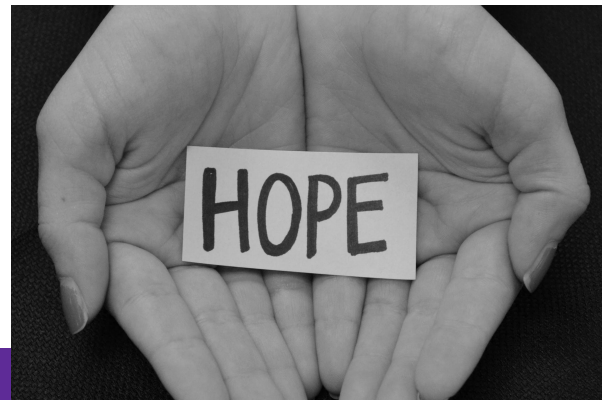


The Missing Link: The Importance of Mental Health Navigation and Coordination for Students and Families



Jessica Bigboy
Parent Peer Specialist
Wisconsin Family Ties



Greta Blancarte
District Wellness Coordinator
School District of Ashland



Who are you?

-How do your schools currently communicate with families about behavioral health concerns?

-What are some of your biggest road blocks?

-What are you hoping to gain today?



First Phone Call:

Preparation is key:

- Get the full picture of what is going on at school
- Find out about past communications with parents/families
- Know your resources ahead of time
- Be prepared to answer the questions they might not ask



First Phone Call:

It's all about how you show up:



- Respectful inquiry - let them tell **their** story - “You are the expert on Jenny.”
- Stay Curious - “tell me more about that” “what does that look like at home?”
- Emphasize mutual caring for their child - “we can work together on this”
- Affirmations - “You’ve got a lot on your plate right now” “You want to figure out what’s best for your child”

Referral Conversation:

Be Patient!

- Might take many phone calls before it feels right to offer a referral

Location, location, location:

- Be prepared to meet them somewhere neutral (home, coffee house, park)
- Encourage them to bring someone with them



Referral Conversation:

They might say NO!

- Get curious again
- Explore their fear
- DON'T JUDGE!!
- Assume good intentions



We are all doing the best we can

Why might parents say no to help?

Logistical barriers

- Insurance, transportation, time off work

History

- negative prior experiences, trauma, fear



******What will they say yes to? “If you don’t mind, I’ll give you a call back in a week or two to see how things are going with Jenny.”

Impact of Parental ACEs

A recent study showed increase in likelihood of developmental delays (in problem solving, communication, and personal and social motor skills) among children with parents who experienced ACEs.

-18% increase in likelihood for each parental ACE

Parental Adverse Childhood Experiences and Offspring Development at 2 Years of Age

Alonzo T. Folger, Emily A. Eismann, Nicole B. Stephenson, Robert A. Shapiro, Maurizio Macaluso, Maggie E. Brownrigg, Robert J. Gillespie

Pediatrics Apr 2018, 141 (4) e20172826; DOI: 10.1542/peds.2017-2826

Special considerations for parents dealing with addictions

- Flexible communication options
- Non-judgemental curiosity and caring
- School-Based Mental Health Options/Summer Mental Health Program
 - Connection with safe adults
 - Healthy resilience-building activities
 - Maintain relationships with peers and childhood activities
 - Community supports for children, parents, family members



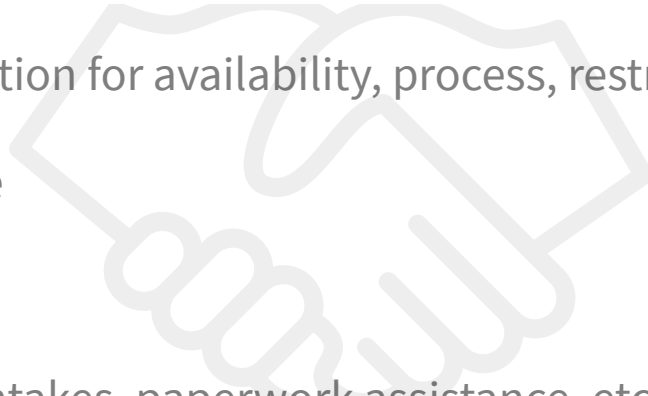
Referral to services:

Know your resources:

- Regular communication for availability, process, restrictions, style, etc.
- Logistical assistance

Warm hand-offs

- Transportation for intakes, paperwork assistance, etc.
- Talk about expectations



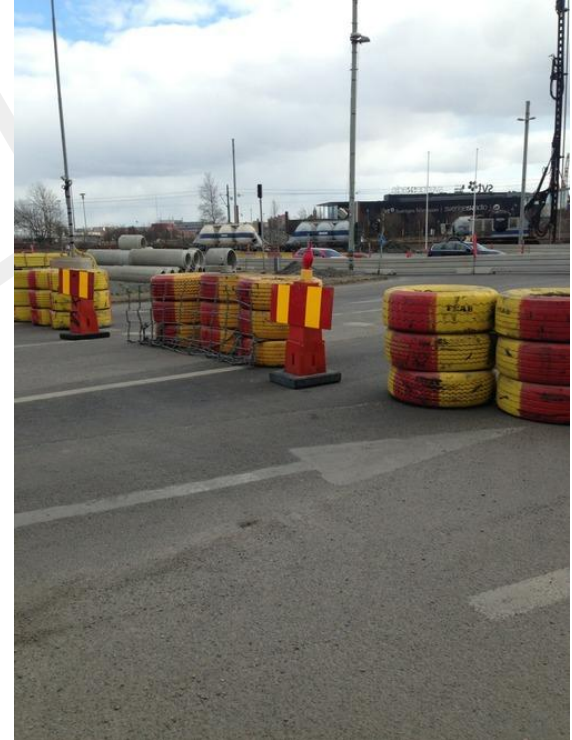
Transitions and check-in:

Transitions between levels of care

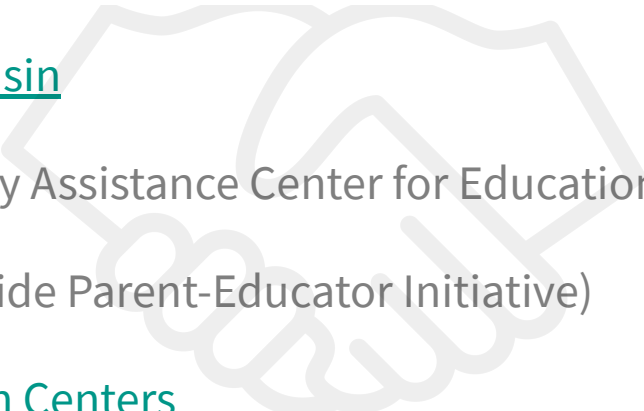
- Communication and coordination
- Wrap-around care

Regular check-ins with parents and students

- Accurate fit of services
- Roadblocks



Navigation Support Agencies as Partners

- [Wisconsin Family Ties](#)
 - [Parent 2 Parent of Wisconsin](#)
 - [Wisconsin FACETS](#) (Family Assistance Center for Education, Training and Support)
 - [WSPEI](#) (Wisconsin Statewide Parent-Educator Initiative)
 - [Federally Qualified Health Centers](#)
- 

Questions?

Our contact info:

Jessica Bigboy

jessicab@wifamilyties.org

715-292-5207

Greta Blancarte

gblancarte@sdak12.net

715-682-7089 x1018

715-329-0671

