



Family Support

PARTNERS OF VIRGINIA

Engage. Educate. Empower

“Empowering Youth & Families Through Peer Support”

www.fspofva.com

Vision:

All Virginians will have knowledge of and access to the resources they need to reach the goals they establish for themselves as they are on their recovery journey.

Mission:

Family Support Partners of Virginia, Inc. will engage, educate and empower families, youth, and adult individuals, to know what is available to them to succeed on their recovery journey. Family Support Partners of Virginia, Inc. will support the communities in understanding the strengths, needs and culture of the people they serve from these groups.

Values

Hope, Empathy, Honesty, Respect, Integrity, Collaboration, Connection, Compassion, Joy, Empowerment, Voice & Choice, Strength-based, Solutions-focused

Cristy Corbin- President



Cristy Corbin has been an integral part in developing the Family Support Partner (FSP) role in Virginia for over a decade. In her most recent job position, Cristy was representing the family perspective and voice throughout Virginia as the System of Care State Family Lead for Virginia's System of Care grants. In this role, Cristy was providing training, support and program consultation to a variety of grant sites, until this grant funding ended on September 30, 2020. Due to the unprecedented need for this type of role and Cristy's passion to continue the work, Cristy founded Family Support Partners of Virginia, Inc., a family-run, peer led organization, to ensure parents/caregivers, youth, and adult individuals throughout Virginia will continue to have an option for peer support. As a person in recovery, Cristy regularly uses her personal experiences of navigating Virginia's behavioral health system for herself and her daughter to advocate for the much-needed system changes and influence the growth of the peer support workforce throughout the Commonwealth.

Charlotte Talley- HFW/FSP, PPSP, PRS

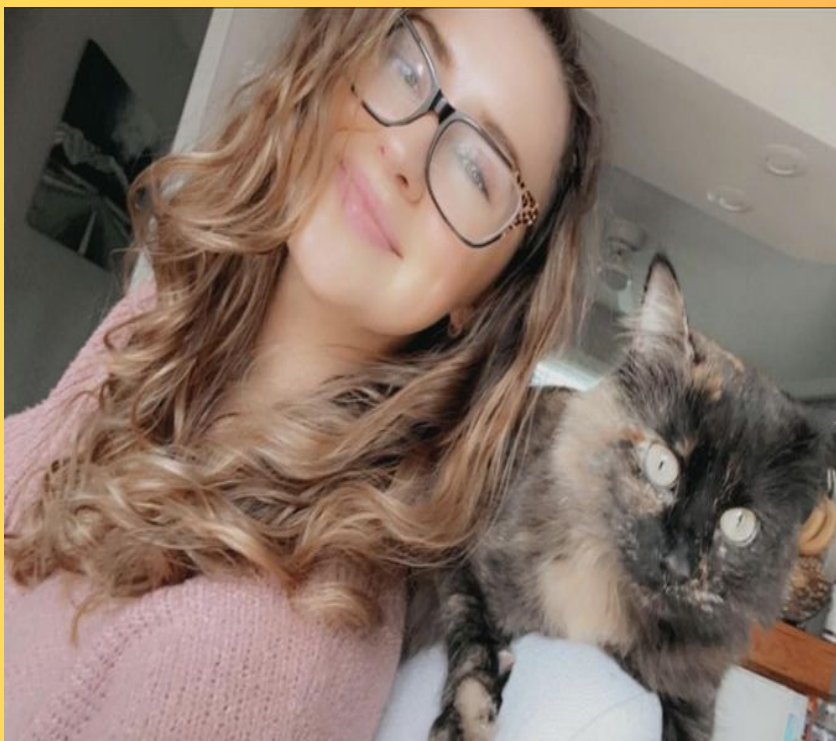
Program Director/Supervisor



A person whose previous career was in the DD/ID and mental health system as a Family Support Program Director and later overseeing DD Waiver Group Homes and Supported Apartment Programs in upstate NY. After moving to Richmond in 2008 making a career shift and then becoming a parent again of two boys, she found it was difficult to navigate services for her sons. When she found herself wanting to give back by supporting other parents on their journey she became a Family Support Partner. She enjoys walking, reading, spending time with family and friends.

Ashley Fitzkee-

Youth Support Partner (YSP)



Ashley Fitzkee lives in Midlothian Virginia with her emotional support kitty, Zuzu. Ashley identifies as childhood trauma survivor and person in long term recovery for substance use disorder as well as mental health struggles. She is a Certified Peer Recovery Specialist, Youth Support Partner and Certified Personal Medicine Coach. Ashley is passionate about walking alongside youth as they learn to create a life that they no longer wish to escape from.

Makenna Schilling (she/her)- Youth Support Partner (YSP)

Makenna is a Youth Support Partner who uses her lived experience with mental health and systems of care to provide direct support to youth and families. She is trained and works in both High-Fidelity Wraparound and Peer Support, and is especially passionate about supporting neurodivergent and LGBTQ+ individuals through trauma-informed care. She currently lives and works in Northern Virginia.

In her free time, Makenna enjoys cooking and spending time with her wife and two dogs.



Kathryn Shackelford (She/Her)- Youth Support Partner (YSP)



Kathryn is a 23-year-old that is from a rural town in Southern Virginia. She currently lives in Chesterfield, Virginia and is in long term recovery from a substance use disorder and other mental health disorders. She believes that recovery is a non-linear process and is something that she has an opportunity to work towards every day.

She has overcome many obstacles in her adolescence which has motivated her to become the person she is today. Kathryn is a YSP and enjoys supporting youth learning how to advocate for themselves ensuring their voice is heard within the systems of care. In her very little free time she enjoys quilting and hanging out with her dog Bella.

Difference in FSP vs Parent Coaching

FSP Role

A parent with lived experience with navigating the systems of care in behavioral/mental health who has reached a place where they want to give back by supporting other parents facing challenges with their child/youth to instill hope and share from their experience lessons learned, using their voice to advocate for their needs and concerns and share resources to help them on their journey.

Parent Coaching

Parent Coaching is a clinical approach to the parent-child relationship focused on helping the parent develop tools and techniques to parent more effectively using an assessment and curriculum framework.

Difference in YSP vs Therapeutic Mentoring

YSP

- Peer Based (Not Clinical)
- Strengths focused
- Engagement activities
- Building healthy peer relationship
- Support “Voice and Choice”
- Encourages self-advocacy
- Support in navigating different systems (accompanying to meetings)

Therapeutic Mentors

- Clinical Based
- Goal focused
- Community outings
- Supports life skills

What was it like BEFORE a YSP was involved?

“It was pretty bad. I felt alone and like I was the only one who went through bad things and I was surrounded by people that were not like me at all. I felt that I couldn’t talk to anyone or let anyone in. I didn’t think that I would live to adulthood.” - Aaron

**“Very boring. Felt like I didn't have anyone to relate to or had anything in common with. Didn't talk to anyone cuz everyone else bummed me out”
-Chaeli**

“Prior to having YSP involvement, the child was struggling to advocate for herself and would excuse herself from giving feedback while appearing to be uncomfortable when asked for her feelings or needs. The child has work to do. However, YSP has notably helped the child to improve the number and severity of outbursts she experiences as a result of attempting to relay frustration with her family.” - Powhatan DSS Case Manager

What difference has having a YSP involved in your care made for you?

“It made me feel more comfortable and gave me someone who I could relate to. I didn’t feel like I was the only one anymore. I felt heard and like someone actually cared about me and wasn’t just pretending just to get paid. I became more open and I made it to my 18th birthday which I didn’t think I would be able to do.” -Aaron

“I know ways to change habits and be comfortable with talking about things that bother me and how to word them better” -Chaeli

“Since YSP has been involved, the agency has been able to obtain honest feedback from the child for FAPT and FPM meetings. The child has also learned coping skills and is able to put them in practice in the home while receiving real time feedback. This has enabled the child to improve on building confidence and verbalizing her needs in a positive manner as opposed to outbursts.” -Powhatan DSS Case Manager

Anything additional that you would like to add about the services you received from the YSP?

“Mrs. Ashley was truly the best thing that could have happened to me. She was amazing and I’m sad she had to leave once I turned 18” -Aaron

“When I was feeling down and stuff along those lines, she made me so much happier and wanted to do things to make me happy” -Chaeli

“The YSP has been an invaluable resource to a challenging case. Communication and feedback have been thorough and consistent. Having the YSP in the home has enabled the agency to obtain an honest picture of the child's situation at home, their feelings about it and what can be done to help the child learn tools to cope with challenges.” - Powhatan DSS Case

Manager

Panel Discussion





Family Support

PARTNERS OF VIRGINIA

Engage. Educate. Empower

www.fspofva.com