Person and Family-Centered Practices in Mental Health and Co-Occurring Disorders

Co Creation Group Summary

Date: December 7th, 2017, Session A

Location: New Brighton, Minnesota (New Brighton Community Center)

Number of Community Participants: 10 participants

Summary of Roles and Identities:

Half of the participants identified as a mental health professionals and all identified as family members. Seven identified as services users of adult mental health services and five as services users of children's mental health services. The majority identified as primarily European-American heritage although two affiliated with Latinx heritage and two identified as blended family heritage. Two affiliated with English as a second language and one as a refugee or. One participant affiliated with the LGBTQA community and one as another identity group that was unspecified. Participants used or delivered all of the identified professional and community roles.

Major themes of each area:

Project Vision Statement:

The project vision statement at this session was: (12.7.17)
Person and family-centered practices honor and support people's abilities, strengths, and personal power. Each individual, family, and community has the ability to co-create a path to health, wellness, recovery, and resilience. These practices are rooted in cultural humility. Helpers use these practices to support the whole person in the context of their preferred life choices, their family/family of choice, and other natural supporters.

Below are some themes of conversations/response:
Participants noticed:
- Cultural humility
- Path to health and wellness
- Family-centered and family of choice
- Co-creation
- Honoring and supporting abilities and strengths
- Emphasis on abilities

Participants were excited about:
- People coming together to support each other for a positive outcome
- Preferred life choices
- Honoring and supporting people's abilities

- Supporting the whole person
- People and families as part of the solution
- Emphasizing personal power and cultural humility

Participants wanted more clarity on:
- Rooted in cultural humility?
- Why is this so difficult for some?
- Challenge to identify personal power and natural supporters
- Keeping health and safety in mind while empowering the person
- How to allow people trust us when they fear abandonment

Participants wanted us to consider:
- What about other organizations that are there to help and may not share this vision?
- People in positions of power need to hear other views that don't fit their agenda
- Preferred life choices with a criminal history
- People's abilities
- What about when family doesn't agree
- What about confidentiality
- Use motivational interviewing
- Supporting professionals exhausted by demands who find this idealistic

Cultural Humility:

The project working draft definition of cultural humility at this session was: (draft 12.7.17)

- *Awareness that culture/worldview affects all things.*
- *Awareness that the US/MN systems are shaped by the Western European American worldview; including a medical model (people are broken and need to be fixed); and a charity perspective (we help people less fortunate/less capable than us).*
- *Includes a commitment to lifelong learning and critical self-reflection.*
- *Includes a commitment to recognize and fix power imbalances in our work, systems, and communities and developing institutional accountability.*

Participants noticed:
- Commitment to lifelong learning
- Fixing power imbalances in our work
- Cultural humility as an active process
- The influence of the medical model in mental health
- Relationship is key

Participants were excited about:
- Increased awareness
- Commitment to recognizing and lifelong learning
- Recognizing that a part of culture is having a different way of doing things
- Collective responsibility for shifting power imbalances
- Awareness that culture influences all things
- Developing institutional accountability

Participants wanted more clarity on:
- How do people develop institutional accountability?
- Is this the cultural humility definition?
- "Critical self-reflection"

Participants wanted us to consider:
- There needs to be more context to the definition
- "Broken" implies that people are things
- How to incorporate ideas about power & privilege
- Helping people see how their culture influences how they see others
- In mental health, people have different perspectives about mental illness vs. health/wellbeing
- Emotional intelligence is important to our learning

Training Ranking: (top 5 with an *)

Training Area 1: *Setting a Common Vision in Minnesota* a total of 12 votes distributed this way:
2- 1A Why is It Important to Understand & Apply Person & Family-Centered Practices?
*5- 1B What Does It Mean to Be Person & Family-Centered? (Defining)
3- 1C Defining & Describing the Difference Between These Practices & What We are Doing Now
2- 1D What Will Have to Happen to Achieve this Vision?

Training Area 2: *Meeting the Needs of Minnesota's Diverse Communities* a total of 11 votes distributed this way:
1 - 2A Who Makes Up Minnesota?
*6- 2B Definitions & Approaches of Cultural Humility
2- 2C Values, Beliefs, Needs & Strengths in Key Communities as Related to MH & COD
2- 2D How to Identify & Enhance Resources

Training Area 3: *Enhancing Professional & Organizational Practices* a total of 27 votes distributed this way:
*5-3A Valuing & Supporting Professionals
3- 3B Working with the Resources Available Today

*7- 3C Approaching Rights and Choices
*6- 3D Supporting Relationships & Social Roles
*6- 3E Being Active in System Change

Quotes:

"How to support professionals who want to make their support more person-centered but perceive the "systems barriers" (i.e. large caseloads, time constraints, billing needs, etc.) to be overwhelming and out of sync with what they learn in person-centered training. A concern is that professionals become jaded, discouraged, and don't feel empowered or able to help shift the system and ultimately begin to reject ideas of person-centered support as idealistic."

"Viewing people as broken ruins the relationship."

"It's not about 'what am I going to teach them?' but "what am I going to learn?'"

"There is more than one way to do things. We shouldn't be limited to the dominant way."