PROVIDER
Empowerment

what is it?

Empowerment is broadly defined as "the act of giving somebody more control over their own life or the situation they are in."[1] However, this definition is adaptable in how it applies to distinct groups and communities. Within the context of families, empowerment is conceptualized as a "process of recognizing, promoting, and enhancing caregivers' abilities to meet their own needs, solve their own problems, and mobilize the necessary resources to feel in control of their own lives."[2] Empowering caregivers provides them with the confidence and encouragement to take an active role in the mental health treatment of their children.

importance

- Impacts child treatment outcomes positively.
- Increases likelihood of treatment attendance and completion.
- Improves caregiver-child relationships.
- Increases confidence in caregiving skills.
- Decreases caregiver stress.
- Improves behaviors and academic outcomes.[3][4][5]
- Fewer and less severe caregiver mental health problems.[6]

goals

- Emphasizing family as expert.
- Praising family strengths and effort.
- Supporting self-efficacy.

steps to take

1. Let caregivers know they are the expert on their family and their role is invaluable.
2. Work with caregivers to address barriers to change (e.g., mental health stigma, attitudes about mental health services, beliefs surrounding child social and behavioral problems).
3. Provide knowledge and information to adapt attitudes and beliefs.
4. Support family strengths/effort to make them feel confident in their abilities to carry out therapy work.[7]
5. Aid in the development of skills and abilities for navigating and interacting with different providers and healthcare systems.[8]