPORT SERVICES ALIGN WITH COORDINATED CARE ORGANIZATION PRIORITIES

- Enhance the engagement process so that costs of treatment are utilized well, reducing duplicated costs for restart of treatment associated with multiple intake, assessment and evaluation.
- Provide families and youth with a foundation of their own strengths and connect them to a system of natural supports, increasing their resources over the long term.
- Connect families and other youth with a network of other families and youth who have similar experiences – reducing isolation, building on the strength of families in community, and bringing a sense of hope and resilience.

### How Oregon Family Support Network (OFSN) meets the Triple Aim;

#### *Better Care – Offering the right care, at the right time.*

When your child receives a mental health diagnosis, you want the best care from the best professionals that money can buy. This means being able to get connected to treatment providers in a timely manner, who can work with families and youth through the initial process of assessment, diagnosis and treatment planning to understand their unique concerns and needs.



Because the Oregon Family Support Network is a family-run, family organization that builds its foundation on the shared, lived experience of parents, grandparents, relatives, and other persons whom the youth or parent define as 'family', we are able to:

- Assist families to navigate complex systems, services and supports and point them in the right direction to get their child's and family's needs met.
- Join with families in the treatment process – using our collective experience, and knowledge of Oregon's child serving systems.
- Facilitate the process of engagement in services through the use of one-one direct peer support services, thereby helping families to become empowered to meet their goals.
- Strengthen families and youth to move forward in the pursuit of their goals, dreams and ability to address life's challenges.



## ***Better Outcomes – Providing services that are meaningful to families; result in improved quality of life; increase in overall wellness and whole health.***

The Oregon Family Support Network has recently piloted a survey within its programs to measure the family's experience of services. While this is a pilot – the measurement tool being used is the Family Empowerment Scale, a well-researched and utilized tool, which measures family perspectives on receiving services. The data collected to date is promising, and includes the following information:

### **1. Was a family-driven, youth-guided/driven planning process completed?**

78% of families receiving direct one-one peer support services completing this survey said that they felt that a family-driven, youth-driven planning process was used either often/very often, and included the following aspects:

- Agencies working from a place of respect toward the family
- Family voice is listened to
- Services are tailored to the child and family

### **2. Does the parent/caregiver feel there has been an increase in overall wellness (whole health) for themselves and their child?**

Overall family wellness is measured on 12 of 32 items of the Family Empowerment Scale. 89% of families receiving direct one-one peer support services said that they felt their overall quality of life had improved, and that they or their child experienced improvement in overall health and wellness. The following are 4 of the items from the FES:

- Family's sense of ability to effectively problem solve with their child
- Feeling that the family is under control
- Ability to ask for help in solving problems
- Having a good understanding of the service systems that their child is involved in

## ***Better Cost – Services are provided early on, when the youth and family most need them, rather than waiting until needs are greater, resulting in higher costing services.***

Family peer support services can be utilized at any point in time, and have the advantage to:

- Enhance the engagement and treatment process and reduce service duplication that occurs when families or youth drop out of treatment services.
- Increase family and youth empowerment – resulting in increased ability for youth and families to move through treatment, knowing that someone believes in them, and acknowledges their strengths and challenges.
- Shows promising evidence that fewer child welfare cases result in Termination of Parental Rights (TPR).
- Family peer support services are affordable. Costs range from \$100 - \$380 per family per month depending on the type of peer support service being provided. The benefits of one-one peer support services have allowed communities to continue to build a strong system of peer support.

### **For more information about the Oregon Family Support Network or Family Peer Support, contact:**

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## **WHAT FAMILIES ARE SAYING ABOUT OFSN PEER SUPPORT AND TRAINING PROGRAMS:**

*“I don't know what I would do without my family partner. She supported me through everything. She believed in me – even when I didn't believe in myself.”*

*“My family was evicted three times in the last two years because of my child's behavior, which made us homeless for six months. OFSN helped me to see that there is hope, even when I felt completely helpless about the situation.*

Catch us on the web at [www.ofsn.org](http://www.ofsn.org)