



Youth Support Partner VS Mentor

Youth Support Partner

A YSP is a young adult that has had emotional, behavioral, mental health and/or substance use challenges and has lived experience of successfully navigating Virginia's child behavioral health system (to include courts, schools, social services, etc.) which allows them to relate to the youth. YSPs partner with other youth attempting to navigate the system by connecting with them on an emotional level. They do this through sharing lived experiences in a nonclinical, nonjudgmental, and empathetic way to establish a trusting relationship.

A Youth Support Partner...

- Uses lived experience to build trusting relationship.
- Gathers information from family and youth to ensure family and youth voice in HFW process.
- Meets with the youth to identify their prioritized needs.
- Ensures youth voice drives team meetings.
- Reminds team of youth's strengths and culture.
- Supports youth to engage in the team process and with individual services
- Assists youth with completing their action steps, and has their own action steps.
- Helps build and repair relationships; help the team understand the youth and the youth understand the team
- Identifies, develops, or reconnects youth with natural supports.
- Transfers skills...Do For, Do With, Cheer On...!!

Therapeutic Mentor

A Therapeutic Mentor offers structured, one-to-one, strength-based support services between a therapeutic mentor and child for the purpose of addressing social, communication and daily living needs. Therapeutic mentoring includes supporting, coaching and training the youth in age-appropriate behaviors including interpersonal communication, problem-solving, conflict resolution and relating appropriately to other youth and adults.

Therapeutic Mentoring services could include:

- Skill development
- Community connection
- Psychosocial Skills including, but not limited
 - Anger management
 - Conflict Resolution
 - Communication

*The youth support partner and therapeutic mentor can work together to support youth and families.



Family Support Partner VS Parent Coach

Family Support Partner

An FSP is the parent or caregiver of a youth with emotional, behavioral, mental health and/or substance use challenges and has lived experience of successfully navigating Virginia's child behavioral health system (to include courts, schools, social services, etc.). FSPs partner with other families attempting to navigate the system with their caregivers by connecting with them on an emotional level. They do this through sharing lived experiences in a nonclinical, nonjudgmental, and empathetic way to establish a trusting relationship.

A Family Support Partner...

- Uses lived experience to build trusting relationship.
- Gathers information from family and youth to ensure family and youth voice in HFW process.
- Meets with the family to identify their prioritized needs.
- Ensures family voice drives team meetings.
- Reminds team of family strengths and culture.
- Supports caregivers to engage in the team process and with individual services
- Assists family with completing their action steps, and has their own action steps.
- Helps build and repair relationships; help the team understand the family and does the family understand the team?
- Identifies, develops, or reconnects youth with natural supports.
- Transfers skills...Do For, Do With, Cheer On...!!

Parent Coach

Parent coaching is when one or both parents (or any primary caregiver) meet with a professional coach to foster goal achievement related to parenting. In this non-judgmental setting, the coach can use psychoeducation and evidence-based strategy to navigate familial issues related to children. They are not required to share their lived experience

Parent Coaching services could include:

- Parenting assessments
- Training, modeling, and coaching on specific parenting skills
- Structured family sessions

*The Family Support Partner and Parent Coach can work together to support youth and families.



ICC Facilitator VS Case Manager VS Clinician

ICC Facilitator

An Intensive Care Coordination Facilitator leads the HFW process by guiding the team through each step.

An ICC Facilitator...

- Orients youth, family and all team members to HFW.
- Collects information from youth, family and team members on strengths, needs and culture.
- Preps all team members prior to each team meeting.
- Facilitates the monthly HFW Family Team meetings.
- Follows up with all team members on their action steps.
- Monitors fidelity to the HFW framework.
- Ensures all team members are kept informed and engaged. Ongoing communication with youth, family and team members
- Ensures the youth, family, and team are progressing towards family vision and team mission and guides transition planning.

Case Manager

A Lead Case Manager is responsible for the day to day operations of case management. They link youth and families to services within the larger child serving system.

A Case Manager...

- Knows historical information and assessment data. Often has long-standing relationship with youth and family.
- Expert on system (permanency, safety, court, school, etc.) needs and concerns; essential for an integrated plan.
- Participates in monthly HFW team meetings; is the link to the bigger system.
- Attends HFW team meetings; has action steps on the plan. Assures planning aligns with system mandates.
- Ongoing case management duties. Keeps team up to date on system/agency progress and concerns.
- Contributes agency expectations related to transition.

Clinician

A clinician/ therapist is a professional trained to assess, diagnose, and treat clients dealing with mental, emotional, and behavioral struggles.

Clinicians provide a variety of services, including:

- Crisis support; this may include being the first call during a mental health crisis, safety assessment, and planning.
- Drug rehabilitation; this may include individual and group counseling, behavioral therapy, medication-assisted treatment, and support groups.
- Family therapy; this can help guide the entire family by assessing the family as a system and working to change the system to bring about changes in the other parts.
- Individual psychotherapy; also known as talk therapy, this can help people process their feelings and learn new coping skills.

**ICC Facilitators, Case Managers, and Clinicians can work together to support youth and families.*