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### Family empowerment through family peer support

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# Family Empowerment Through Family Peer Supports

**Brian Huckins**

M.S. in Leadership

Winter 2020

Granite State College

# Family Empowerment Through Family Peer Supports

## Mental Illness

“One in Six U.S. youth aged 6-17 experience a mental health disorder each year. Fifty Percent of all lifetime mental illness begins by age 14, and 75% by age 24. Suicide is the 2nd leading cause of death among people aged 10-34” (NAMI, 2020).

# Family Empowerment Through Family Peer Supports

Family Peer Supports with in the Wraparound model.

# Family Empowerment Through Family Peer Supports

Family Peer Supports?

Lived Experience?



Granite State College

# Family Empowerment Through Family Peer Supports

Can Family Peer Supports, with in the Wraparound model, empower a family to increase their leadership skills?

# Family Empowerment Through Family Peer Supports

## Literature Review

Some larger barriers identified families include the challenges of early intervention/stigma, successful services and interventions, upfront stabilization, self-care, and advocacy/family voice.

“It has long been known that housing stability, quality, safety, and affordability all affect health and that poor-quality housing is associated with negative health sequela” (Gultekin, Brush, Ginier, Cordon, & Dowdell, 2020, p.10).

“Experiencing the potential hardships and setbacks of mental illness treatment of friends or family could explain the stronger tendency to play down one’s own symptoms in order to avoid treatment and consecutive labeling as mentally ill” (Hahm, Muehlan, Stolzenburg, Tomczyk, Schmidt, & Schomerus, 2019 p.7).

# Family Empowerment Through Family Peer Supports

## Research:

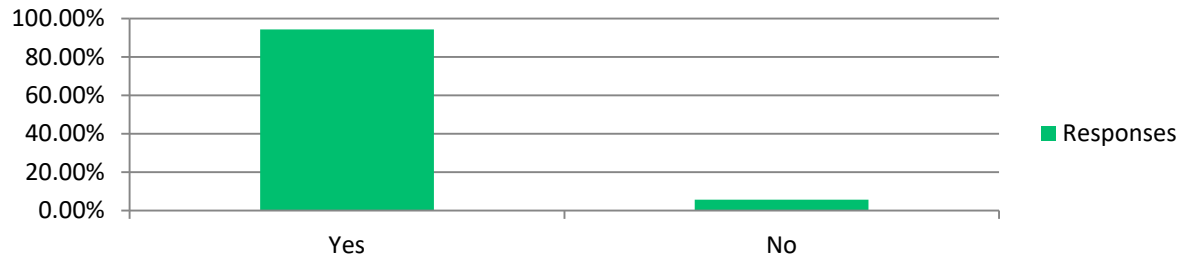
To develop solutions to concerns about the role of Family Peer Supporters and their work with families to empower leadership, I conducted a nonprobability sample, and more specifically a purposive or judgement sample. I specifically surveyed parents who have children with serious emotional disturbance. These children were between the ages of six and twenty-one and lived in New Hampshire (NH). The Families also participated in NH, Medicaid funded, State Wraparound Services for a minimum of six months. I completed the survey through the online survey platform called Survey Monkey.



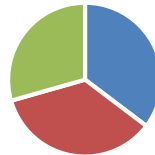
# Family Empowerment Through Family Peer Supports

## Research Results:

When you first started with Wraparound and Family Peer Support did your child's mental illness make you feel isolated as a parent?



Have you increased your connections with other parents since you have started Wraparound and Family Peer Supports?



# Family Empowerment Through Family Peer Supports

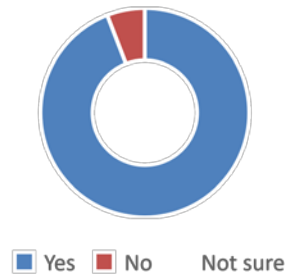
## Research Results:

When you first started with Wraparound and Family Peer Support did you feel good about your ability to advocate for your child?

■ Yes ■ No ■ Not sure



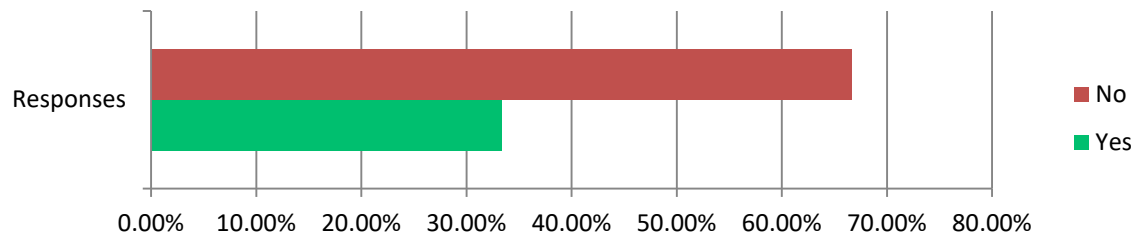
Do you currently feel you are a good advocate for your child?



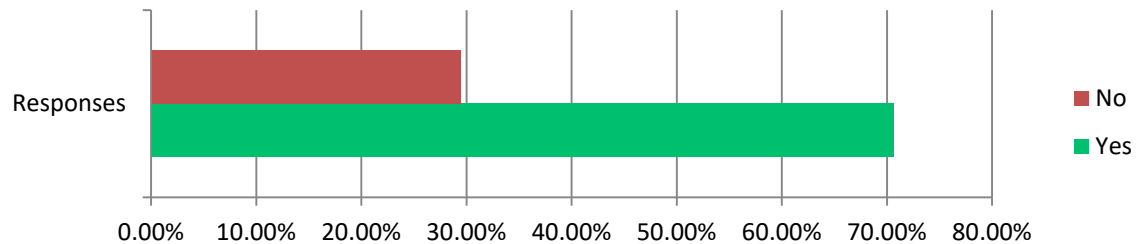
# Family Empowerment Through Family Peer Supports

## Research Results:

When you started with Wraparound and Family Peer Supports did you take time for self-care?



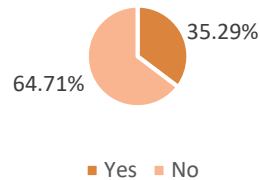
Do you currently take time for self-care?



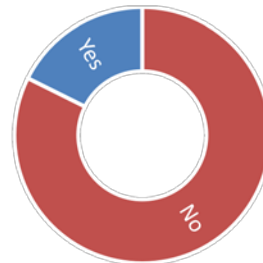
# Family Empowerment Through Family Peer Supports

## Research Results:

Have you shared your story about your child's mental illness with another family to provide them hope since you have started Wraparound and Family Peer Supports?



Have you assisted or advocated for another family/child who has mental illness since you have started Wraparound and Family Peer Supports?



# Family Empowerment Through Family Peer Supports

## **Conclusions:**

Family Peer Supports are necessary, and they empower families to be leaders. Family Peer Supports are necessary to help families to find hope and navigate the difficult systems we have today, until a more integrative care systems can be implemented.

# Family Empowerment Through Family Peer Supports

## References:

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# Family Empowerment Through Family Peer Supports

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# Family Empowerment Through Family Peer Supports

**Questions?**