STORYTELLING FOR CHANGE - PARENT PANEL

Wisconsin Office of Children's Mental Health

Office of Children's Mental Health

- Collaborative across systems
- Data driven
- Family and youth guided
- Promote inclusivity and equity among all stakeholders

Wisconsin Office of Children's Mental Health

Session Objectives

- Establish shared language for how to understand the children's mental health system.
- Understand what storytelling can look like through panel examples.
- Consider how to share your personal stories.
- Explore how to take action following today's session.

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Introductions

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Your Story is Just That… Yours

- Your decision to share depends on the setting
- Your decision can be yes, no, or to decide later
- Know your reason for disclosing
- Prepare yourself for expected and unexpected reactions

Source: Up to Me Teen Workbook

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Children's
Mental Health

Children's Mental Health System

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Six Conditions of Systems Change

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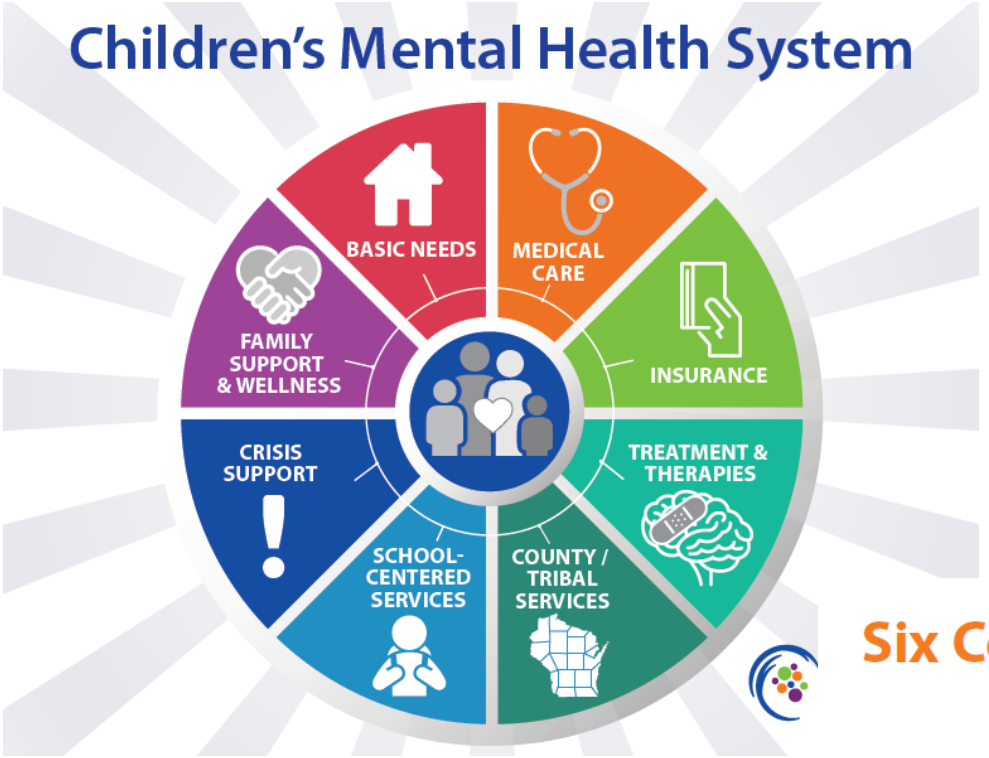
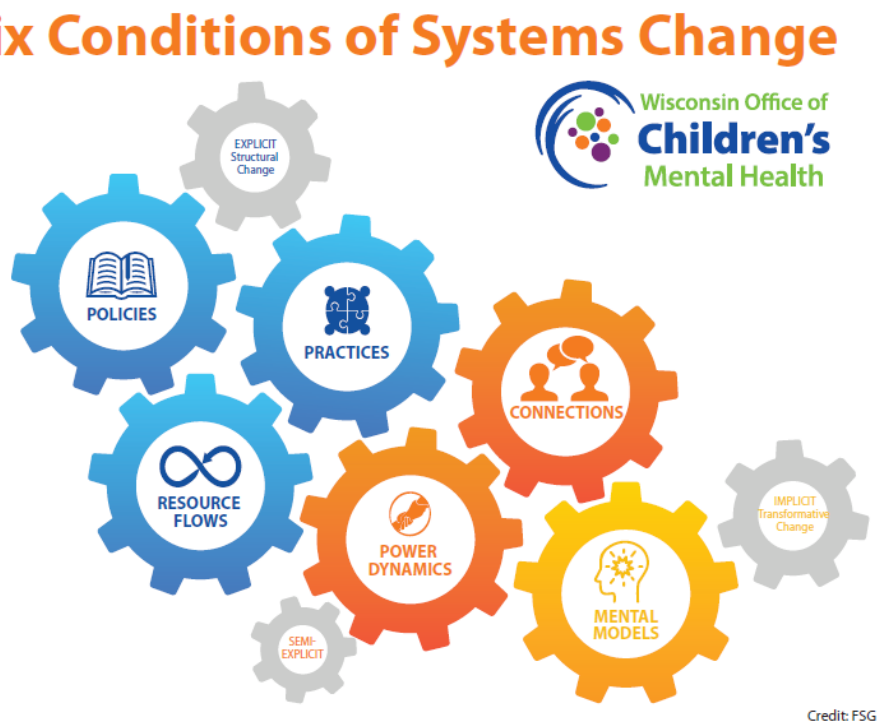
Credit: FSG



What system issues do you see in children's mental health?



> My 9 year old was making multiple attempts to kill herself per day. My only option for providing a more intensive supportive environment for her was 4 hours away. This is unacceptable.

JANELLE MONEYPENNY,
Parent Lived Experience Partner, Eau Claire County

Full Report and Indicators Available at: www.children.wi.gov

How to Speak Up

- Describe who you are and where you're from
- Include only information that relates to the situation or your goal
- Captures a central idea with real-life details
- It's short and to the point
- WAIT – Why Am I Talking?

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Adapted from Family Voices Telling Your Story

How to Pursue Change

- Contacting decision-makers
- Public hearing on bills
- Attend committees and councils
- Write about lived experience
- Share stories with community members

Share our stories, share the data

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https://legis.wisconsin.gov/

https://legis.wisconsin.gov/lc/media/1388/citizen_contact_legislator.pdf

A Citizen's Guide to Participation in the Wisconsin State Legislature

Prepared by the Wisconsin Legislative Council Staff, 2019

How to Contact Your Legislator

https://notify.legis.wisconsin.gov/

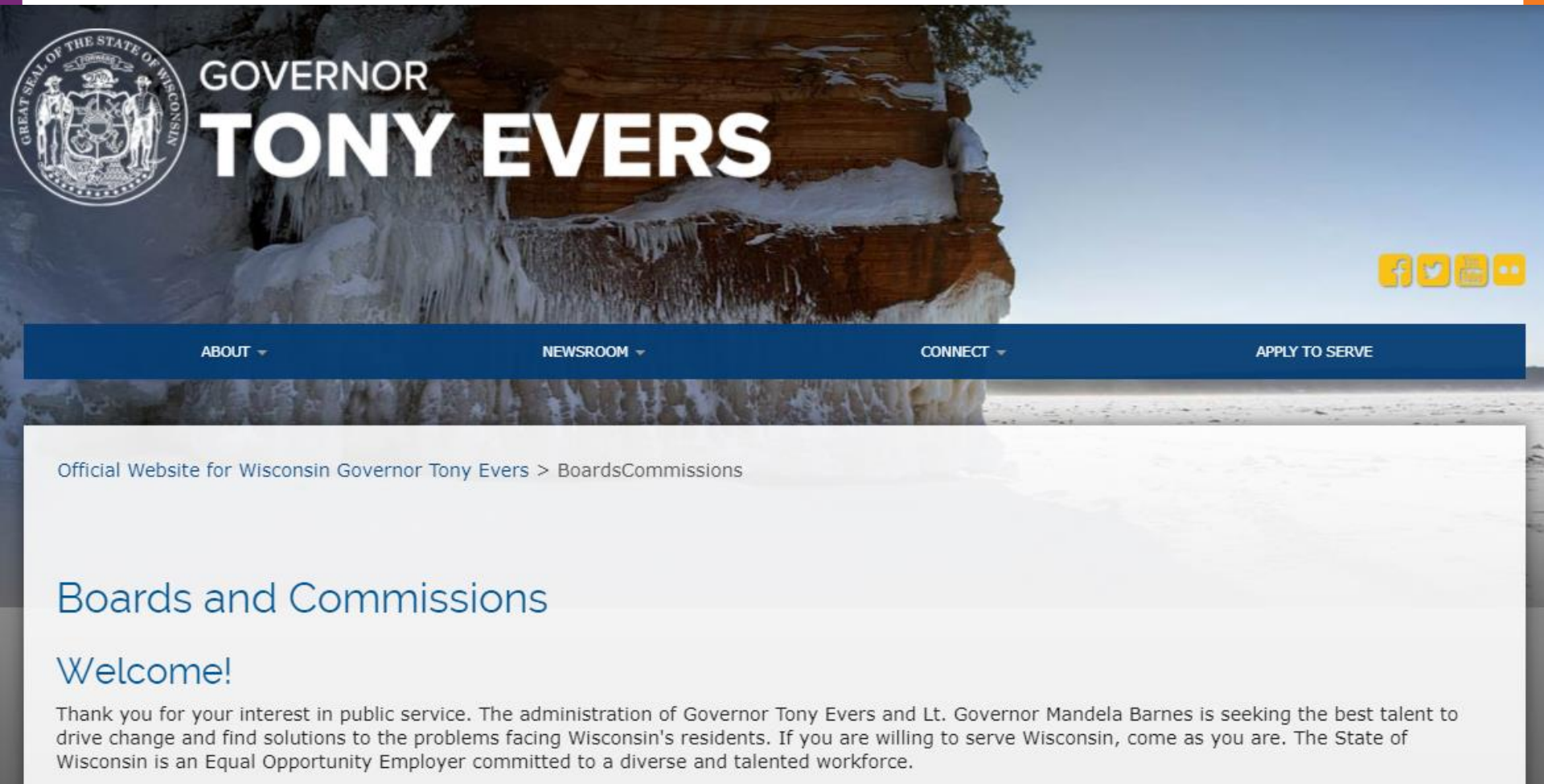
https://legis.wisconsin.gov/lc/media/1389/citizen_testify_final.pdf

A Citizen's Guide to Participation in the Wisconsin State Legislature

Prepared by the Wisconsin Legislative Council Staff, 2019

How to Testify at a Public Hearing

https://evers.wi.gov/Pages/BoardsCommissions.aspx



https://familyvoiceswi.org/wp-content/uploads/2021/03/State-Level-Committees-and-Councils-3.29.2021-compress.pdf

Family Voices of Wisconsin

State-Level Committees and Councils
focus on children, families, disabilities, and/or long-term support & have families as members

1. Committees and Councils Established under Statutory (Federal and/or State) Authority

Name of Entity	Mission	Target Group	How to Apply
Council on Birth Defects Prevention and Surveillance	The Council is charged with making recommendations to DHS regarding the Wisconsin Birth Defects Registry (WBDR)	Children and families including pregnant woman	Contact the Council cbdps.wisconsin.gov/
Children's Community Options Program county level advisory committees	Advise the county Children's Community Options Programs. More details are available at the county level	Children that meet CCOP eligibility and families	Contact individual county health departments dhs.wisconsin.gov/clts/contact.htm
Children Come First Advisory Council DHS, Division of Mental Health and Substance Abuse Services, 608.266.0907	Support the development of a comprehensive system of coordinated care for children with severe disabilities and their families	Children with disabilities and their families	**See website for how apply** dhs.wisconsin.gov/ccfac/index.htm
Independent Living Council of WI ilcwis.org 608.256.9257 or 866.656.4010	The Council collaborates with State vocational rehabilitation (VR) agencies to develop, monitor and review the state independent living plan	Children and adults with disabilities and the elderly	Go to ilcwis.org/join-the-council/ Council Contact: **Michelle Harper**, ILCW Program Coordinator, 608.206.1581 or mharper@ilcwis.org
IRIS Advisory Committee dhs.wisconsin.gov/iris/iac.htm	The IRIS Advisory Committee will strive to find solutions toward making progress, and develop improvements for IRIS as a self-directed long-term support options in WI	All consumers enrolled in the IRIS program	Contact the Division of Long-Term Care, Office of IRIS Management at 608.261.6749 DHSIRIS@wisconsin.gov

Developed by the UW Madison Waisman Center/ UCEDD and edited by Family Voices of Wisconsin – Updated March 2021

Additional Trainings and Resources

- **Up To Me Training** – Wisconsin Initiative for Stigma Elimination
- **How To Tell Your Story** – Family Voices
- **Serving on Groups** – Wisconsin FACETS
- **Giving Feedback as the Voice of Lived Experience** - OCMH

Wisconsin Office of Children's Mental Health

Resources for Advocacy – Fact Sheets

- Supporting Parents Under Stress
- Preventing Suicide Among Black Youth
- Rebuilding Peer Connections
- Improving Quality of Life for LGBT Youth
- Strengthening Social Connections and Relationships
- Responding to COVID Changes at School
- Eliminating Childhood Poverty
- Addressing Shortages in the Mental Health Workforce

SUPPORTING CHILD WELL-BEING THROUGH BUILDING SOCIAL & EMOTIONAL SKILLS

JUNE 2020

WHY THIS MATTERS

Building social and emotional skills are critically important for life-long mental wellness, achieving academic and career success, and enhancing social connections. Children require supportive adults to teach and model these skills at home, in childcare settings, and at school. Wisconsin utilizes a nationally recognized model to assess competency in five core areas.[1]

Self-Awareness
Responsible Decision-Making
SOCIAL EMOTIONAL LEARNING
Relationship Skills
Self-Management
Social Awareness

For a detailed description of these competency categories, please visit www.casel.org.

WHAT THE RESEARCH SAYS

Extensive research conducted on child development shows that when kids master the 'soft skills' developed by social-emotional learning, it is associated with greater well-being and academic performance.[2]

Students who participate in evidence-based social-emotional programs showed an **11% point gain** in academic achievement.[3]

Social-emotional programming decreases the likelihood of living in public housing, receiving public assistance, having contact with the police or spending time in a juvenile detention facility.[4]

For every dollar invested in social-emotional learning programming, there is an **$11 return on investment** in long-term benefits to the student and to the community.[5]

SOCIAL-EMOTIONAL SKILL BUILDING IS VITAL FOR CAREER READINESS

92% of LinkedIn hiring managers say **soft skills are more important than technical skills.**[6]

WHAT'S HAPPENING IN WISCONSIN?*

Wisconsin has social and emotional learning standards and competencies designed to guide curriculum decisions and ensure developmentally appropriate instruction in building social and emotional skills.

Some examples of the various curriculums that Wisconsin schools use:

- Second Step
- Conscious Discipline
- Sources of Strength
- Zones of Regulation
- Too Good for Violence

Many early childhood programs in Wisconsin use an evidence-based framework called The Pyramid Model which enhances the capacity of teachers, programs, and communities to responsively and intentionally address the needs of infants, young children and adults who care for them.

Wisconsin Pyramid Model

A recent research study conducted in Wisconsin classrooms on the effectiveness of the Pyramid Model framework found significant evidence in decreasing challenging behaviors and increasing social skills in young children.

*DCMH would like to acknowledge the Wisconsin Alliance for Infant Mental Health and the Department of Public Instruction for their contributions to this section.

children.wi.gov

Leadership Opportunity – Lived Experience Partners

- Training on telling your story, serving on groups, and systems thinking
- Regular connection and mentorship from peers with lived experience in Wisconsin
- Opportunities to connect with professional stakeholders
- Break down stigma and empower others while using your voice