## Supporting young members with the **Family Support Program**



Jessie, 15, has a history of major depression and self-harm behaviors. After her grandma passes away, Jessie has suicidal thoughts and self-harms. Her parents rush her to the ER, where Jessie is then admitted to a psychiatric hospital.

Jessie spends 6 days at

the hospital April, a Facility-Based Care Advocate, reaches out to Jessie's family

**During this** time, Bailey, a Family

Support Advocate. also reaches out to help empower Jessie and her family

Jessie is discharged to a partial hospital program (PHP); evervone understands Jessie's discharge plan

April coordinates behind the scenes while **Bailey engages** the family to collaborate with all of the care team providers and facilities

**Bailey also** helps Jessie's sister, who has ADHD. and connects Jessie's dad to the Substance Use Disorder (SUD) Helpline

After 3 weeks in the PHP, Jessie is discharged to outpatient care

> Together, Bailey and Jessie's family create a wellness recovery action plan; everyone feels confident that Jessie knows how to prevent the next crisis

Jessie's mom

after only a

few days off

returns to work

During the next 2 months, Bailey collaborates with Jessie, her family and her providers: Jessie decides she's ready to return to school Returning to

school triggers a relapse for Jessie

Jessie's family refers to her plan are relieved to and connects with Bailey; Jessie has emergency outpatient therapy

Jessie's parents avoid the ER and feel they can help prevent future visits

This hypothetical case scenario is intended to be used for illustrative purposes only.

