

A hand is shown from the bottom, reaching upwards towards a bright sun. A rainbow is visible in the background, arching across the sky. The scene is bathed in warm, golden light.

**NOTHING ABOUT  
WITHOUT THEM**

—

# OBJECTIVES

- Understanding how Family Voice is not just words but actions
- Understanding how empowerment can't be done without Power
- Understanding how a family's journey is their Expert credentials



# WHO ARE YOUR PRESENTERS

- They have 59 years of combined experience
- They have worked at 11 different agencies that are focused on providing Mental Health and or Behavioral Health services and supports to children, youth, adults and families in our community.
- They have self identified their strengths as being Strong Advocates, Role Models, Leaders, & Effective Communicator, Resilient, compassionate, empathic, experience as a peer support specialist and certified family partner, teacher and presenter of NAMI classes, reliable, flexible, great listeners, creative thinkers, resourceful, and empathetic.
- LIVED EXPERIENCE: They have a vast array of experience related to their own personal Journey with their children and loved ones. They are advocates, they are teachers, they are collaborators, they are parents, caregivers, they are consumers, they are navigators, they are listeners, they are empowered, and they are the experts.


- **TAKE AWAYS:**

**“Don’t be Afraid to shine, the world need your light” Gabby Bernstein**

**Knowledge is power and drives empowerment. Advocacy leads to change.**

**I have learned to be strength based with challenges, and turn the negatives into positives**

# Life's a Journey

Two black footprints are positioned in the center of the page, one slightly above and to the left of the other, as if walking. The background of the entire page is a vertical gradient from yellow at the top to purple at the bottom.

## OUR JOURNEY- MONICA

2001 Diagnosis AG

Therapy, environmental factors, family support

2004 Move & Travis County

Lack of family support, stress, anxiety

2014 Diagnosis AG & AC

Stress factors, depression, medications

2020 Black hole AG & AC

# FAMILY VOICE- EXPERTS

## **Different stories**

- **Birth Parents**
- **Adoptive Parents**
- **Blended Families**
- **Single parents, divorced parents, incarcerated parents**
- **Extended Family Members**



# FAMILY VOICE-

**Family voice and choice**

**Expert**

**Empowerment**

**Advocacy**



**FAMILY VOICE:**

Systems of Care core  
Value: Family Driven

The Expert

Community Resource  
Collaborative Group

# FAMILY VOICE

- School
- Mental Health Care
- Juvenile Justice
- CPS
- Community Resources



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# OUR JOURNEY-BERTHA



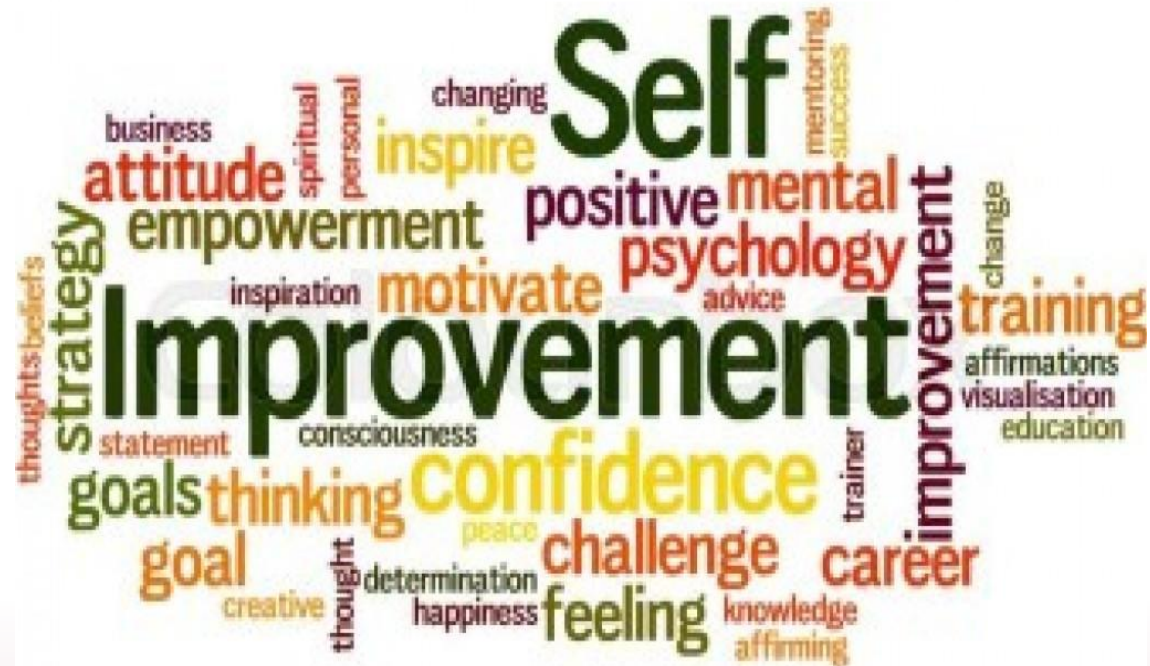
# EMPOWERMENT

- I AM THE FAMILY THAT I SERVE
- HOW DO FAMILIES GET THERE?



# EMPOWERMENT

- What does a Parent need to feel EMPOWERED?
- EMPOWERMENT is feeling:  
courageous – confident – supported -  
comfortable making decisions that  
guide you to your future.



# EMPOWERMENT

- Acceptance – Lets talk about what this looks like.
- Step one is acceptance.
- Acceptance is: agreement with or belief in an idea, opinion, or explanation.
- What is BEST for YOUR family? You are the driver!
- Challenges – (inhale-exhale) You aren't in this alone.
- Every success is a success – small and BIG!



## INVESTMENT: INVESTING INTO YOUR FAMILY

- WHERE DO YOU START? THERE IS NO RIGHT OR WRONG ANSWER.
- LET'S BE TRANSPARENT – CHANGES DON'T HAPPEN OVERNIGHT.
- WE ALL HEAL DIFFERENT – TAKE IT SLOW...(THERAPY, SUPPORT GROUPS, FAMILY TIME)



THE WAY YOU HELP HEAL THE WORLD IS YOU START WITH YOUR OWN FAMILY – MOTHER TERESA



# MY STORY ADVOCATING FOR MY SISTER AND HER CHILDREN

IT'S OKAY  
*To Ask  
for  
Help!*

## Enhanced Community Coordination

A healthy community creates opportunities for everyone to share their gifts and talents and make meaningful contributions. Enhanced Community Coordination (ECC) helps individuals with intellectual and/or developmental disabilities (IDD) move from state supported living centers and nursing facilities to homes in the community, where they can reach their full potential and thrive. For people who have already moved or are being diverted from state supported living centers and nursing facilities, the program provides extra support to ensure the person is receiving all necessary services.

As the Local IDD Authority, Integral Care plays an important role in transitioning individuals who choose to live in the community. Our agency starts the conversation with the individual, family and facilities, then facilitates the move into the community.

The ECC program offers individuals:

- Help identifying community living options
- Help planning for and executing the move
- One-time emergency funding to purchase items for the transition not funded by other sources, such as furniture or special needs items
- Monthly face-to-face visits for the first year to ensure continued success in a community setting
- Support with challenges or crises

By providing continuity of care assistance, Integral Care helps individuals be successful when making this major life transition. The program supports greater independence and community integration while also decreasing symptoms of depression.



### » Ola & Linda's Story

**98** In FY17, this program improved the quality of life for 98 individuals in our community who live with an intellectual and/or developmental disability

"I went through hell and back to get my sister some help. I had been praying. It was a sad situation. Finally my prayers were answered. Finally my miracle came through Integral Care. Now my sister is living a more productive life."

-Ola, Client's Sister

# THE CHALLENGES THE BARRIERS





**“I WENT THROUGH HELL AND BACK TO GET  
MY SISTER SOME HELP. I HAD BEEN  
PRAYING. IT WAS A SAD SITUATION.  
FINALLY MY PRAYERS WERE ANSWERED.  
FINALLY OUR MIRACLE CAME THROUGH  
INTEGRAL CARE. NOW MY SISTER IS LIVING  
A MORE PRODUCTIVE LIFE.  
OLA (LINDA’S SISTER)**



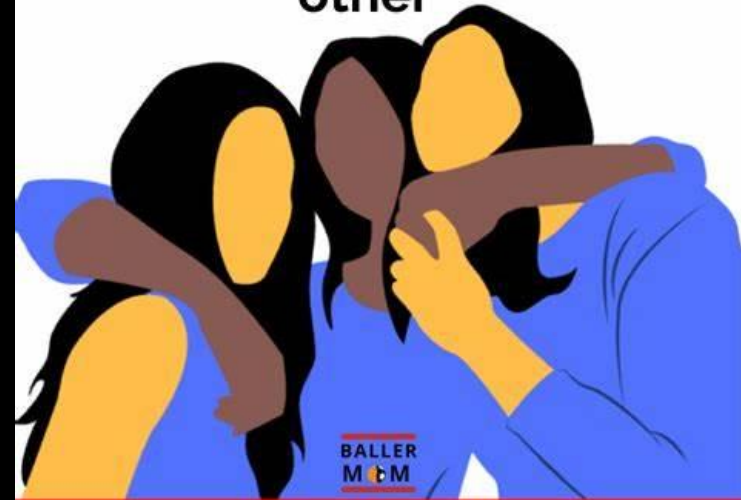
WHO KNOWS BEST?  
- THE EXPERT -  
PARENTS  
CAREGIVERS  
GRANDPARENTS  
SIBLINGS  
GUARDIANS



Remember to take  
care of yourself. You  
can't pour from an  
empty cup.



We are more powerful  
when we support each  
other



# SYSTEM OF CARE VALUES IN ACTION

CRCG

The Children's Partnership





Travis County's CRCG is

## **Community Partners for Children.**

CPC is a community partnership of approximately 20 public and private community service organizations in Travis County.

This partnership creates a single-point of community collaboration for families of children with complex needs and is the entry point for many of Travis County's System of Care programs. CPC is the integration of three community resource meetings:

- Travis County's CRCG
- System of Care Funding
- The Children's Partnership Eligibility and Review Team

**The Children's Partnership (TCP)** provides services and supports to children and youth with complex mental health needs and their families. TCP is a Family driven community based collaborative and utilizes the wraparound approach to support families in meeting the needs of their children



is the TCP Intake Meeting

For Travis County to fund services, families income must be 200% or below the Federal Poverty Income Guidelines

# THE CHILDREN'S PARTNERSHIP

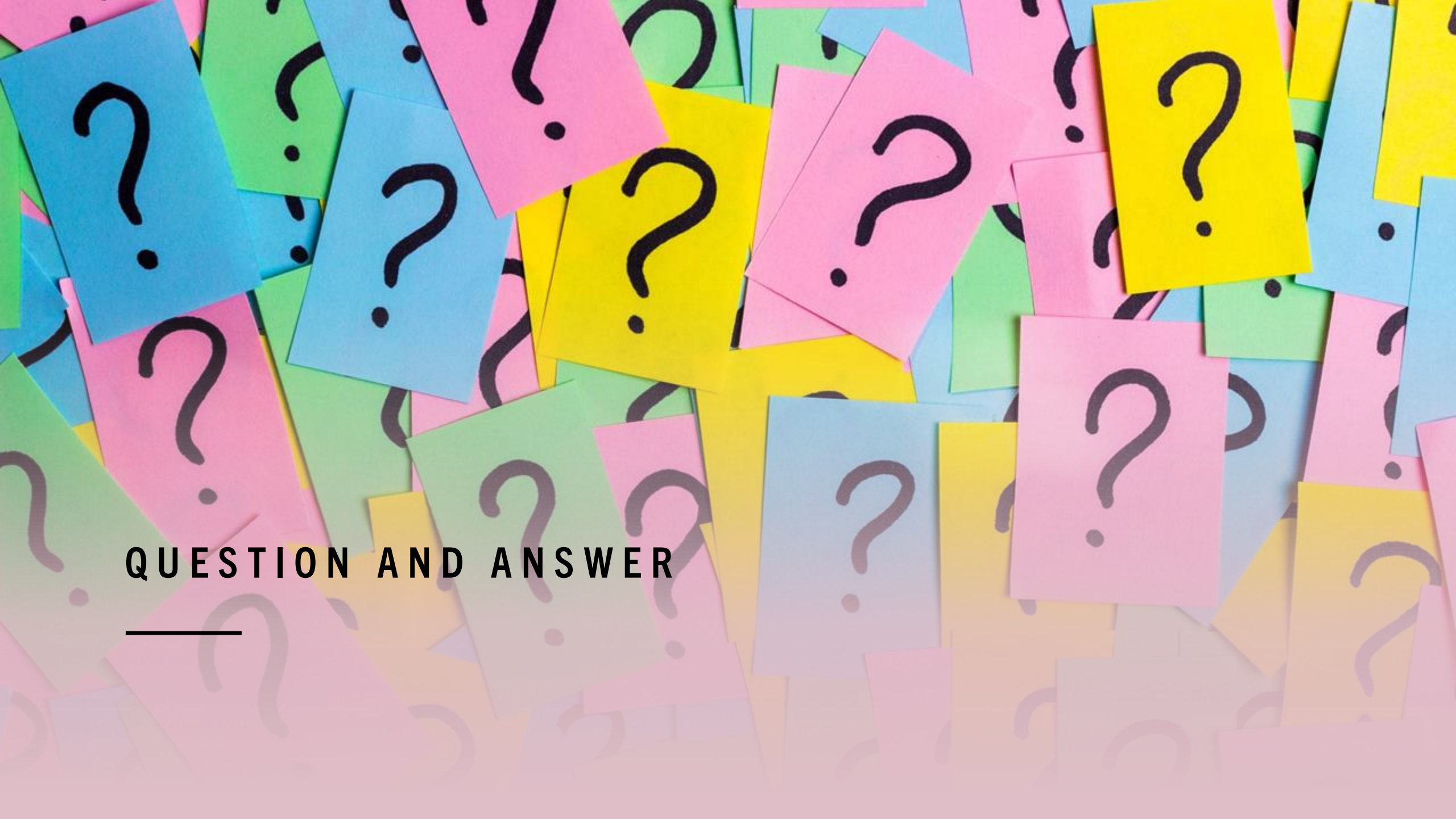
- MISSION: TCP unites resources to help ensure that children with social, emotional or behavioral needs can live successfully with their families in the community.
- VISION: TCP will create a new bond between families and the community at large to better provide for the social, emotional, and behavioral needs of our children.
- VALUES: TCP values diversity and spirituality, and embraces a family centered, strengths driven, culturally competent, community based program of care.
- SYSTEM OF CARE value system engrained
- WRAP AROUND process for working with families

# WRAP UP

- Family Voice
- Empowerment
- Expert Credentials







# QUESTION AND ANSWER



**“OUR LIVES BEGIN TO END THE DAY WE BECOME SILENT ON THINGS THAT MATTER.” MARTIN LUTHER KING**

**Monica Reyes B.S., Certified Family Partner**

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