

A Note to Professionals



Parent Partners are para-professionals who's most important asset is that they've raised a child with a mental, emotional or behavioral disorder.

Parent Partners work with the family's clinician to enhance treatment plan goals with practical applications in the home.

They know about frustration, being blamed, losing hope, losing patience—all the challenges that go with raising challenging kids.

Parent Partner's formal training is *on-going*, beginning with a State Certified Wraparound program to reinforce the importance of family focused, strength based strategies. Parent Partners receive training on mental illnesses, treatments, therapies; Non-violent Crisis Prevention; specific parenting skills; Special Education, Probation, and Foster/Kinship systems; and on-going compliance with HIPAA.

Our Parent Partners also have specific trainings in Grief, Domestic Violence, Evidence Based Parenting programs, and Recovery, to name a few.

A Portion of United Parents History

1990 Norm & Ellen Linder host a support group in their home specific to parents of children with emotional, behavioral and/or mental disorders. They founded United Parents and encouraged parents to educate themselves, focus on recovery and participate as **partners with professionals** in the treatment of their children..

1991 United Parents is incorporated, becoming the first parent run non profit in California serving families raising children with emotional, behavioral and/or mental disorders.

1992 Monthly support meetings expand within the county and into Los Angeles. United Parents establishes a specialty Library.

1993 Carpe Diem, a regional conference for those who raise or work with children with emotional disturbances is inaugurated in collaboration with United Parents, Ventura County SELPA (Special Education Local Plan Area) and Ventura County Behavioral Health.

1995 United Parents offers the first respite program in the State of California to assist parents facing the challenges of raising a child with mental disorders.

1996 United Parents began the first children's crisis intervention/prevention program in Ventura County.

2001 United Parents advocated and championed the family perspective in bringing Wraparound services to Ventura County.

2002 United Parents offers Educational Advocacy for children in the foster care system.

2003 Recruited, trained and provided the county's first Parent Partners (parent peers) as team members for Ventura County Wraparound.

2005 Trained and placed on-call Crisis Support Counselors in an adult psychiatric hospital, to comfort and stay with children awaiting a proper bed elsewhere.

2008 Recruited, trained and provided Parent Partners to work with families in their home as a team member with Ventura County Behavioral Health Children's clinics. United Parents also began Para-professional trainings for Parent Partners.

2011 United Parents celebrates our Twenty Year Anniversary of service with our families and professional partners.

On Going

Daily Telephone Support ♥ Respite

Educational Advocacy

Support Meetings ♥ Parenting Workshops

Parent Partners...



...because sometimes, everyone needs
a helping hand



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WHY A PARENT PARTNER?

All families experience good and bad times. Most can move beyond the problems.

Occasionally, however, family members become stuck in a pattern that is damaging to the entire family. Therapy is helping, but somehow, your problems get the better of you.

FAST is an innovative, short term and exciting partnership between United Parents and Ventura County Behavioral Health (VCBH). It is designed to help families overcome chronically occurring problems which result in serious crisis.

Your therapist will refer you to **FAST** and a Parent Partner will contact you.

A Parent Partner is a parent who combines their own life experience raising a difficult child with on-going trainings in areas that help highly stressed families move towards a more peaceful, functional home. They consult with your therapist so everyone works together.

This service is designed to help your family identify what is working well, where the problems keep coming up, the reasons why, and brainstorm new strategies and ideas that can break the cycle of crisis.

WHAT CAN YOU EXPECT?

- To work hard
- Think creatively toward solutions
- Be practical
- Have realistic expectations
- Expect Improvements
- Be involved
- Create more peace at home
- Create a better family life

Parents...

1. If you feel the need for this service, ask your VCBH therapist for a referral. You may also choose to self-refer.
2. We will call you for an appointment.
3. We will come to your home, meet you and your family to discuss your hopes, concerns and expectations.
4. With your permission, we will coordinate goals with your clinician.
5. You choose a day and time when we can meet **regularly** with all members of the family.
6. We (all of us) will form an "action" plan—one everyone can start to use immediately.
7. We will introduce and go with you to meet resources that will continue to support you after we leave.
8. We are action oriented & dedicated to helping families reach their goals.



Self Referrals

If you would like to self-refer, please do not hesitate to call. We will discuss our services with you which include face to face family meetings, phone consultations, research, providing documentation to your clinician and much more. Our fees are reasonable and you will be provided with a monthly statement of services you receive.

Additional Supports HAT (HOME ACCESS TRIAGE)

This line is for non-critical emergencies.

- * It is for support when you *really* need to talk to someone and the office is closed.
- * It is to talk to someone, or have your child talk to someone, *before* behaviors escalate to a crisis
- * It is 24/7. If it is busy, someone will call you back. 805 551 0472.

In the event of a crisis, call **CIRT**
(Children's Intensive Response Team)

@ 866 431 2478 or 911.

Monthly Support Groups

There are gatherings of families throughout the county that meet to discuss the challenges of raising children. Call **United Parents** to find a location near you.

"Hope for tomorrow."

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