

Outcomes of Parent to Parent Support

Research shows that when parents support other parents:

- Families feel less isolated and more confident about their ability to care for their child.
- Families are more hopeful about the future.
- Families have an increased ability to adapt to their situation.
- Families are better able to manage their day and find answers to their questions.

Although professionals offer many important services, their day-to-day experiences are different from that of the family member. A Parent Support Partner has “been there, done that”.

Singer, G.H.S., Marquis, J., Powers, L.K., Blanchard, L., DiVenere, N. Santelli, B., (1999) A Multi-site Evaluation of Parent to Parent Programs for Parents of Children with Disabilities. Journal of Early Intervention, Vol 22.

For More Information:

Parent Support is available to families whose children are receiving services through the CMHSP in your community.

Local Contact:

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Parent Support Partners

A Statewide Partnership between the
Michigan Department of Health
and Human Services
&
Association for Children's Mental Health



What is a Parent Support Partner (PSP)?

A Parent Support Partner is the parent of a child with emotional, behavioral, or other mental health challenges and/or intellectual and developmental disabilities, including autism. A PSP brings both personal experiences and knowledge of raising a child with these challenges to the role, empowering families and giving them much needed hope.

A PSP is sensitive and respectful of family's individual needs, preferences, values and life experiences.



A PSP is a member of the treatment team and is included in service planning and implementation.

A PSP believes that parents are their child's best advocate and should be empowered to use their voice. An empowered parent has the knowledge and skills to make informed choices and take action. They are able to seek out resources and supports. An empowered parent has confidence and believes in their ability to meet the complex needs of their child and family.

Possible Areas of Support

The following is a list of supports your family may receive from a PSP:

- Share their story and listen to yours. Let you know that you are not alone.
- Empower you to set goals and support you to identify strategies to achieve those goals.
- Attend meetings with you such as IEPs or Wraparound.
- Help prepare for and attend meetings at Dept of Health and Human Services, CMH, or Family/Juvenile court.
- Be a sounding board for ideas or concerns regarding your family, systems, or services.
- Offer training & education so you can effectively communicate with the agencies involved in your family's life.
- Be a role model. Help families make informed choices.
- Be a source of HOPE! The PSP can show you that there is light at the end of the tunnel!

How long will the PSP be part of the treatment team?

The amount of time a PSP will support your family will vary due to the goals you set and how long it takes you to reach those goals.

Remember—it is the PSP's job to support parents so they can successfully navigate systems on their own!

What a PSP is NOT...

A Parent Support Partner's role is to partner with you and your family to support the direction YOU want to take for your child & family's treatment and care.

A PSP is **NOT**...

- A respite care worker
- A babysitter
- A taxi service
- A therapist
- A secretary
- An advocate
- A case-manager