



Parents  
Helping Parents



Building Strong Families during  
Transition to Adulthood

# Parents Helping Parents

# **Building Strong Families during Transition-to-Adulthood:**

- Spanish-speaking community: Transition and future planning
- Support and information to address mental health needs in people with I/DD and their families during transition
- Project Area: San Andreas Regional Center (Monterey, San Benito, Santa Clara, and Santa Cruz Counties)

\* This project did not include collaborative partnership



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# Implementation & Outcomes

Activities	#	People Reached	Type of people Reached
Focus Group	1	8	Family Advocates
Parent Café Support Group	8	117	Family Advocates
Resource ePackets	8	439	Other families
Mental Health Group: Reflexiones Sobre la Transición a la vida Adulta	8	33	Family Advocates
Videos on Mental Health	5	65	Family Advocates
BFF Project (Best Friend Forever)	18	26	Self-Advocates
Material distribution		Over 4,000 reached (including attendees)	FA/SA & others

# Promising Practices

## Parent Cafés: Transition Focus

- Topics: Transition-to-adulthood
- Eight 90-minute sessions with trained staff
- Up to 8 participants

## Spanish Social/Recreation Program: BFF

- 3 six-week series with 90-minute sessions
- Up to 8 attendees
- All program materials are provided in Spanish



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# Promising Practices (cont.)

## Mental Health Support Group for Spanish-speaking families

- Eight 90-minute sessions
- Led by a Spanish-speaking mental health professional (LMFT)
- Strategies and guidance for concerns and stress around transition and adulthood

## Resource Library

- 5 Spanish-language videos with Mental Health support tips



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# Deliverables

## Electronic Family Resources (in Spanish)

- ePackets (PDF)
- Videos
- Online social group activities (BFF)

## Curriculum Development

- Building Strong Families during Transition to Adulthood
- Transform existing practice(s) into Spanish
- Hispanic parents of people with disabilities (lower socio-economic level)



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# Deliverables (cont.)

## PHP Website

- Spanish-language videos and ePackets
- PHP calendar events

## 15-minute Spanish videos

- El Proceso de Aceptación sobre el crecimiento de mi hijo/a
- Entendiendo la conexión de mis pensamientos, emociones y conducta
- Sobrepassando el desconsuelo sobre nuestras vidas
- En mi entorno es todo tristeza, y necesidades, pero hay algo más
- Más allá del optimismo, es necesario la acción



# Outcomes: Parents Café

## Parents felt:

- More empowered with tools and information
- Confident about advocating for loved ones
- The transition to adulthood would be easier for their children

## Staff:

- Better understood families' challenges and support needs



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# **Outcomes: Mental Health Support Group**

## *Reflexiones Sobre la Transición a la Vida Adulta*

### **Families felt:**

- They received tools to cope with transition stress
- Less scared about the challenges of a loved one in transition

### **Staff:**

- Better equipped to support families in transition

### **Additionally:**

- Families have 24/7 access to 5 Spanish-language videos
- Staff accesses video resources to support families



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# **Outcomes: Best Friends Forever (BFF)**

## **Self-Advocates:**

- Experienced joy and fun
- Sang, played games, chatted about different topics, etc.

## **Staff:**

- Learned about, experienced, and better understood person-centered programs

## **Parents:**

- Gave positive feedback



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# **Anecdotes (page 1 of 3)**

I'm just sending this email to express my gratitude to you for thinking of them and making this possible; you don't know how happy I feel to see my daughter happy.

Yesterday my daughter participated in the BFF group. She is currently 22 years old and was excited about connecting again soon; she really liked being able to interact with more kids her age, and she was very happy talking with them.

Seeing how happy she was to meet new friends through a screen was gratifying and made me happy!

Thank you very much to the team that makes all this possible.



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# **Anecdotes** (page 2 of 3)

I have two adults aged 18 and 23 with autism, and with what I learned in the transition to adulthood meetings, I will plan the IPP so that my children have services. It is crucial for families to have a support group for the transition to adulthood; I hope they can do these meetings again because I have friends who do not get this information, and I would like them to have access to it and attend these meetings. The talk helps us prepare to advocate for our children better since few places in the community provide this kind of support.



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# **Anecdotes** (page 3 of 3)

I learned many things that I did not know about the Transition to Adulthood at the group meetings. This information will help me to support my son and to be able to advocate for his rights.

The trainings helped me to know all the services available now that my son has turned 18 and which services he may need. Right now, we are in the conservatorship process and planning to apply for SSI and IHSS in the future.



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Barriers	Potential/applied solutions
Little knowledge on how to access and use electronic devices	We sent tutorials to families to use a mobile device and provided 1:1 support
Poor attendance in the BFF Project	Simplify registration forms/process. Offer drop-in sessions. Host the BFF project in person with fewer sessions.
Low # of views of videos on Mental Health	We included links and showcased videos in monthly newsletters
Families failed to complete surveys after sessions	We contacted parents to complete pending surveys
Downloadable PDF packets were difficult for families to access and open	We emailed links for easy access
Finding a Spanish-speaking MFT with experience to understand the parents' journey	We outsourced the service

# Lessons Learned

## **Families are:**

- Eager to learn
- More interested in attending Parent Cafe than a Mental Health support group
- Very committed to attend programs when the information is delivered in their preferred language

## **Staff learned:**

- Getting mental health support is not a high priority for families
- Hosting an online BFF project was not a preferred activity for Spanish-speakers
- Programs take more time to develop and grow

# Status

## Program Status

- Discontinued program components: Parent Cafe, BFF and mental health supports
- Spanish videos and information packets are available

## Recommendations

- Funding is needed for professional fees and staff
- A volunteer component may be possible
- Outsource to reach remote areas



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