

Supporting Parents to Support Recovery  
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Wisconsin Certified Parent Peer Specialist & Trainer  
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Minnesota Certified Family Peer Specialist  
Mental Health First Aid Certified

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Objectives

- Participants will gain a better understanding of recovery from a parent perspective.
- Participants will learn systems and modes through which to support parents.
- Participants will understand the benefit of parent support in the recovery process.



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Parents In Recovery



**Overwhelmed  
Judged  
Scared  
Alone**

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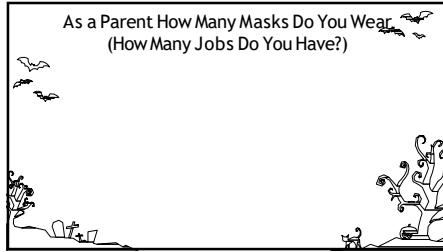
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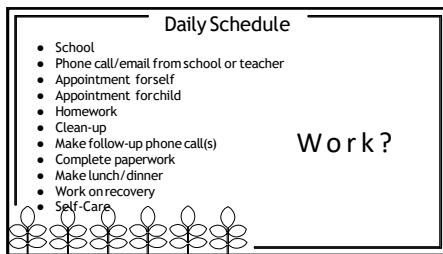
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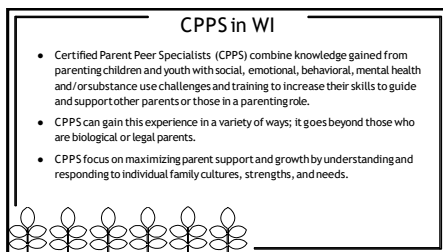
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**Collaboration**

- Treatment
- Skills Training
- School
- Team Approach
- "With not For"



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**Self-Efficacy**

- Parenting
- Homework Help
- Discipline
- Follow-Through
- Confidence
- Families learn they can do it on their own once the skills are learned and practiced.



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**Self Care**

- Permission
- Toolbox
- Awareness



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**Connection**

- Reframe experiences
- Remove Stigma
- Hold hope for change and growth
- Community Support



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**Empower**

- Increase knowledge and skills
- Model behavior
- Assist in advocacy and teamwork
- Client rights
- Navigate services



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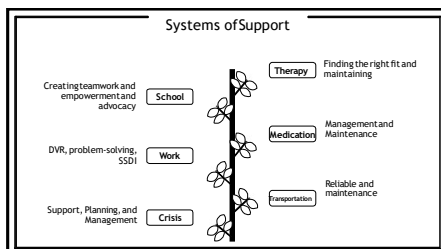
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**School Challenges**

- Scared to open every email from a teacher or the school.
- Scared to answer the phone when the school calls.
- Embarrassed - parent and child
- Avoidance - parent and child
- Judged
- Pity
- The IEP & 504 Process



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**School Support**

- Parent & Teacher Team
- Positive Communication
- Reduce Stigma
- Individualized Services to meet the student's needs
- Parent as advocate
- Student Engagement



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**Work Challenges**

- Attendance
- Frequent appointments
- Triggers
- FMLA restrictions
- Co-Worker Relations
- Stress & lack of work performance
- Child Care
- School Discipline



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**Work Support**

- Division of Vocational Rehabilitation (DVR)
- Brainstorm problem-solving
- Natural Supports
- County Programs: Coordinated Community Services (CCS), Children's Long Term Services Waiver (CLTS or "Waiver"), Coordinated Services Team (CST)
- Flexible Service Hours



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**Crisis Challenges**

- "Crisis rarely happen during business hours!"
- Loss of Natural Supports
- "Attention Seeking Behavior"
- Self-harm
- Suicidal Ideation
- Verbal and physical aggression



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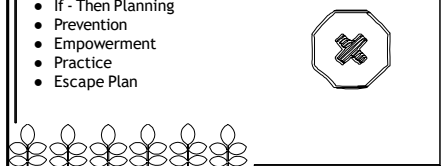
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**Crisis Support**

- A flexible crisis plan
- After hours crisis support
- If - Then Planning
- Prevention
- Empowerment
- Practice
- Escape Plan



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**Therapy Challenges**

- Lack of Engagement
- Finding the right fit
- Maintaining Appointments
- Use it or lose it
- Keeping a Therapist



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**Therapy Support**

- Stage of Change matching
- It's okay to change (find the right fit)
- Get a list of options
- Reminders & Planner
- Avoidance
- Sit & Talk vs Move & Groove



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**Med Challenges**

- Changes Needed
- Provider - finding, getting an appointment, and keeping
- Refill management
- Insurance & Cost
- Consistency (aka Med Compliance)



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**Medication Support**

- Advocate for changes when needed
- Provider appointments and problem solving
- Self Advocacy
- Refill reminders
- Insurance and cost assistance
- Medication Compliance = Education & Training



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**Transportation Challenges**

- Maintaining/Obtaining Reliable Transportation
- Fuel
- Maintenance Costs
- Arranging Medical Transportation
- Managing Public Transportation
- Planning



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**Transportation Support**

- Vehicle Support Programs (Often Work Related)
- Fuel - Plan and Wise Use
- Maintenance Planning and Budgeting (Find the Deals)
- Prepare for medical transportation as far ahead as possible, reminders, support
- Practice
- Use a planner or phone
- ESSENTIAL IN RURAL AREAS



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**Support Services**

- [Wisconsin FamilyTIES](#)
- [Wisconsin Statewide Parent Educator Initiative \(WSPEI\)](#)
- [County Coordinated Community Services \(CCS\)](#)
- [Wisconsin Family Assistance Center for Education, Training, and Support](#)
- [Wisconsin Department of Children and Families \(DCF\)](#)



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**Connect**

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Website: <https://rockyhillco.com/>  
Facebook: <https://www.facebook.com/rockyhillpps/>  
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Twitter: @lightshine429  
Instagram: letyourlightshine429

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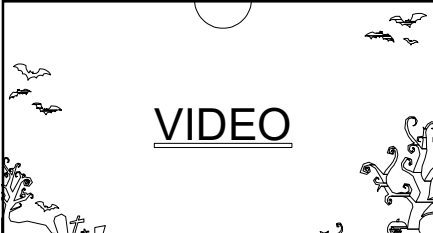
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**VIDEO**



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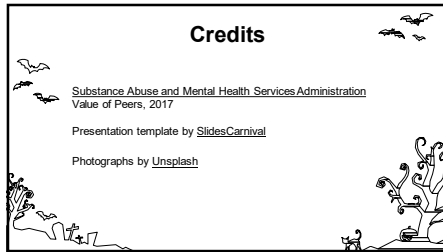
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