

# Family Support Program

We believe families can overcome the adversity they face if they have access to timely and effective services and support. At a time when a child and family need extra support, a Nexus-PATH Case Manager and a "Certified Support Family" walk alongside the family offering encouragement, care coordination, family mentoring, and daytime and/or nighttime respite care for the child.

## What is required to become a "Certified Support Family"?

To become a "Certified Support Family", you must work through a comprehensive home assessment process with a Nexus-PATH worker. This certification process includes the completion of a background check and visits to your home. "Certified Support Families" all look different – they may be individuals that are single or married and may or may not have their own children. Most importantly, they are non-judgmental, compassionate, and committed to being a strong support to families in their most difficult times.

"Certified Support Families" must also attend various trainings (approx. 12-14 hours per year) to gain knowledge and understanding of childhood trauma, children's mental health, family engagement, and family mentoring strategies. A Nexus-PATH case manager will be your guide through the entire process.

## Who are the children and families we will support?

Children receiving Family Support services often have emotional or behavioral concerns that are creating challenges in their day to day lives. Additionally, many of the children and the families served in this program have experienced tremendous adversity – challenges like poverty, unemployment, physical or mental health problems, discrimination, traumatic life events, or struggles with addiction.

## What will we be doing with the youth and family?

As a "Certified Support Parent(s)", you are matched with a child and their family to focus on building relationships and working towards goals developed with the child and their caregivers. This might mean regular trips to the park to help the child work on social skills, playing board games to improve a child's ability to follow directions, or cooking supper together to enhance independent living skills. You will also work closely with the child's caregivers to build a relationship and provide ongoing support, mentoring, and encouragement.

"Certified Support Parent(s)" commit to routinely providing respite care for the youth they are matched with and mentoring support to the child's caregivers. Respite care may include daytime and/or nighttime hours. Children and their families are typically involved in the Family Support Program for about a year. "Certified Support Parent(s)" receive payment for the provision of respite care and family mentoring service.

