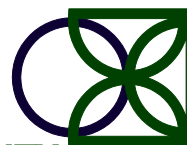


Evidence-based practices are a way to ensure that consumers receive appropriate treatments with the potential for the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a method for SCCMHA to ensure the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



**SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY**

Main Facility

500 Hancock, Saginaw, Michigan 48602

Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

www.sccmha.org

CS Approved— February 2021



**SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY**

Parent Support Partners (PSP)

An Evidence-Based Practice

What is a Parent Support Partner (PSP)?

A Parent Support Partner (PSP) is a parent with lived experience of having a child in the mental health system. They provide support and information to families navigating the vast array of mental health services available to them. The support they provide is sometimes called "Parent-to-Parent support". The Parent Support Partner (PSP) service is an intervention-based approach to support families whose children receive services through a community mental health service provider.

Why have a PSP?

The purpose of the Parent Support Partner Service is to increase family involvement and engagement within the mental health treatment process and to equip parents with the skills necessary to address the challenges of raising a youth with special needs, thus improving outcomes for youth with SED, serious emotional disturbance or intellectual/developmental or I/DD, involved with the public mental health system.



Benefits of a PSP

- Improved health and mental health outcomes
- Satisfaction with services
- Increased engagement in treatment
- Increased retention in treatment
- Decreased caregiver stress
- Increased satisfaction with services
- Decreased costly interventions for example, out of home placements
- Increased family and youth involvement

What Does Research Show?

Peer support research has shown 6 main areas of improvement when families were connected to a parent support partner.

Including improvements in:

1. Access
2. Initial Engagement
3. Ongoing Participation
4. Increased Empowerment
5. Increased Self-Efficacy
6. Perceived Social Support

For More Information

Discuss eligibility for a PSP with your current treatment provider or contact Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at (989) 797-3559.

