

DCF Regional Advisory Council (RAC)
Region 5
Application for SAC/Citizen Review Funds Proposal

Submitted by:

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Our Regional Advisory Council (RAC) notice is sent to over 67 individuals, many of whom are youth and families. Honoring and respecting the contributions youth and families make at the RAC is helping us to become a family/youth driven system, therefore, the Region 5 RAC is proposing to utilize the CRP funding to offset two expenses: a stipend to assist families with the cost of attendance and participation in the RAC as well as a smaller amount to be set aside to cover the cost of refreshments at the meetings.

As we move toward a family-driven system we need to fully understand and appreciate the impact of this value change on all members of the system.

*The definition of “**Family Driven care**” is that families have the primary decision-making role in the care of their own children as well as the policies and procedures governing care for all children in their community, state, tribe, territory and nation.*

This includes:

- *Choosing culturally and linguistically competent supports, services, and providers;*
- *Setting goals;*
- *Designing, implementing and evaluating programs;*
- *Monitoring outcomes; and*
- *Partnering in funding decisions.*

Guiding Principles of Family-Driven Care

1. *Families and youth, providers and administrators embrace the concept of sharing decision-making and responsibility for outcomes.*
2. *Families and youth are given accurate, understandable, and complete information necessary to set goals and to make informed decisions and choices about the right services and supports for individual children and their families.*
3. *All children, youth, and families have a biological, adoptive, foster, or surrogate family voice advocating on their behalf and may appoint them as substitute decision makers at any time.*
4. *Families and family-run organizations engage in peer support activities to reduce isolation, gather and disseminate accurate information, and strengthen the family voice.*
5. *Families and family-run organizations provide direction for decisions that impact funding for services, treatments, and supports and advocate for families and youth to have choices.*
6. *Providers take the initiative to change policy and practice from provider-driven to family-driven.*
7. *Administrators allocate staff, training, support and resources to make family-driven practice work at the point where services and supports are delivered to children, youth, and families and where family and youth run organizations are funded and sustained.*
8. *Community attitude change efforts focus on removing barriers and discrimination created by stigma.*
9. *Communities and private agencies embrace, value, and celebrate the diverse cultures of their children, youth, and families and work to eliminate mental health disparities.*
10. *Everyone who connects with children, youth, and families continually advances their own cultural and linguistic responsiveness as the population served changes so that the needs of the diverse populations are appropriately addressed.**

It is important that our actions show evidence of our words. By offering a stipend, we show that we value the time commitment we are asking of family members and hold their participation as a crucial component in the organization (RAC) - i.e. time off from work; cost of transportation; child care, etc.

The RAC meets monthly for 2 hours, with the exception of November and one summer month TBD. We are averaging approximately 4-5 families in attendance at each meeting. In addition, Lisa, Inc.'s Life Skills class (4-6 youth) attends every month providing for robust youth attendance and engagement. The Lisa Inc. attendees do not qualify for the stipends as these youth are attending as part of their learning experience.

Each youth/family (one stipend per family) to receive \$20.00 per meeting - averaging a total of \$80 - \$100 per meeting. Ten meetings are held per year.

The remainder, approximately \$200 - \$400, would allow for a refreshments budget averaging \$25 - \$50 per meeting. Towards the end of the funding cycle, if funding remains, we would utilize it for a longer meeting where a review of the year's work and plans for the coming year would be discussed in depth.

The fiduciary for the Region 5 RAC funds will be Waterbury Youth Service System, Inc. Contact info:

Kathi Crowe MSW, LICSW
Executive Director
Waterbury Youth Service System, Inc.
83 Prospect Street
Waterbury, CT 06702
Phone: 203-573-0264
Fax: 203-755-4835
www.waterburyyouthservices.org

Annual Citizen Review Panel (CRP) funding is: \$1,239.00

As part of a larger statewide partnership and in exchange for the CRP funding:

- Our RAC agrees to use the provided Parent/Family/Youth RAC Stipend Form each time monies are disbursed.
- Our RAC agrees to provide a written report to the Statewide Advisory Committee (SAC) bimonthly utilizing the RAC Reporting Form provided by the SAC.
- Our RAC agrees to provide an Annual Summary to the SAC by May 1, 2016 detailing activities and expenses to date.



Co-Chair signature

Co-Chair signature

12/18/15

Date

* Taken from The national Federation of Families for Children's Mental Health
<http://www.ffcmh.org/sites/default/files/Family%20Driven%20Care%20Definition.pdf>