

FAMILY SUPPORT AND TRAINING (FST)

What are Family Support and Training (FST) Services?

Family Support and Training (FST) offers instruction, emotional support, and skill building activities necessary to facilitate the engagement and active participation of the individual's chosen family in their recovery process. FST services can be delivered individually or in groups and components may be delivered to the family with or without the individual present if the intervention is for the benefit of the individual and with the individual's informed consent

Family is defined as the individual's family of choice. This may include persons who live with or provide support to a person, such as a parent, spouse, significant other, children, relatives, foster family, in-laws, or others defined as family by the individual receiving services. Family does not include individuals who are employed to care for the individual receiving services.

Why are FST services useful?

Mental health and substance use issues can be very difficult for families to understand and support their loved ones appropriately. FST is an effective service to help the family understand how to best to communicate and help, and can significantly affect the course of the individuals recovery. FST is also effective at any stage of a person's recovery to help reconnect with family, provide additional understanding and skills for the family or support existing relationships. An important aspect of FST is that the person receiving the service identifies and approves of any family member and how that family member will be involved in the service delivery.

CORE Essential Competencies

Psychosocial Rehabilitation (PSR) is a recovery-oriented treatment approach that empowers and supports individuals to overcome barriers caused by their behavioral health diagnosis and promote independence and full community participation.

Person-Centered Planning is a collaborative process where individuals participate in the development of goals and services that are provided to them. It is based on the strengths of the individual and focuses on individual capacities, preferences, and goals. Individuals and families are core participants in the development of plans and goals for treatment.

Motivational Interviewing is a person-centered counseling style that addresses the common feeling of ambivalence about change. It is a collaborative conversation style that helps strengthen an individual's own motivation and commitment to change.

Shared Decision Making is a collaborative process that allows individuals and their care teams to make treatment decisions together. It takes into account the best scientific evidence as well as individual values and preferences.

Trauma Informed Approach: According to SAMHSA, trauma-informed care is a strengths-based service delivery approach that is grounded in an understanding of and responsiveness to the impact of trauma. It emphasizes the physical, psychological, and emotional safety for both providers and survivors and creates opportunities for survivors to rebuild a sense of control and empowerment. It also involves anticipating and avoiding institutionalized processes and individual practices that are likely to re-traumatize individuals who already have histories of trauma, and it upholds the importance of consumer participation in the development, delivery, and evaluation of services.

Wellness Self-Management (WSM) is a curriculum-based clinical practice designed to assist adults to effectively manage health problems. WSM is important because it provides consumers with knowledge and tools to better manage mental and physical health problems. This enables individuals to spend less time managing illness and more time pursuing goals and enjoying life. WSM is also designed to reinforce principles of recovery including shared decision-making, informed choice, involvement, and hope.

Additional Skill Sets Required of the Worker

- Outreach and engagement
- Collaborative and understanding of the concept of recovery
- Health Literacy
- Knowledge of Benefits/Entitlements
- Skill Building (some examples below)
 - Conflict resolution/problem solving
 - Setting Boundaries
- Wellness Recovery Action Planning (WRAP)
- Crisis/Safety planning
- Knowledge of/Linkage to Natural Supports in the community
- Knowledge of working with families

When and how to use the CORE Essential Competencies and Additional skills

Psychosocial Rehabilitation

- Working with the family to help them support the individual **build skills** in order to establish healthy and stable relationships within their family (e.g. communication skills, setting boundaries, conflict resolution).

Person-Centered Planning

- A **person-centered** approach to assessment helps to identify how a family can support an individual's most pressing needs, establish the individual's recovery goal(s), and plan family-based interventions.

Motivational Interviewing

- A Motivational Interviewing (MI) approach to **engagement** will be most helpful in overcoming family and individual's ambivalence and increase their sense of hope towards the process of recovery. Motivational interviewing can also help **engage** an individual's family members in the recovery process and help them improve their ability to support the individual.

Trauma-informed Approach

- By providing safety, choice, collaboration, and trustworthiness, along with using **shared-decision making**, the CORE provider can help the family to support the individual in ensuring that they have a sense of control over their treatment and avoid practices that are likely to re-traumatize the individual.

Wellness Self-Management

- Developing person-centered **Wellness Recovery Action Plans (WRAP)** may be helpful for individuals and their families to identify strategies for conflict resolution, problem solving skills that draws upon their strengths, and set boundaries to help in creating a safe and supportive home environment.