Working with Families

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My Journey

• Stay-at home Mom with 3 kids under two
• The day things changed for our family
• “Conditions without Casseroles”
• Isolation
• My three year “Independent Study”
• ....and then Felix started school
So What Do We Do?

• A Lot!

• Provide emotional support

• Help with systems navigation

• Empower families through skill building
Challenges that families face

• Many families are very isolated and lack meaningful connections with in their community, and even their families.

• Break down the stigma associated with having a child with mental health or behavioral needs.

• Many families face other barriers or challenges about accessing care for their children and youth.
Challenges that families face

• Many families and children have experienced failures due to broken systems which lead to mistrust.
• Many families face assumptions that may be inaccurate.
• “You don’t know, what you don’t know.”
• Families are exhausted and traumatized.
What can we do to help?

• Build meaningful relationships with families and meet them where they are at.

• Don’t make assumptions and be an active listener.

• Change the power differential in the room and provide oversight.
How can we help?

• Use strength-based vs. deficit based language and planning.

• Keep the family, child/youth at the center of all planning.

• Connect families with other programs or services that can assist and empower them.
Benefits of parent peer support

• PPSs work with and support families, so that their children reach their potential and fulfill their dreams.

• PPSs work with providers to build a reciprocal and positive understanding of our families and children.

• PPSs connect with families and bring hope back into their lives.
Thank you!