

## CHANGING ROLES FOR PARENTS/ CAREGIVERS

Although parents historically have been viewed as crucial to their children's development, they have usually been demoted to the role of recipients of services rather than decision makers.

These philosophies have been replaced with philosophies that emphasizes parent-professional partnerships and places the family at the core of the decision making process.



**LOUISIANA FEDERATION OF  
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MENTAL HEALTH**

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**LOUISIANA FEDERATION OF FAMILIES  
FOR CHILDREN'S MENTAL HEALTH**

## FAMILY EMPOWERMENT AND LEADERSHIP INSTITUTE

*Equipping Family Members of  
Children with mental health  
challenges for Decision-Making  
Roles*



**225-293-3508**

## WHY?

The role in caring for children with emotional, behavioral and mental disorders has evolved in the last decade from that of passive bystander to that of full decision-making partners with service providers. The emphasis on deinstitutionalization puts the family/caregiver at the center of service delivery. The subsequent shift from the residential care model to home and community-based services demands family involvement in all stages of service: planning, delivery, coordination, and evaluation.

Lacking adequate information, skills, credibility, or resources to manage the child or to negotiate the necessary services within the community, the parent/caregiver may fail to secure services from providers even when the child is eligible for the service.

Louisiana Federation has developed the "The Federation of Families Parent/Caregivers Empowerment and Leadership Institutes" to assist these families in enhancing and developing positive, personal growth to meet their desired needs. The Institutes will fortify the voice of families so they can become in-



involved in care delivery supporting community-based, culturally competent, outcome-driven, and evidence-based professional services.

**The Federation of Families' Parent/Caregivers Empowerment and Leadership Institutes approach consists of three phases allowing the parent/caregiver to determine their degree of participation based on their own visions for their future.**



## PHASE I

Consist of eight 1.5 hour classes for increasing personal skills needed for navigating multiple systems as well skills for taking care of ones' self. It also seeks to enable parents/caregivers to understand the value of and need for becoming active participants and advocates in services for their child with EBD. Parent/Caregiver will experience enhanced growth and development, qualifying them as the decision-makers for the family.

The program is outlined as following:

**Workshop I**-----Orientation

**Workshop II**-----Developing Advocacy Skills

**Workshop III & IV**-----Getting Results by Communicating Effectively - Parts I & II

**Workshop VI**-----Rationally and Effectively Resolving Conflicts

**Workshop VII** ----- Parent Empowerment and Leadership Skills Development

**Workshop VIII** ----- Caring for Yourself While Caring for Your Child: "The Ultimate Balancing Act"

## PHASE II

Consist of four 1.5 hour classes that will further enhance parent/caregivers leadership skills development. The focus of this phase is learning and implementing skills and techniques for supporting other parent/caregivers as well as gaining additional support for themselves. These classes cover the following topics:

**Workshop I**-----An Introduction to Facilitation

**Workshop II**-----The Basics of Conducting Focus Groups

**Workshop III**----- Making Killer Presentations

**Workshop IV**----- Developing and Running Support Groups

## PHASE III



This phase of training is reserved for a group of parent/caregivers in a specific area, who have successfully completed Phases I and II and have decided they are interested and committed to starting and running a parent organization in their area. This training and technical assistance will be individualized, based on the identified needs of each group.