

**Family Involvement Learning Collaborative  
Carterville, IL  
June 25 – 27, 2008**

**Flip Chart Notes**

**Family is...– Carterville administrators**

- Spouses
- Partners
- Guardians
- Individuals interested in child
- Grandparents
- Step parents
- Aunts/uncles (biological or otherwise)
- Peers
- Gang members
- Who adolescent spends time with
- Teachers
- Spiritual leaders
- Coaches
- 12 step peers
- Mentors
- Neighbors
- Siblings
- Children (of adolescent)

**What does family involvement look like? - Carterville administrators**

- Family working together
- Transportation
- Survival
- Teaching
- Training
- Nurturing
- Telephone calls
- Come in to office
- Progress reports
- Participating in treatment
- Education
- Support
- Increase understanding
- Increase safety
- Increase connection to resources
- Advocacy
- Increase understanding of social conditions
- Increase parenting skills
- Increase face to face interactions
- Increase communication (and skills)

- Substance abuse treatment for families
- Recognition of impact of family substance abuse
- Parents as role models
- Linkage
- Referrals

### **Current Family Involvement – Carterville administrators**

- Mandatory family session
- Family treatment/support to engage adolescents
- Working with other systems (probation, DCFS)
- Telephone calls
- Treatment planning/collaboration
- Family education
- Family therapy
- Coordinating family care
- Focus groups

### **Family Involvement Vision – Carterville administrators**

- More families involved in family therapy/treatment
- More family contact with therapist
- Involve nontraditional “family” members
- Fundraising in community to support treatment activities
- Contingency management/incentives
- Sponsoring wellness activities
- Parenting classes for all levels of development
- Panel discussion/forum
- Family support group

### **Obstacles to family involvement – Carterville administrators**

- Costs
- Therapist skill
- Therapist recruitment and retention
- Family acceptance and use of services
- Family willingness to be involved
- Family stressors/lack of resources
- Transportation
- Organizational culture/attitude

**Resources – Carterville administrators**

- Limited
- Staff
- Research
- IFF
- DASA
- Community resources (schools, spiritual centers, courts/judges)
- Laws/rules

**Learning Collaborative goals – Carterville administrators**

- Hope
- Increased drive
- More ideas/creativity
- Motivation
- Empathy
- Networking
- Service coordination

**Family Is... – Carterville Staff**

- Influential caretaker
- Siblings
- Mothers/fathers
- Grandparents
- Close friends
- Significant other
- Spouse
- Aunt/uncle
- Extended family
- Gang members
- Teachers
- Coaches
- Spiritual leaders
- Children
- Cousins
- Neighbors
- Idols/celebrities
- 12 step peers
- Mentors

**What does family involvement look like? - Carterville Staff**

- Community outreach/engagement
- Increase thriving and increase surviving through family activities
- Parenting groups
- Recovery education family commitment to change
- Education
- Coordinated therapies
- Family therapy
- Individual therapy for parents
- Telephone calls
- Transportation
- In home services/informal location
- Donations

**Current Family Involvement**

- Family therapy
- Family education
- Sober support network
- Transportation
- Phone calls
- Mandatory 1 session family therapy
- Assist with treatment planning and collaboration
- Increase DCFS involvement
- Partner with influential entities (probation)
- Youth substance abuse education in schools

**Family involvement Vision - - Carterville Staff**

- Marketing
- Community outreach
- Panel discussion/forum
- Engaging nontraditional “family” members
- Educate schools (identify key staff that will listen)
- Fundraising to support activities
- Contingency management/incentives
- Sponsoring wellness activities

**Obstacles to family involvement– Carterville staff**

- Family acceptance and substance abuse
- Money
- Energy
- Location
- Time
- Distance
- Family stressors
  - Unemployment
  - Conflicting family values
- Staff skills
- Scheduling
- Staff recruitment and retention
- Transportation

**Resources – Carterville staff**

- County boards
- Prevention
- State/local agencies
- Local businesses
- Youth groups
- Dedicated, dynamic staff
- DASA
- Evidenced based practices
- IFF
- Probation
- Drug court
- Schools
- Laws/rules
- DCFS
- Spiritual institutions
- Community organizations
- Recovery community

**Learning Collaborative goals – Carterville staff**

- Implementation plan/skills
- More ideas about how to involve families/what works
- Learning/training for staff
- Increased care coordination
- Advocacy

**Barriers for Providers – Carterville staff**

- Medical model
- Environment
- Marketing
- Stigma
- Cultural competence
- Language
- Lack of resources – local
- Policies
- Liability issues
- Safety and security
- Scheduling
- Hours of operation
- Paperwork/bureaucracy
- Community buy in
- Lack of training
- Staff turnover
- Staff issues/match
- Continuum availability
- Transportation
- Rural area
- Time management
- Coordination with services
- Staff frustration
- Anger
- Overwhelmed
- Funding
- Salary
- Managed care

**Barriers for Families – Carterville Staff**

- It's not my problem
- Single parent
- Lack of time/resources/support
- Lack of education
- Transportation
- Family substance abuse
- No need for treatment
- Family violence
- Family secrets
- Fear
- Shame
- Guilt
- Schools
- Lack of knowledge of terms/ling/technology
- Not understanding treatment
- Anger

- Hopeless
- Helpless
- Overwhelmed
- No system support/can't trust system
- Discrimination
- Wait-list
- Accessibility
- Adolescent resistance
- Scheduling
- Mental health with parents and kids
- Financial
- Work stress
- Acceptance
- Stigma
- Step parents/siblings
- Cultural factors
- Incarceration
- Co-dependency
- Co-occurring concerns with parents & kids
- Knot knowing who to involve/engage
- Involved in multiple systems
- Trying to protect kids
- Denial/minimizing
- Medical model/system of care
- Environment

### **Solutions to barriers – Carterville staff**

- Co-occurring disorders
  - Inter-agency communication
  - Effective referral process
  - Making sure staff are trained/cross training
  - Resource guide
  - Linkage agreements – effective
  - Coordination integration of services
  - Grant writing
  - Specialized programs
  - Consumer education of co-occurring disorders
  - Increase awareness
- Family substance abuse/denial
  - Family education
  - Family sessions
  - Expand the family definition
  - Sober support network (identifying sober supports (5)
  - Family group (multi) required for SAGE

- Money
  - Fundraising
  - Legislation
  - Voter registration drive
  - Teaching advocacy skills
  - Donations
  - Grants
  - Exposure of programs
  - Sponsors (sponsor a kid)
  - Community resources
  - Rearranging funds
  - Incentives for families and staff
  - Target setting and bonuses for incentives
  - Agencies take 3% out of budget for incentives
  - Wellness incentives
  
- Education/training
  - Multi-media (Addictions video)
  - FILC
  - Work more closely with prevention services
  - Partnerships
  - Community outreach/visibility
  - Community engagement/partnership
  - Presentations/spreading the word
  - Resource book
  - Paying staff for trainings
  - Time for staff training
  - School substance abuse/COD training (advocating for requirement in universities)
  - Find outside trainings
  - Medical community understanding addiction
  - Change of CADC requirements
  - Access to free trainings

**Family Peer Supports in Place – Carterville Staff**

- Church youth groups
- Al-Anon
- Ala-Teen
- CAMA/CAMA-Teen group
- Town hall meetings
- NAMI
- Parenting classes in JALC extensions
- Website support groups
- Family education groups
- Mentoring program
- Teen action after-school program

**Family Peer Support – Carterville Staff**

- Education
- Help them identify places
- Offer safe place
- Encouragement
- Getting suggestions from families
- Empowerment
- Connect with established groups

**Peer Support Wish list – Carterville Staff**

- Alumni program/group
- Family support group
- Student assistance program
- School support groups
- After-school program
- Mandatory education and activities for families
- Mandatory counseling for adolescents and families

**Recovery defined – Carterville Staff**

- Being around sober peers/people
- Gaining skills
- Increased skills to make informed choices
- Support network/groups
- Dealing with reality
- Increased sobriety
- Healthy goals
- Fun without alcohol/drugs
- Regaining trust
- Achieving something good
- Spirituality
- 12-step model
- Personal growth
- Family communication
- Learning to enjoy the process
- Honesty

**Recovery Management Resources**

- Spiritual institution
- Peer support
- AA
- Youth club
- Junior achievement
- YMCA
- Sports
- Community center

- Bar without alcohol/dancing lounge
- Bowling alley
- All night video game room
- Volunteering in the community
- Mentoring opportunities
- Libraries
- Recreational areas
- Theatre
- Zoo
- Theme parks
- Museums
- Family night
- Dr.'s office – communication and connecting with
- Public health agencies
- Job resources – help with resume – interviewing
- Jobs
- FFA
- 4H
- FHA
- Future Business Leaders (FBL)

**Agency Implementation Plan Goals – Carterville Staff**

- Increase visibility/enhance community perception of substance abuse services
- Help implement support network
- Help youth establish peer support team
- Increase parental involvement in discharge planning
- Involve family in group treatment
- Increase family attendance in education groups
- Develop parent orientation to treatment and to after care