Welcome & Introductions

Objectives

• Identify key steps in supporting the leadership and involvement of people with lived experience.

• Access tools and resources that could enhance lived experience leadership in system change.

• Understand best practices for including leaders with lived experience.

• Brainstorm solutions to the barriers that impede authentic engagement and sharing power.
Agenda

• Personal Journeys with Mental Health
• Overview: Wisconsin Office of Children’s Mental Health (OCMH) and Children’s Mental Health Collective Impact
• Best Practices for Lived Experience Engagement
• Q & A with Lived Experience Leaders

Self Care and Compassion

• Breathe
• Feel feet on the floor
• Count to 10
• Use fidgets
• Walk/stretch
• Chew gum
• Doodle
• Put lotion on hands
• Think of a favorite place or person
The Office of Children’s Mental Health (OCMH) was created in the 2013-2015 biennial budget to support Wisconsin’s children in achieving their optimal social and emotional well-being.

Our Charge

- Improve children and families access to services
- Facilitate communication with all child- and family-serving state agencies, coordinate initiatives, and monitor program performance focused on children’s mental health
- Support administrative efficiencies to reduce duplication among child- and family-serving state agencies

OCMH’s Approach:
Trauma-Informed Care

- **Adverse Childhood Experiences (ACEs)**
  - An ACE is a negative childhood event that can include experiences such as neglect or abuse, living with a parent who has substance use issues, or being exposed to domestic violence.

- **Trauma-Informed Care**:
  - **Perspective Shift**: “It’s not what’s wrong with you, but what happened to you.”
  - **Values**
    - Safety
    - Trustworthiness
    - Choice
    - Collaboration
    - Empowerment

(Catoe and Kneu, 2012)

Collective Impact

- **Executive Council**
- **Workgroups**
  - Resiliency
  - Access
  - Trauma-Informed Care
  - Infant/Toddler Policy
- **Additional Collaborations**
  - Children’s Emergency Detention and Crisis Services
  - Research Advisory Council
  - Trauma and Recovery Project
- **Collective Impact Partners (CIPs)**

children.wi.gov

Lived Experience
Serving as a CIP

- Attend, participate, and speak at CIP meetings to share perspectives of parents and young people.
- Serve in leadership roles to determine the direction of the work.
- Attend CIP meetings to share our stories, learn together, and provide feedback on statewide or local issues.
- Opportunities to dive deeper into initiatives with ad hoc meetings.

We are present so our voices are heard by decision-makers.

Resources and Best Practices
How the System Can Support Lived Experience Leadership

Resource: CIP Language Guide

Best practices:
• Be present with the language you use.
• Prioritize personhood.
• Know that language is constantly evolving.
• Follow the preference of the lived experience leaders.

How the System Can Support Lived Experience Leadership

Resource: Meaningful Engagement with Family Leaders for Systems Change

Best practices:
• You must be ready to share power.
• Financial equity is critical.
• Mentorship is necessary.
• Be clear with all aspects of involvement.
• Proceed even if it’s messy.

How the System Can Support Lived Experience Leadership

Resource: Lived Experience Leadership in Agencies & Systems

Best practices:
• Reach out for additional resources.
• Identify specific opportunities for individuals to get involved.
• Support lived experience leaders throughout the process
  – Connect prior to meeting
  – Connect during meeting
  – Connect following meeting
How the System Can Support Lived Experience Leadership

**Resource:** Hosting a Meeting Using Principles of Trauma Informed Care

**Best practices:**
- Explain acronyms.
- Include ice breakers.
- Create space for self-care.
- Snacks.

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How the System Can Support Lived Experience Leadership

**Resource:** Sensitive Responses to Disclosure of Past Trauma

**Best practices:**
- Create space for lived experience leaders to share their story.
- Translate their personal experience to system change.
- Always acknowledge when someone discloses.

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How the System Can Support Lived Experience Leadership

**Resource:** YVAL Survey

**Best practices:**
- Assess and monitor involvement.
- Strive for best practice.
Barriers

- Resources
- Finding the right fit
- Creating infrastructure
- Everyone is not on board

Closing Thoughts

What Can You Do?

- Sign up for Collective Impact newsletter
- Be an advocate for Lived Experience Leadership in your work