



The Illinois

**Family Resource Center**

Sometimes change happens an hour at a time

**ILLINOIS FAMILY RESOURCE CENTER  
C. E. A. D. COUNCIL**

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Funded by :

- Adolescent/Youth Services,
- Illinois Department of Human Services,
- Division of Alcoholism and Substance Abuse

# Goals:

- Ensure that there is family involvement and input in all aspects of adolescent and young adult care within the Illinois substance abuse treatment system.
- Support the enhancement and dissemination of evidence-based substance abuse treatment and recovery support services that are made available within Illinois.

- Implement procedures at the local level that address family involvement in the clinical practice.
- Distribute “lessons learned” across Illinois to increase focused, goal-driven and productive family involvement at the policy level.
- Provide statewide coverage to assure that each of the five regions is represented by two Family Recovery Advocates, one parent/caregiver and one young person working with the Family Center’s Coordinator to offer feedback to the Project Steering Committee.
- Develop a website with current information and support for families.

# ■ IFRC: Year Two



# Emerging adults: Transitional Aged Youth

- For young adults in the U.S., the transition into adulthood begins in the late teens and continues through the mid-20s. The transition can be a stressful process because young people become more self-sufficient and make decisions that shape their futures.

■ *From Youth to Adulthood: Offering Help*. Substance Abuse and Mental Health Services Administration. (2014). Retrieved from [http://www.samhsa.gov/samhsaNewsLetter/Volume\\_22\\_Number\\_3/successful\\_on\\_September\\_22](http://www.samhsa.gov/samhsaNewsLetter/Volume_22_Number_3/successful_on_September_22), 2016.

For example:

- Finding their own place to live;
- Making educational plans;
- Beginning a career path;
- Serious relationships are all part of the process.



These transition tasks are made more difficult if they have a substance use disorder and/or a mental health disorder. (2)

- *From Youth to Adulthood: Offering Help*. Substance Abuse and Mental Health Services Administration. (2014). Retrieved from [http://www.samhsa.gov/samhsaNewsletter/Volume\\_22\\_Number\\_3/successful\\_on\\_September\\_22](http://www.samhsa.gov/samhsaNewsletter/Volume_22_Number_3/successful_on_September_22), 2016.

# Emerging Adults: Issues of transition



- Identity
- Community involvement
- Permanence
- Housing
- Life Skills
- Adult relationships
- Education
- Employment/Career Choice
- Finances
- Health
- Transportation
- Treatment services
- Legal





## Transition overview:

- About 53,000 - 103,000 of homeless population are between ages of 18 and 24. (1)
- Over 25% of high school dropouts are on welfare. Only 10% of young people with high school degrees are on welfare. (1)
- Estimated 29,500 young people were emancipated from foster care in FY 2008. (1)
- 16% of all high school dropouts' ages 18-24 are incarcerated or on parole. (1)

■ (1) *Mental Health Challenges Found among Older Teens and Young Adults*. Substance Abuse and Mental Health Services Administration. (2014).

Retrieved from <http://archive.samhsa.gov/data/2k14/CBHSQ173/sr173-mh-challenges-young-adults-2014.htm> on September 22, 2016.

## Overview cont.:



- During 2013, 3.1 percent of older adolescents had co-occurring major depressive episode (MDE) and substance use disorder (SUD); 6.4 percent of young adults had co-occurring any mental illness (AMI) and SUD; 1.6 percent of young adults had co-occurring serious mental health (SMI) and SUD. (2)
- When compared with adults aged 26 or older, the rate of SUD among ages 18 to 25 is more than twice as high and young adults have higher rates of co-occurring mental illness and SUD than adults over age 26. (2)
- (2) *From Youth to Adulthood: Offering Help*. Substance Abuse and Mental Health Services Administration. (2014). Retrieved from [http://www.samhsa.gov/samhsaNewsLetter/Volume\\_22\\_Number\\_3/successful\\_on\\_September\\_22](http://www.samhsa.gov/samhsaNewsLetter/Volume_22_Number_3/successful_on_September_22), 2016.

## Overview cont.:

- Often, young adults are not aware of the changes in services available to them after age 18. Typically, youth age out for eligibility for children's mental health services, case management, group home settings, educational support, vocational training, counseling, assistance for independent living and social skills training. (3)

- (3) *Hitting the Open Road After High School How to Choose Your Own Adventure to Success!* National Collaboration on Workforce and Disability for Youth. (2015) retrieved from <http://www.ncwd-youth.info/hitting-the-open-road> on August 22, 2016.

## Overview cont.:

- Upon reaching age 18, young adults are responsible for their own health care decisions. Often youth turning 18 will have to change health care provider from a pediatrician to an adult doctor. (5) They will need to understand health insurance options and make decisions in regard to their health insurance. (16)
- In October 2014, 46% of all 16-24 year olds were employed in any work whether full-time or part-time. (6)

(5) *Overs 2015 Transition Data Fact Sheet*. (2015) retrieved from <https://www2.ed.gov/about/offices/list/overs/products/transition/overs-transition-activities-2015.pdf> on September 19, 2016.

(6) *Youth Employment, Indicators on Children and Youth*. Child Trends Data Bank. (2015). Retrieved from <http://www.childtrends.org/?indicators=youth-employment> on September 20, 2016.

(16) *Transition Quickguide: Take Charge of Planning and Managing Your Own Health and Career goals*. Youth Transitions Collaborative. (2015). Retrieved from: [http://www.thenytc.org/Take\\_Charge\\_on\\_October\\_25](http://www.thenytc.org/Take_Charge_on_October_25), 2016.

## Overview cont.:



- There are over 400,000 children and youth in the nation's foster care system. Every year more than 23,000 "age out" of the foster care system. Federal law requires child welfare agencies to begin working with young adults at age 14 to develop a transition plan. (14)
- Several homeless youth stated using substances with peers helped them manage emotions and cope with traumatic situations. Others stated that being around certain people in the social circle of drug use may offer them protection or teach them survival techniques for the streets. (15)

(14) *Foster Care Transition Toolkit*. U.S. Department of Education. (2016). Retrieved from <http://www2.ed.gov/about/inits/ed/foster-care/youth-transition-toolkit.pdf> on September 23, 2016.

(15) *Peer Groups Affect Substance Use in Homeless Youth*. National Clearinghouse on Families & Youth. (2016). Retrieved from: <http://ncfy.acf.hhs.gov/news/2016/10/peer-groups-affect-substance-use-homeless-youth> on October 18, 2016.

# Integrated Treatment Benefits:

## Benefits for the family:

- Treatment outcomes: Family involvement in substance abuse treatment is positively associated with increased engagement rates for entry into treatment, decreased dropout rates during treatment, and better long-term outcomes (Edwards and Steinglass 1995; Stanton and Shadish 1997).

- Center for Substance Abuse Treatment .*Substance Abuse Treatment and Family Therapy*. Treatment Improvement Protocol (TIP) Series, No. 39. HHS Publication No. (SMA) 15-4219. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2004. Revised 2015.

- Client recovery: When family members understand how they have participated in the client's substance abuse and are willing to actively support the client's recovery, the likelihood of successful, long-term recovery improves.

- Center for Substance Abuse Treatment .*Substance Abuse Treatment and Family Therapy*. Treatment Improvement Protocol (TIP) Series, No. 39. HHS Publication No. (SMA) 15-4219. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2004. Revised 2015.

# What Is a Family?

- No single definition of “family.”
- Different cultures and belief systems influence the definition.
- The definition is not static.
- Broad categories:
  - *Traditional families; Single parents; Adoptive families; Grandparents raising grandchildren.*
  - *Extended families; elected families.*

- Center for Substance Abuse Treatment .*Substance Abuse Treatment and Family Therapy*. Treatment Improvement Protocol (TIP) Series, No. 39. HHS Publication No. (SMA) 15-4219. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2004. Revised 2015.



# Family System Roles

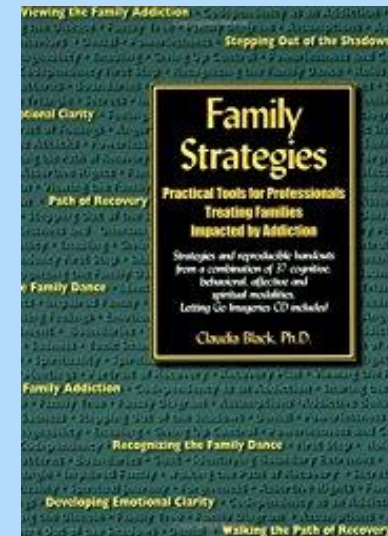
- In an addictive or stressed family system addiction becomes the focus or concern that organizes the family. The addict becomes the main figure. All the family members organize their behaviors and reactions in relation to the affected person.
- To the best of their ability, family members try to create some structure and safety into what is a hectic and sometimes scary environment.
- As a result family members often develop a variety of survival roles that become their way of addressing their surroundings.

■ Source: Black, Claudia Ph.D., (2006). *Family Strategies*, Bainbridge Island, WA. Mac Publishing

# “Who is the client?”

- Claudia Black, Ph.D. states that it is easy for the therapist, addicted person and family to view the addicted person as the **identified client**. Family services allows a shift in view to identify the family members as clients. The system allows everyone in the family the opportunity to develop and grow in recovery.

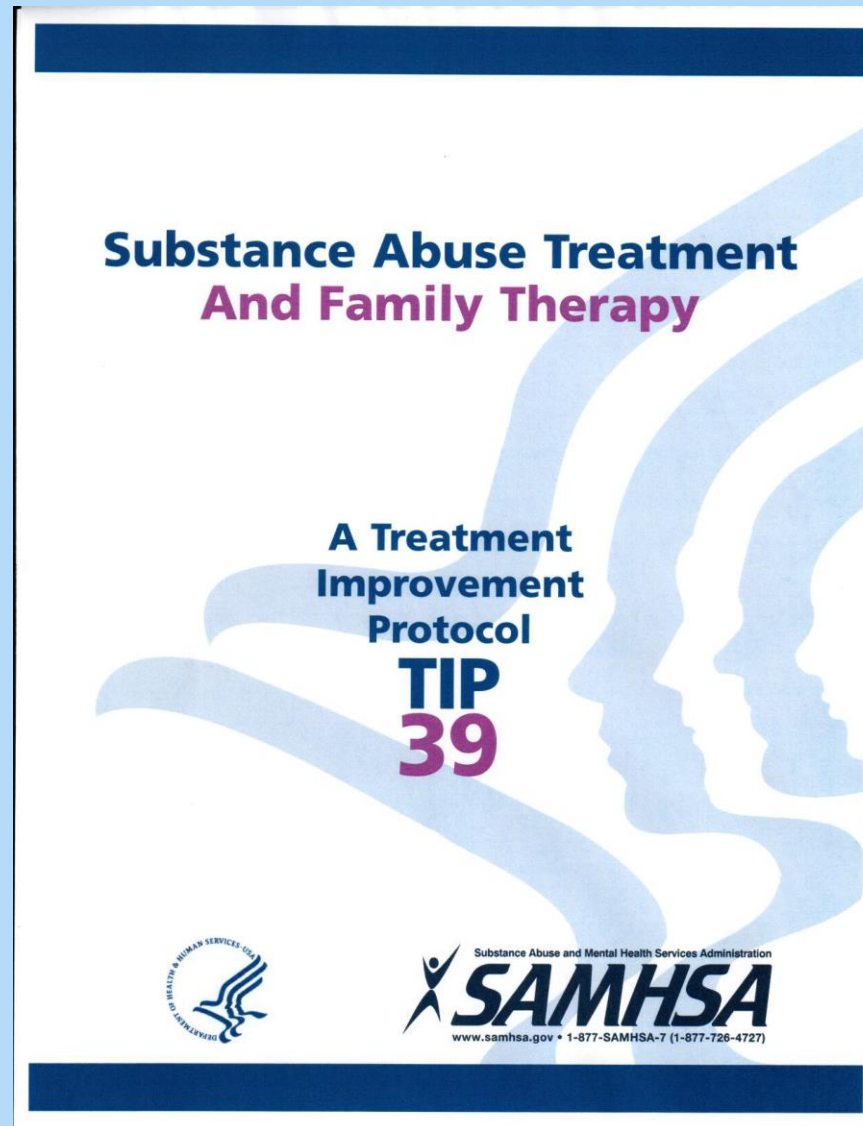
- Source: Black, Claudia Ph.D., (2006). *Family Strategies*, Bainbridge Island, WA. Mac Publishing



# So important!!!

“The progress an individual makes in treatment can be hindered or undermined or even reversed if family dynamics don’t change too.”

# SAMHSA: TIP 39



- **Family recovery:** When families are involved in treatment, the focus can be on the larger family issues, not just the substance abuse. Both the individual with the substance use disorder and the family members get the help they need to achieve and maintain abstinence (Collins 1990).
- **Intergenerational impact:** Integrated models can help reduce the impact and recurrence of substance use disorders in different generations.
- Center for Substance Abuse Treatment .*Substance Abuse Treatment and Family Therapy*. Treatment Improvement Protocol (TIP) Series, No. 39. HHS Publication No. (SMA) 15-4219. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2004. Revised 2015.

# Facets of Program Integration: Counselor Skill Sets

- Staff awareness and education (staff has the training to understand addiction)
- Family education (educational opportunities and information is shared with the general public and potential clients)
- Family collaboration (family actively involved as a resource for the family healing)
- Family therapy integration (system wide, family-friendly approaches are operational and appropriate referrals are made)

- Center for Substance Abuse Treatment. *Substance Abuse Treatment and Family Therapy*. Treatment Improvement Protocol(TIP) Series, No. 39. HHS Publication No.(SMA) 15-4219. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2004. Revised 2015.

## Levels of Counselor Involvement:

- **Level 1:** Little or no involvement with family
- **Level 2:** Provide psychoeducation and advice
- **Level 3:** Address family members feelings and provides support
- **Level 4:** Provide systematic assessment and planned intervention
- **Level 5:** Family therapy

## IFRC Services: Moving forward

- Provide consultation by phone or person.
- Provide staff training as need is identified.
- Present at conferences as opportunity presents.
- Work with members of the SYT-I project to identify Family Advocates available to provide feedback to be shared with the Steering Committee.
- Post monthly articles to the website that support transitional age youth in treatment services.
- Review resources to support TAY family centered SUD services.



# Resources

# TAY Resources: youth.gov

youth.gov is the U.S. government website that helps you create, maintain, and strengthen effective youth programs. Included are youth facts, funding information, and tools to help you assess community assets, generate maps of local and federal resources, search for evidence-based youth programs, and keep up-to-date on the latest, youth-related news.

- <http://youth.gov>
- <http://youth.gov/youth-topics/transition-age-youth>
- <http://youth.gov/youth-briefs/how-trained-service-professionals-and-self-advocacy-make-difference-youth-mental>
- <http://youth.gov/pathways-youth-strategic-plan-federal-collaboration>



## Transition & Aging Out Overview

- An estimated 29,500 youth were emancipated (U.S. Department of Health and Human Services, 2008)
- Approximately 100,000 youth are released from residential facilities each year (Altschuler, Strangler, & Strangler, 2008)
- Approximately 53,000-103,000 of these youth are between the ages of 18 and 24
- Approximately 1.2 million youth are in the child welfare system, more than half of whom come from foster care (Strangler, Berkley, & Strangler, 2008)
- An estimated 2.8 to 5 million youth are in the juvenile justice system, more than 25% of whom are high school dropouts (Strangler, Berkley, & Strangler, 2008)

The Office of Special Education Programs (OSEP) provides funding for vocational rehabilitation (VR) services, needs, and outcomes for youth with disabilities. OSEP established the Transition Services and Activities (TSA) component of the Rehabilitation Services Act (RSA) in 1991. The TSA component is administered by the Assistant Secretary for Special Education and Rehabilitation Services (ASERS).

OSERS provides funding for assistance projects, and the committee found that programs frequently summarized the need for these offices and the general reference to the transition related to the transition activities. For the primary educator, the meaning of these activities is to provide the youth with the necessary skills and information to prepare for the workforce.

- In 2007, 17% of youth in the juvenile justice system were high school dropouts (Strangler, Berkley, & Strangler, 2008)
- Youth experience higher rates of homelessness, unemployment, and mental health issues (Strangler, Berkley, & Strangler, 2008)

## Connections with Youth in the Child Welfare System

### Youth involved in the Child Welfare System

In general, youth involved in the child welfare system, like their peers in the juvenile justice system, are

- disproportionately minority;
- live at or below the poverty line;
- have strained, limited, or no family connections;
- usually have mental health needs; and
- have negative educational experiences and outcomes.

### Youth in Both the Juvenile Justice and Child Welfare Systems

Many youth find themselves involved in both the juvenile justice system and the child welfare system at some point in their lives.

#### Pathways to being involved in both systems

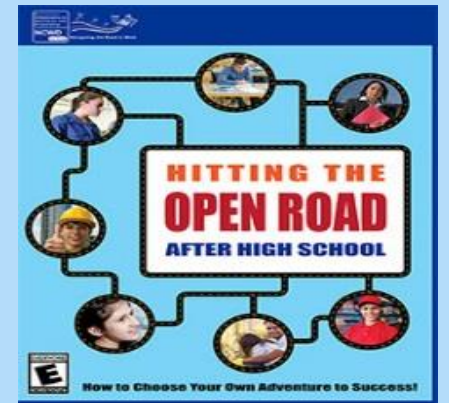
Youth may follow several pathways in becoming known to multiple systems of care. Three ways this can happen include the following:

- Most frequently, they enter the foster care system because of substance abuse or neglect and then, while in foster care, they are referred to the juvenile justice system because of delinquency.

# National Collaborative on Workforce and Disability

Purpose: Navigating the road to work: making the connection between youth with disabilities and employment.

- <http://www.ncwd-youth.info/>
- *Helping Youth Build Work Skills for Job Success: Tips for Parents and Families*  
<http://www.ncwd-youth.info/information-brief-34>
- <http://www.ncwd-youth.info/hitting-the-open-road>
- *Core Competencies for Youth Service Professionals: Guiding Youth Toward Employment*  
<http://www.ncwd-youth.info/information-brief-30>



# National Council on Alcoholism & Drug Dependence

The National Council on Alcoholism and Drug Dependence, Inc. (NCADD) and its Affiliate Network is a voluntary health organization dedicated to fighting the Nation's #1 health problem – alcoholism, drug addiction and the devastating consequences of alcohol and other drugs on individuals, families and communities.

- <https://www.ncadd.org>
- <https://www.ncadd.org/about-addiction/alcohol/alcohol-energy-drinks>
- <https://www.ncadd.org/about-addiction/underage-issues/underage-and-college-drinking>

# SAMHSA

- *Substance Abuse Treatment and Family Therapy*

Center for Substance Abuse Treatment .*Substance Abuse Treatment and Family Therapy*. Treatment Improvement Protocol (TIP) Series, No. 39. HHS Publication No. (SMA) 15-4219. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2004. Revised 2015.

- *From Youth to Adulthood: Offering Help*

[http://www.samhsa.gov/samhsaNewsLetter/Volume\\_22\\_Number\\_3/successful\\_transition/?utm\\_source=FindYouthInfo.gov&utm\\_medium=Federal%20Links&utm\\_campaign=Reports-and-Resources](http://www.samhsa.gov/samhsaNewsLetter/Volume_22_Number_3/successful_transition/?utm_source=FindYouthInfo.gov&utm_medium=Federal%20Links&utm_campaign=Reports-and-Resources)

- *Mental Health Challenges Found among Older Teens and Young Adults*

[http://www.samhsa.gov/samhsaNewsLetter/Volume\\_22\\_Number\\_3/mental\\_health\\_challenges/](http://www.samhsa.gov/samhsaNewsLetter/Volume_22_Number_3/mental_health_challenges/) (The article offers SUD's information along with mental health data.)

## Family support:

### Al-anon:

- If a family life is affected by family member's addiction, it is important to seek support. There is no magic way to make someone stop or cut back on their drinking or using, but Al-Anon and Alateen meetings may help families deal with the challenges. It is safe and healthy. To learn more about Al-Anon or to find a meeting in your area, click onto:
- <http://www.al-anon.alateen.org/>.



## Family support:

### Nar-Anon:

- The Nar-Anon Family Groups is primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very close. The program, which is not a religious one but a spiritual way of life, is based on the Twelve Steps of Nar-Anon. There is a meeting locator on the Nar-anon website.
- <http://www.nar-anon.org/>



# Family support:

## SMART Recovery Family & Friends

- SMART is a science-based, secular alternative to Al-Anon and Johnson Intervention. The program helps those who are affected by the substance abuse, drug abuse, alcohol abuse, or other addictions of a loved one. You may access more information at:

<http://www.smartrecovery.org/resources/family.htm>

# Young People in Recovery

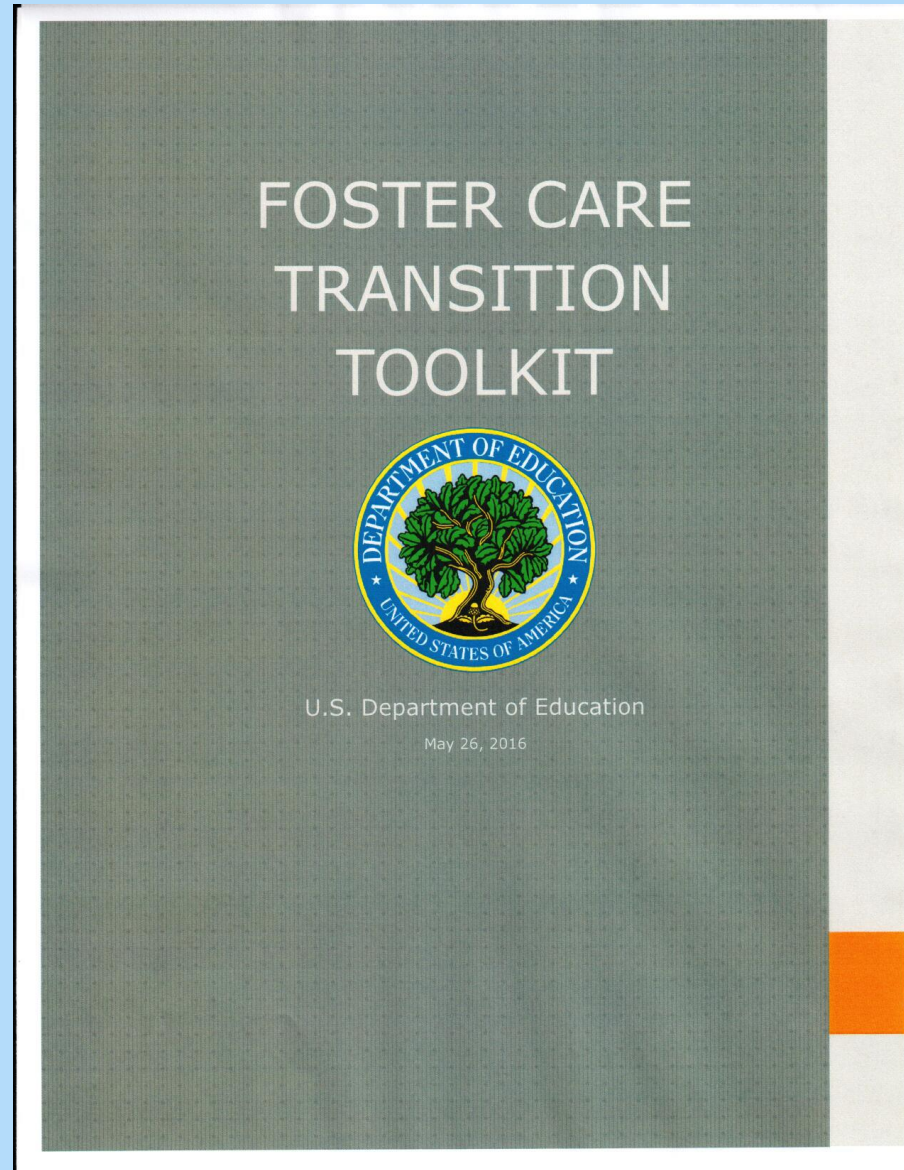
- <http://youngpeopleinrecovery.org/>
- **Mission:** Our national leadership team creates and cultivates local community-led chapters through grassroots organizing and training. Chapters support young people in or seeking recovery by empowering them to obtain stable employment, secure suitable housing, and explore continuing education. Chapters also advocate on the local and state levels for better accessibility of these services and other effective recovery resources.
- YPR programs for TAY that support recovery:
- **Recovery Lynx.** is multi-purpose program offered exclusively by Young People in Recovery to community stakeholders in an effort to educate and connect individuals to the larger recovery community. It is grounded in the core mission of YPR which is to educate and empower individuals (and their families) who are in, or seeking, life long recovery from substance use disorders Lynx is informed by the four dimensions that SAMHSA has identified as being critical to a successful life in recovery: health, home, purpose and community.
- **Project Catalyst** is a transitional-aged youth and young adult peer recovery support specialist training program offered by Young People in Recovery and the Association of Persons' Affected by Addiction to peers and stakeholders in the recovery communities.

- **My Recovery is E.P.I.C.** is a branded, proprietary curriculum offered exclusively through partnerships clients, families and staff. It is grounded in the core mission of YPR which centers on housing, education and employment workshops delivered in-person via peer support networks. It is informed by the four dimensions that SAMHSA has identified as being critical to a successful life in recovery: health, home, purpose and community.
- The **Phoenix Program** is multi-purpose support program offered exclusively by Young People in Recovery to criminal justice organizations, diversionary courts, law enforcement agencies, and to individual stakeholders in an effort to promote education, access to resources, and direct service for transitional-aged youth populations involved or at-risk for involvement in the criminal justice system. The Phoenix program is grounded in the core mission of YPR which is to educate and empower individuals who are in, or seeking, life-long recovery.

The U.S. Department of Education (ED), in partnership with the U.S. Department of Health and Human Services (HHS), the U.S. Department of Housing and Urban Development (HUD), the U.S. Department of Transportation (DOT), the U.S. Department of Labor (DOL), and youth and practitioners involved in the child welfare system, developed this toolkit to help youth access the resources needed to successfully transition into adulthood, continue on to postsecondary education, and meaningful careers.

Resource: U.S. Department of Education, *Foster Youth Transition Toolkit*, Washington, D.C. 2016.  
<http://www2.ed.gov/about/inits/ed/foster-care/youth-transition-toolkit.pdf>

<http://www2.ed.gov/about/inits/ed/foster-care/youth-transition-toolkit.pdf>



## NREPP Evidence-based Programs that include TAY outcomes

- Behavioral Couples Therapy for Alcoholism and Drug Abuse
- Brief Alcohol Screening and Intervention for College Students (BASICS)
- Brief Strengths-Based Case Management for Substance Abuse
- Clinician-Based Cognitive Psychoeducational Intervention for Families (Family Talk)
- Community Reinforcement and Family Training (CRAFT)
- Creating Lasting Family Connections Marriage Enhancement Program (CLFCMEP)
- Family Spirit

# NREPP cont.

- Functional Family Therapy for Adolescent Alcohol and Drug Abuse
- Interactive Journaling
- Matrix Model
- Nurturing Parenting Programs
- Relapse Prevention Therapy (RPT)
- Say It Straight (SIS)
- Team Resilience



# Reference:

*Mental Health Challenges Found among Older Teens and Young Adults.* Substance Abuse and Mental Health Services Administration. (2014). Retrieved from <http://archive.samhsa.gov/data/2k14/CBHSQ173/sr173-mh-challenges-young-adults-2014.htm> on September 22, 2016.

*From Youth to Adulthood: Offering Help.* Substance Abuse and Mental Health Services Administration. (2014). Retrieved from [http://www.samhsa.gov/samhsaNewsLetter/Volume\\_22\\_Number\\_3/successful\\_on\\_September\\_22](http://www.samhsa.gov/samhsaNewsLetter/Volume_22_Number_3/successful_on_September_22), 2016.

*Hitting the Open Road After High School How to Choose Your Own Adventure to Success!* National Collaboration on Workforce and Disability for Youth. (2015) retrieved from [http://www.ncwd-youth.info/hitting-the-open-road\\_on\\_August\\_22](http://www.ncwd-youth.info/hitting-the-open-road_on_August_22), 2016.

*Taking Charge of Your Money.* National Collaboration on Workforce and Disability for Youth. (2016). Retrieved from [http://www.ncwd-youth.info/FinancialCapabilityYouth\\_on\\_September\\_19](http://www.ncwd-youth.info/FinancialCapabilityYouth_on_September_19), 2016.

*Osers 2015 Transition Data Fact Sheet.* (2015) retrieved from <https://www2.ed.gov/about/offices/list/osers/products/transition/osers-transition-activities-2015.pdf> on September 19, 2016.

*Youth Employment, Indicators on Children and Youth.* Child Trends Date Bank. (2015). Retrieved from <http://www.childtrends.org/?indicators=youth-employment> on September 20, 2016.

*Pathways for Youth: Strategic Plan for Federal Collaboration.* Youth.gov. (2013). Retrieved from <http://youth.gov/pathways-youth-strategic-plan-federal-collaboration> on September 9, 2016.

*Transition Quickguide: Take Charge of Planning and Managing Your Own Health and Career goals.* Youth Transitions Collaborative. (2015). Retrieved from: [http://www.thenytc.org/Take\\_Charge\\_on\\_October\\_25](http://www.thenytc.org/Take_Charge_on_October_25), 2016.

■ *Reconnecting Youth.* Youth.gov. (2015). retrieved from [http://youth.gov/youth-topics/reconnecting-youth\\_on\\_August\\_31](http://youth.gov/youth-topics/reconnecting-youth_on_August_31), 2016.

■ *Transition & Aging Out Overview.* Youth.gov. (2015). Retrieved from <http://youth.gov/youth-topics/transition-age-youth/transition-age-youth-overview> on September 22, 2016.

■ *Overview.* Youth.gov. (2012). Retrieved from [http://youth.gov/collaboration-profiles/improving-outcomes-for-youth\\_on\\_August\\_12](http://youth.gov/collaboration-profiles/improving-outcomes-for-youth_on_August_12), 2016.

■ *Youth Involved with the Juvenile Justice System.* Youth.gov. retrieved from <http://youth.gov/youth-topics/juvenile-justice/youth-involved-juvenile-justice-system> on September 22, 2016.

■ *Primary Sources: How Do Homeless Youth Decide What's Safe?* National Clearinghouse on Families & Youth. (2014). Retrieved from <http://ncfy.acf.hhs.gov/news/2014/09/primary-sources-how-do-homeless-youth-decide-whats-safe> on August 7, 2015.

■ *What Buffers Homeless Youth Against Trauma, Drinking, and Drug Use?* National Clearinghouse on Families & Youth. (2015). Retrieved from <http://ncfy.acf.hhs.gov/news/2015/08/what-buffers-homeless-youth-against-trauma-drinking-and-drug-use> on August 7, 2015.

■ *Foster Care Transition Toolkit.* U.S. Department of Education. (2016). Retrieved from <http://www2.ed.gov/about/inits/ed/foster-care/youth-transition-toolkit.pdf> on September 23, 2016.

■ *Peer Groups Affect Substance Use in Homeless Youth.* National Clearinghouse on Families & Youth. (2016). Retrieved from: [http://ncfy.acf.hhs.gov/news/2016/10/peer-groups-affect-substance-use-homeless-youth\\_on\\_October\\_18](http://ncfy.acf.hhs.gov/news/2016/10/peer-groups-affect-substance-use-homeless-youth_on_October_18), 2016.



# Talk to me....

- Tell me how I may be of assistance to you.
- Share topics that would be helpful on the website.
- Share your “Lessons Learned.”
- [www.illinoisfamilyresourcecenter.org](http://www.illinoisfamilyresourcecenter.org)
- [ceadnancyp@consolidated.net](mailto:ceadnancyp@consolidated.net)
- (217) 258-6018

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