



<http://www.ayfn.org>
1-888-770-4979

The Alaska Chapter of the National Federation of Families for Children's Mental Health

Peer Navigators teach, support and empower

- Parents (or permanent caregivers) to understand wellness and recovery management and the system of services in order to be equal partners with professionals in providing for their child's effective neurobehavioral health related services in the least restrictive setting.
- Youth to understand wellness and recovery management and the system of services in order to be equal partners with their family and professionals in putting in place the least restrictive effective neurobehavioral health related services that will lead to their being able to manage their own treatment and recovery.
- Professionals in developing and sustaining an effective consumer-driven system of care for Alaska's children and families.

Alaska Youth and Family Network provides:

- 24 hour access to a Peer Navigator for support
- Education, modeling, preparation and debriefing of advocacy role of parent/youth in meetings related to the needs of the family members
- Weekly support groups for parents or adult family members
- Weekly socialization groups for children while parents are in support group
- Weekly support groups for teens and young adults
- Parenting classes and coaching specialized for parents who have children with behavioral health issues with concurrent children/youth wellness class
- Wellness, recovery management and transitional skills classes for youth
- Leadership training and support for family members in policymaking roles

Alaska Youth and Family Network – BTKH report February 2009

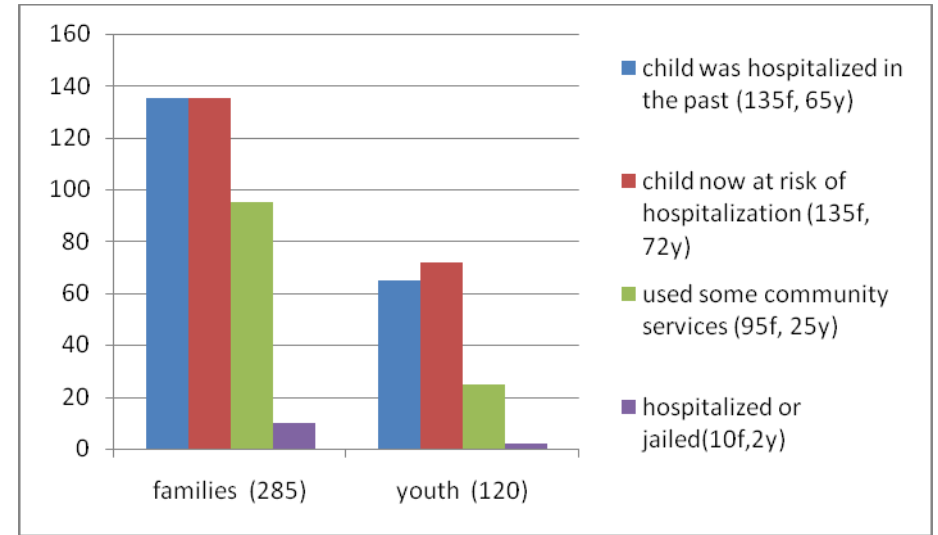
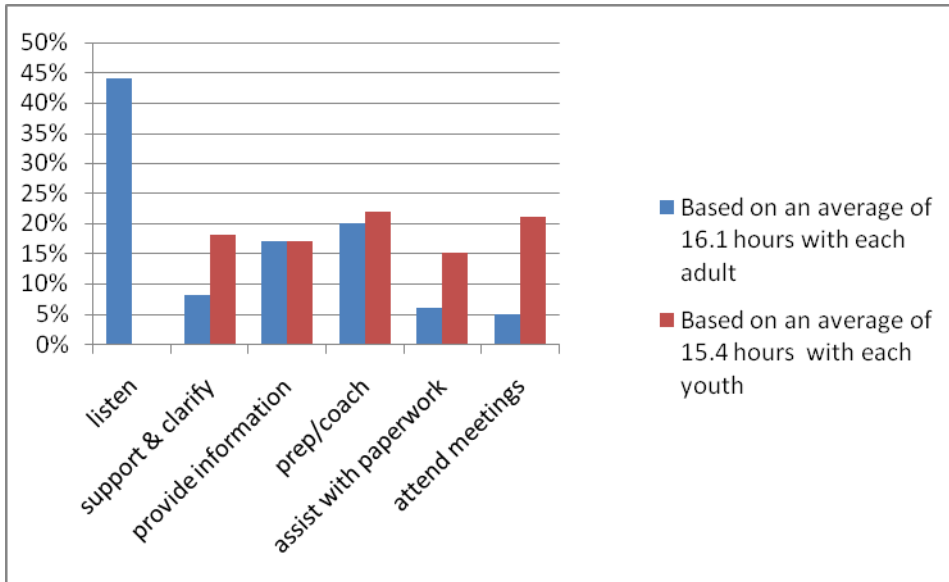
Parents and professionals use <http://www.ayfn.org> to find information on children's mental health: what to put in a letter to the school when your child needs testing for an IEP, what does a particular diagnosis mean, what services are available etc. There is increasing use of the website:

Website reports	December 2006	December 2008
Average daily hits	1,955	3,115
Total # hits	60,662	96,545
# of distinct users	817	2,125

Alaska Youth and Family Network teaches Parenting with Love and Logic tailored for parents with children and youth with behavioral health problems. Parents take the classes because their child or youth is having 4-5 crises a day. After the class, parents report not having had to use emergency services for their child or youth and being less stressed after completing the class. Of the 124 parents completed the 7 week class in Anchorage (29 in 2007 and 77 in 2008), they say:

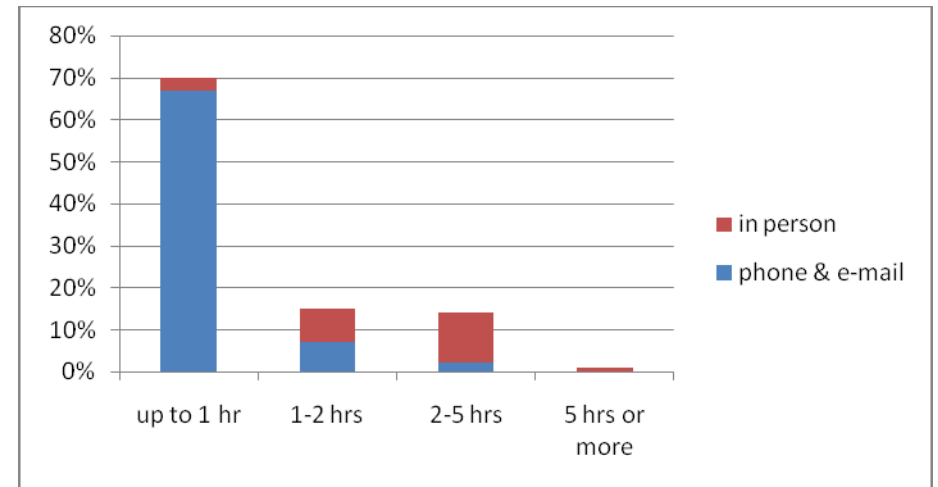
Time since completing class	3 month	6 mo	6 + mo
Number of parents reporting	25	52	64
Usefulness of the content class	5	5	5
# of parents who retake the series	12 %	12%	12%
Average # of crises per day with children in past 3 month	3.5	<1	<1
My child makes good decisions & behaves responsibly	15% ↑	31.8% ↑	14.8% ↑
I find myself having fun as a parent	20% ↑	20.8% ↑	6.1% ↑
I find myself less stressed out when dealing with my child	2% ↑	22.2% ↑	1.7% ↑

During 2008, we assisted 285 family members and 120 youth during the entire year. Services requested by family members:



Did Alaska Youth and Family Network Peer Navigation make any difference?

How did we assist at each contact:



Of the 285 families AYFN served in 2008, 135 families had children that had been hospitalized in the past, and were now at risk of being hospitalized again.

- o 95 used some type of community services
- o 2 used acute care and returned to the community
- o 10 went back to residential

Of 95 youth served, 72 youth who were served through the youth curriculum and support groups

- o 72 had been hospitalized in the past.
- o of the 72, 25 used community services and stayed in the community
- o of the 72, 0 used acute care
- o Of those 72 only one returned to hospitalization long term and one went to jail.

Group Support	81	64	0	1	3	12
# of group sessions	41	26	0	1	4	10
Total contacts made with adults	1089	663	68	141	117	100
Total time in hrs spent with individual adults	882.25	692.25	23.25	80.5	52.5	81

The number of individuals served this quarter:

Quarter 2 (Sept 1- Dec 08)	Adults served	Anch	Fbx	North-west Arctic	Mat-Su	Juneau
Total Adults served	282	153	26	36	24	43
Information and referral	74	41	12	1	4	7
Individual Peer Navigation	224	129	14	35	20	26

Quarter 2 (Sept – Dec 08)	Youth served	Anch	Fbx	Northwest Arctic	Mat-Su
Total youth served	113	51	20	18	24
Individual Peer Navigation	92	39	20	18	15
Group Support	21	12	0	0	9
# of group	24	13			11

sessions					
Total number of contacts with individual youth	426	110	119	115	82
Total time in hrs spent w/youth	337.50	147.25	21.75	87.75	80.75