

California Alliance of Caregivers

www.cacaregivers.org

California Alliance of Caregivers represents the voice of relative and non-relative caregivers to promote the well-being of children in foster care.

Contact Us:

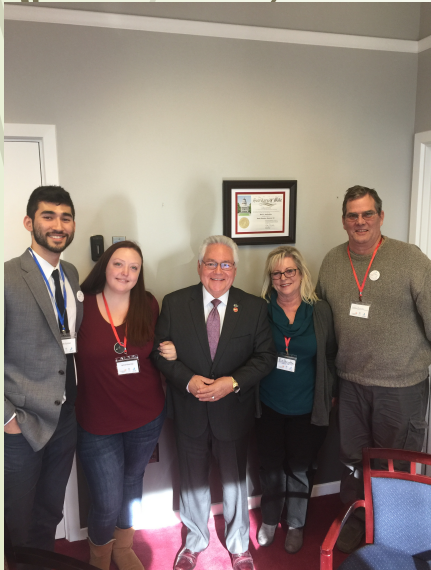
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How Does California Alliance of Caregivers Represent the Voice of Caregivers?

- Caregiver Day at the Capitol
- California Alliance of Caregivers Ambassadors
- Monthly Child Welfare Policy Roundtable
- Continuum of Care Reform Strategic Implementation Meetings
- California Department of Social Services (CDSS) & County Welfare Directors Association Meetings
- Parents & Caregivers for Wellness
- CDSS Workgroups – Education, Intensive Services Foster Care, Legislation Implementation
- 2019 Legislation & Budget Requests



Parents & Caregivers for Wellness



Who We Are

- Parents and caregivers play a critical role in supporting children's and youth's health and well-being. And yet, they often face immense challenges in navigating California's mental health system and accessing quality treatment and supports for kids in their care.
- To address these challenges, [United Parents](#) and its partners launched **Parents and Caregivers for Wellness**—a collaborative project to strengthen the voice of parents and caregivers and improve services and supports for families.
- Project partners consist of parent and caregiver-run organizations and legal advocates for youth from across California, including [California Alliance of Caregivers](#), [California Mental Health Advocates for Children and Youth](#) (CMHACY), [Capital Adoptive Families Alliance](#), [East Bay Children's Law Offices \(EBCLO\)](#), and [Mental Health America of Northern California \(NorCal MHA\)](#).

Parents & Caregivers for Wellness



What We Do

- Parents and Caregivers for Wellness provides a variety of activities to parents and caregivers, as well as to those who provide supports and services to them and their children. Activities include:
 - Community engagement and education campaigns
 - Training for parents and caregivers and those who support them
 - Local and statewide advocacy
- **About the Mental Health Services Act**
- Parents and Caregivers for Wellness is funded by the Mental Health Services Oversight and Accountability Commission (MHSOAC). Enacted in 2004, the Mental Health Services Act (MHSA) supports innovative mental health services, mental health treatment, prevention and early intervention, education and training to people of all ages affected by mental illness throughout California. Learn more at www.mhsoac.ca.gov/.

Building Your Family's Crisis Toolbox



**Every Child is One Supportive Relationship
Away From a Success Story**

What Tools are Necessary

- ▶ Clear Design Plan
- ▶ Intentional Caregiving Techniques & Tools to Minimize Crisis Moments
- ▶ Flexibility for Change Orders
- ▶ Clear Understanding & Expectations of Subcontractors



When Our
Little People
are overwhelmed
by *Big* emotions,
it's Our job
to share Our calm...
not to join in
Their chaos.

FB/MyDay,MyWay

The Initial Design: What Specifications Were Included

Design Modifications

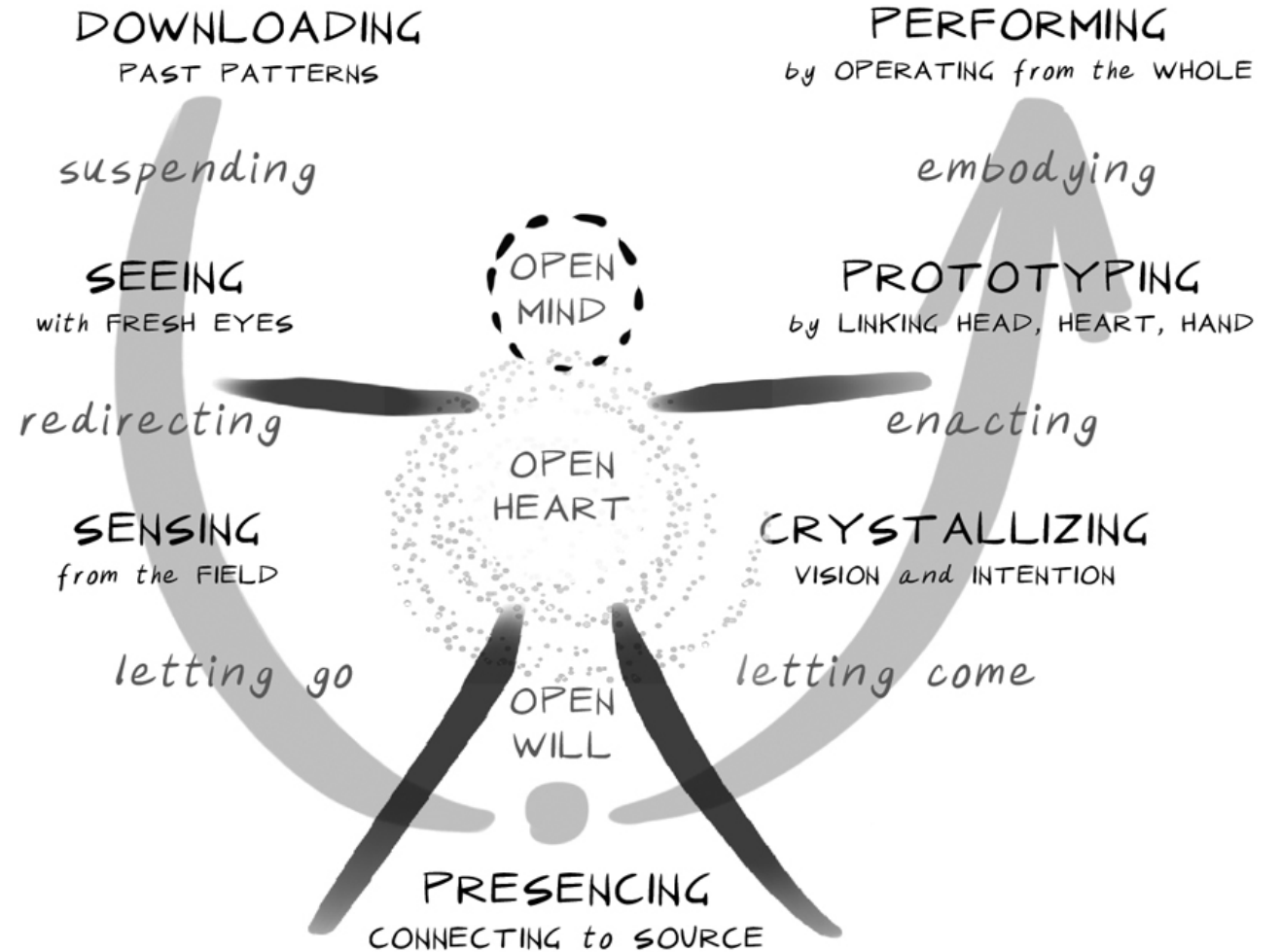
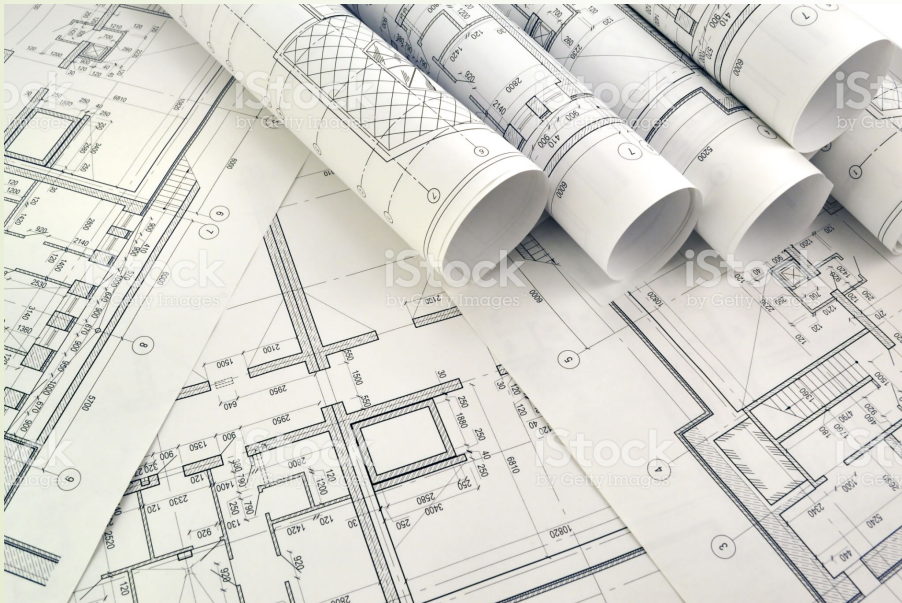
What changes need to be made to the Original Design Plan

Detail your family's specifications

Create a family agreement for design specifications

Clear Design Plan

Reviewing the Blueprints & Updating Your Design Plan: Using the U Theory



geo.coop
<http://www.ottoscharmer.com/theoryu>

What ages and characteristics of children are you able to have in your home with the most successful outcomes for your family and the child/children in your care?

[illegible]

Intentional Caregiving Techniques & Tools

- Techniques for Relationship Building
- De-escalation Techniques



Caregiver Tools:

Six Key Components to Relationship Building

- **Trust:** It is gained through genuineness, consistency, dependability, and transparency.
- **Safety:** When youth feel safe they are more willing to voice opinions or fears, set boundaries, and form attachments.
- **Respect:** Caregivers must attempt to view whole individuals, their perspectives, behaviors, expressed ideas, and experiences from a non-judgmental stance.
- **Boundaries:** Identifying and remaining respectful of a person's boundaries is essential to the youth's sense of safety.
- **Cultural Competency:** Caregivers need to be well-informed and aware of how the youth's cultural framework informs their physical and emotional needs .
- **Power:** Youth gain power when they are asked to become part of the decision-making process and are not simply passengers on the journey.



Escalated Moments: Thoughts to Consider When Choosing the Most Effective Parenting Techniques

- It Is Not Personal
- The youth is most likely experiencing triggers from events prior to you being involved in their lives
- Listen to what is being said without mentally preparing a response, be aware of body language, and give personal space
- Silence is ok and can be extremely powerful and effective if used at the right time
- It Is Not Permanent
- Escalated moments do not define the future for you or the youth
- During escalated moments, words are used as weapons meant to hurt and decisions are often punitive and ineffective
- Be aware of reactionary responses that will escalate the situation further
- It Is Not a Teachable Moment
- In an escalated moment, you are not in the right mind-space to teach, learn, or make reasonable decisions
- Emotional responses will often lead to negative communication and actions that cause additional trauma



Caregiver Tools:

De-escalation Key Points

- It's not personal
- It's not permanent
- Pre-plan to avoid being reactionary
- What is the child/youth trying to accomplish/communicate



Your Family's Tools & Techniques:

Relationship Building Tools

De-escalation Tools

What tools are Most Effective & Align with Your Parenting Style





















Utilizing Subcontractors in Crisis Moments

- Have a clear understanding of your expectations from the crisis-support calls you make
 - Calls to Police
 - Calls to Mental Health Support
 - Calls to Placing Agency, FFA, or County

Law Enforcement Calls: Understanding Police Intervention Limitations and the Effects of Additional Trauma with Police Involvement

- Be very aware of the consequences of making idle threats during moments of crisis. There are very few instances when police can remove a child from the home.
- Understand that crisis moments are best handled without police intervention.



When All Else Fails: Creating a Crisis Plan

Your Family's Crisis Plan

- Where will the other children go in a crisis moment to minimize their trauma?

- How will you keep yourself and the youth/child safe during crisis?

- What intentional techniques will you use to stay calm and avoid additional triggers?

- What important numbers should you have on hand?

- What does the recovery process and follow-up look like?

