



Family Support

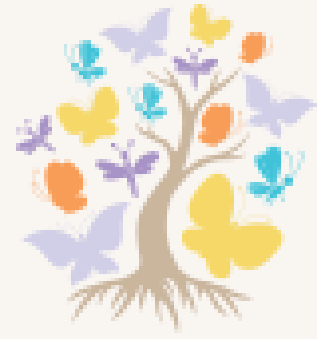
PARTNERS OF VIRGINIA

Engage. Educate. Empower.

Empowering youth & families through

PEER SUPPORT

www.fspofva.com



Family Support

PARTNERS OF VIRGINIA

VISION:

All Virginians will have knowledge of and access to the resources they need to reach the goals they establish for themselves as they are on their recovery journey.

MISSION:

Family Support Partners of Virginia, Inc. will engage, educate and empower families, youth, and adult individuals, to know what is available to them to succeed on their recovery journey. Family Support Partners of Virginia, Inc. will support the communities in understanding the strengths, needs and culture of the people they serve from these groups.

VALUES:

Hope, Empathy, Honesty,
Respect, Integrity,
Collaboration, Connection,
Compassion, Joy,
Empowerment, Voice &
Choice, Strength-based,
Solutions-focused



Cristy Corbin

PRESIDENT

Cristy Corbin is the Owner/Operator and a Certified Peer Recovery Specialist (CPRS), state-certified trainer of the Peer Recovery Specialist curriculum, and the first credentialed FSP coach and FSP trainer in Virginia of the HFW-Support Partner curriculum.

Cristy is the first parent to be hired as a parent peer support partner in the Greater Richmond area and she was an integral part in developing the Family Support Partner role in Virginia. Due to the efforts of the FSP program Cristy helped build and worked for, the FSP role was replicated throughout Virginia with additional grant funding from the Substance Abuse and Mental Health Services Administration.

Charlotte Talley

PROGRAM DIRECTOR & SUPERVISOR

Charlotte is a person whose previous career was in the DD/ID and mental health system as a Family Support Program Director and later overseeing DD Waiver Group Homes and Supported Apartment Programs in upstate NY. After moving to Richmond in 2008, making a career shift, and then becoming a parent again of two boys, she found it as difficult to navigate services for her sons. When she found herself wanting to give back by supporting other parents on their journey with their child/ren she became a Family Support Partner. Charlotte enjoys walking, reading, and spending time with family and friends and seeks to incorporate humor in her life which does not come naturally to her.





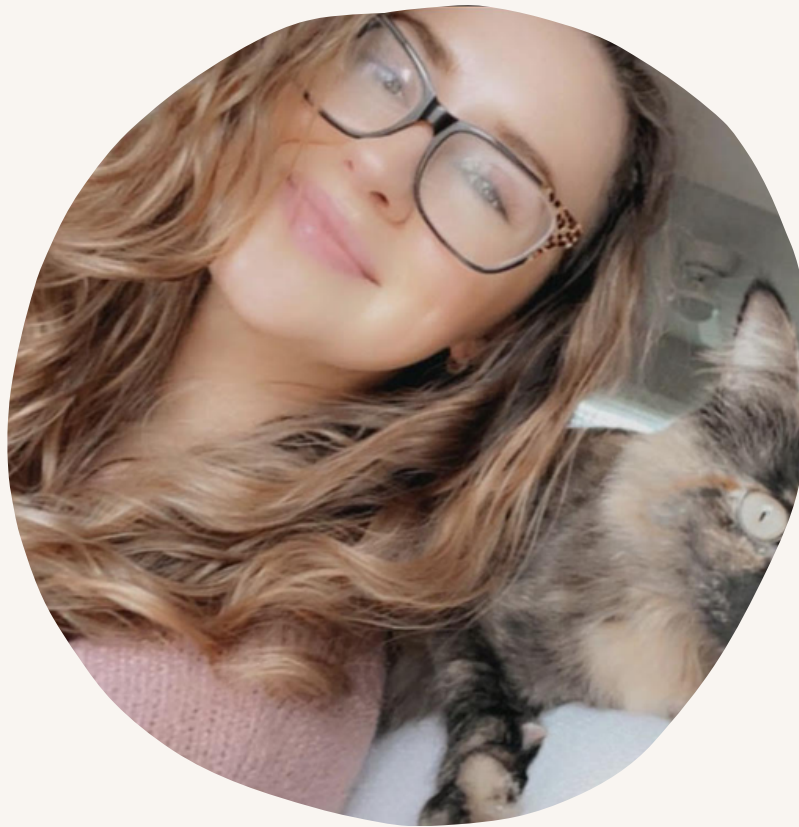
Today's Objectives

- 1** What is peer support?
- 2** The why, when and how of Youth Support
- 3** Share testimonials of the power of this service
- 4** How to start implementing Youth Support Partners in Fairfax

Meet the Youth Support Partners



Kathryn Shackelford



Ashley Crutchfield



Jane Kernan

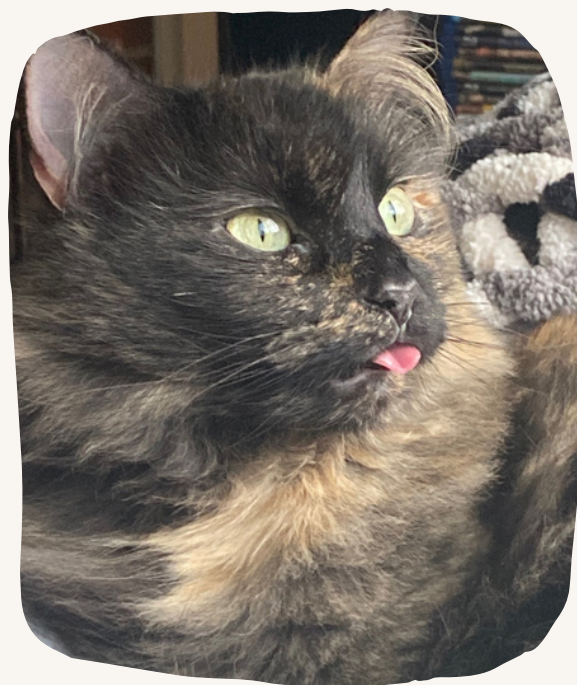
Kathryn Shackelford

YOUTH SUPPORT PARTNER & SUPERVISOR
she/her

Meet Kathryn, a dynamo hailing from a small town in Southern Virginia. Now calling Chesterfield, Virginia home, she's on a heroic journey of recovery from tough times, battling substance use and mental health challenges. Kathryn sees recovery as a funky dance, taking one step forward every single day.

Her teenage years were a rollercoaster, but those twists and turns fueled her transformation into the inspiring soul she is today. Kathryn is a Youth Support Partner (YSP), rocking the scene by empowering young minds to speak up and be heard in the crazy world of care systems. When she's not spreading her magic, you'll find her stitching up a storm with her trusty sidekick, Bella the dog, by her side.





Ashley Crutchfield

YOUTH SUPPORT PARTNER
she/ her

Ashley is proud to identify a person in long-term recovery from Substance Use Disorder, as well as mental health struggles, dedicated to healing from significant childhood trauma. Ashley is passionate about walking alongside youth as they begin to create a life they wish to live by learning to make choices fueled by a love for themselves and the courage to thrive. She believes in the power of being vulnerable and authentic, encouraging youth to see their truth as a gift to this world. Ashley is thankful to be able to use her healing and recovery journey to sprinkle hope dust on youths' futures, as they find their path to the light that resides just outside of the darkness.

When she's not hitting the gym or striking a yoga pose, Ashley cherishes moments of self-love and care. Thanks to her journey of healing, she now is peacefully living life with her loving husband, Brent, and her hero- Zuzu, the emotional support kitty.



Jane Kernan

YOUTH SUPPORT PARTNER
she/her

Jane's background is in care companionship to young adults with special needs, both in their homes and out in the community. Jane was also a nanny for the past 9 years and loved all of her youth and young adult clients! Jane has been in recovery since a hospitalization in 2019 when she began to take control of her mental health. Jane is excited to help youth begin their recovery journeys early through peer support! One thing Jane would tell her younger self is that "there is hope for recovery and I am that hope!" I am currently finishing my Peer Recovery Specialist Training and plan to attend more trainings. Jane also has experience in online crisis support. Jane loves to Irish dance, watch horror movies, meditate, and play with her cats in her free time!





What is **PEER SUPPORT?**

Peer Recovery Specialists are people with **lived experience** who have been through situations similar to those they support. They have been successful in recovery and have firsthand knowledge of the healing process.

They can provide aid in addiction, mental health conditions, medical conditions, and disabilities.

*While a peer support specialist does not substitute or replace treatment with a healthcare provider when it is needed, they can provide a unique layer of support.

What is the difference?

YOUTH SUPPORT PARTNER

Peer based mutuality (not clinical)
Strengths focused
Engagement activities
Ensures "Voice and Choice" are being heard
and honored
Encourages self-advocacy
Support in navigating different systems
(accompanying to meetings)
Provides a positive example of recovery and
instill hope
Service is provided by someone with similar/
shared lived experiences, leading to less
feelings of being misunderstood

THERAPUTIC MENTOR

Clinical Based
Goal focused
Community outings
Supports life skills




What is the difference?

FAMILY SUPPORT PARTNER

A parent with lived experience with navigating the systems of care in behavioral/mental health who has reached a place where they want to give back by supporting other parents facing challenges with their child/youth to instill hope and share from their experience lessons learned, using their voice to advocate for their needs and concerns and share resources to help them on their journey.

PARENT COACH

Parent Coaching is a clinical approach to the parent-child relationship focused on helping the parent develop tools and techniques to parent more effectively using an assessment and curriculum framework.





Panel
QUESTIONS





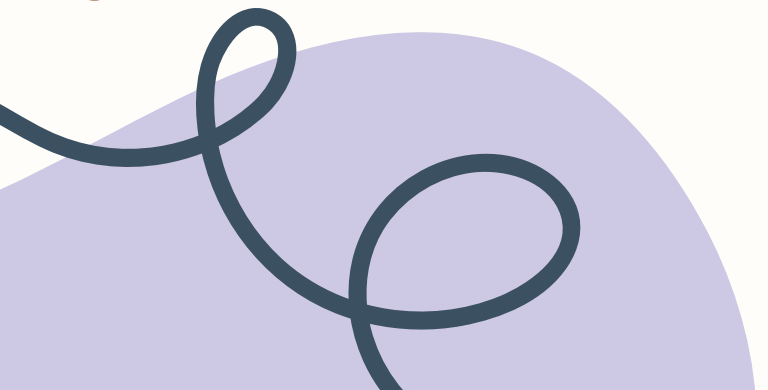
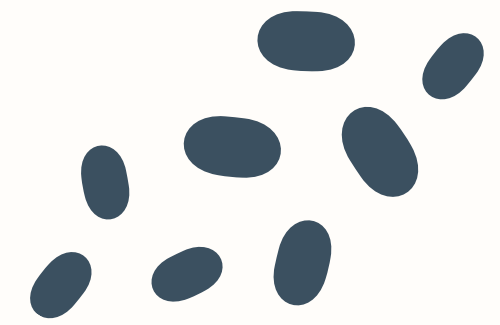
How was life before A YSP WAS INVOLVED?

Aaron
YOUTH

"It was pretty bad. I felt alone and like I was the only one who went through bad things and I was surrounded by people that were not like me at all. I felt that I couldn't talk to anyone or let anyone in. I didn't think that I would live to adulthood."

DSS Case Manager

"Prior to having YSP involvement, the child was struggling to advocate for herself and would excuse herself from giving feedback while appearing to be uncomfortable when asked for her feelings or needs. The child has work to do. However, YSP has notably helped the child to improve the number and severity of outbursts she experiences as a result of attempting to relay frustration with her family."



What difference was made
WHEN HAVING A YSP INVOLVED?

"It made me feel more comfortable and gave me someone who I could relate to. I didn't feel like I was the only one anymore. I felt heard and like someone actually cared about me and wasn't just pretending just to get paid. I became more open and I made it to my 18th birthday which I didn't think I would be able to do."

-AARON

Youth



Betsey



What difference was made **ONCE HAVING A YSP INVOLVED?**

“Since YSP has been involved, the agency has been able to obtain honest feedback from the child for FAPT and FPM meetings. The child has also learned coping skills and is able to put them in practice in the home while receiving real time feedback. This has enabled the child to improve on building confidence and verbalizing her needs in a positive manner as opposed to outbursts.”

-DSS CASE MANAGER



Additional comments ABOUT YSP SERVICES

Aaron
YOUTH

"Mrs. Ashley was truly the best thing that could have happened to me. She was amazing and I'm sad she had to leave once I turned 18"

DSS Case Manager

"The YSP has been an invaluable resource to a challenging case. Communication and feedback have been thorough and consistent. Having the YSP in the home has enabled the agency to obtain an honest picture of the child's situation at home, their feelings about it and what can be done to help the child learn tools to cope with challenges."



Thank you!

LET'S WORK TOGETHER

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