



ALL HANDS ON DECK:

Charting a Course for Equity and Shared Decision-Making



ASSOCIATION FOR
CHILDREN'S
MENTAL HEALTH

ACMH

Hope for Families, Shaped by Lived Experience

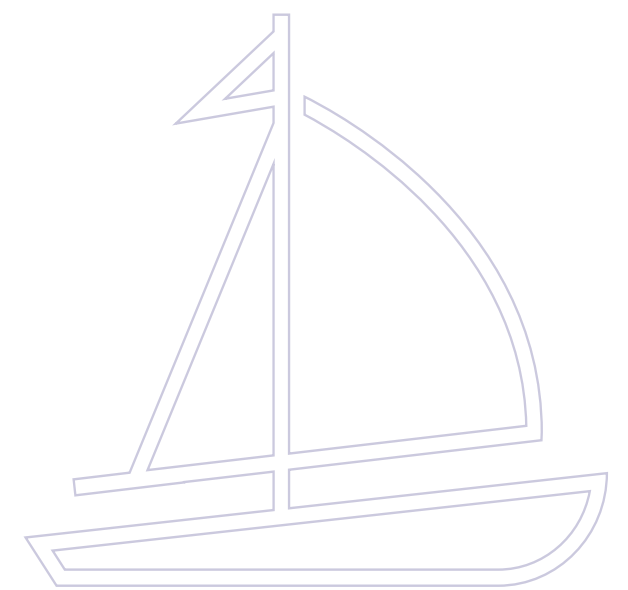
Welcome Aboard!

Join us on a voyage to Equity & Shared Decision Making



- Just as sailors rely on specific tools to navigate their voyage, professionals in youth mental health need key strategies and mindsets to stay on course.
- On this voyage, we connect Family-Driven, Youth-Guided and Strengths-Based, Non-Judgmental principles to navigational tools used in sailing.
- By the end of the session, attendees will have a personalized Action Plan to navigate challenges, bridge gaps, and foster collaboration between youth, families, and service providers.

Tour Guides



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Collaboration is like navigating a ship—every crew member has a role, and we need to work together to stay on course.

Crew Members



Youth – Co-Captain



Families – Co-Captain



YPSS's/PSP's – First Mates



Service Providers – Deck Hands



Association for Children's Mental Health – Information Guide

Tools to Navigate Rough Waters



Collaboration



FDYG & S-B, N-J Approaches



Challenges & Best Intentions



Lived Exp. & Professionalism



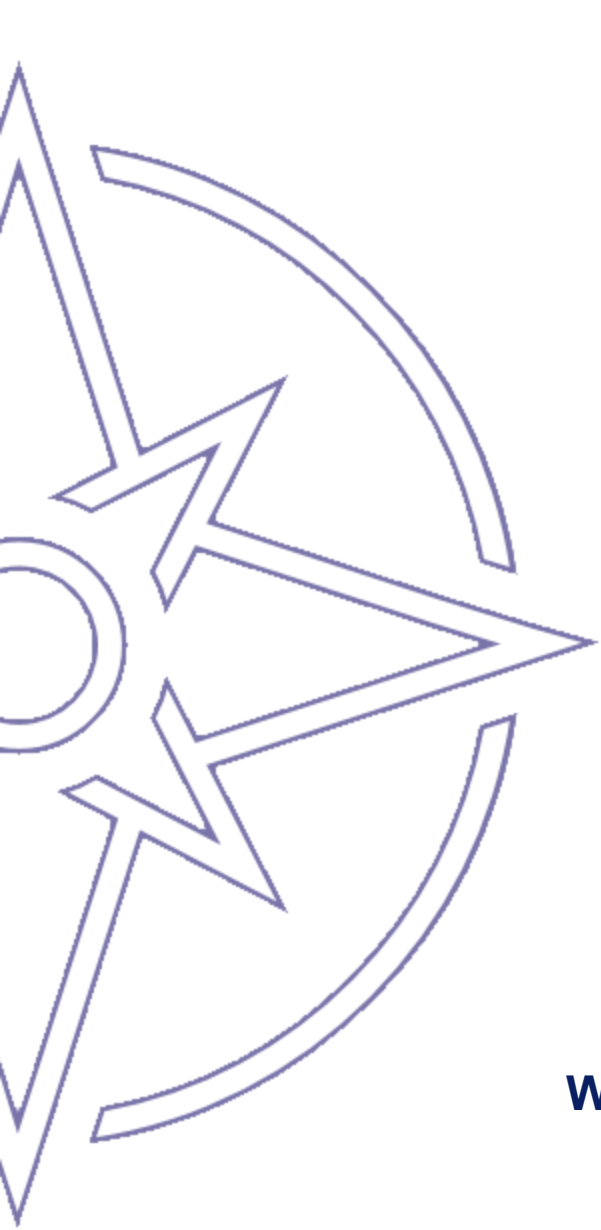
Bridging the Gaps



Putting these Tools to Action



Setting Sail



How do we define collaboration?

What challenges act as strong currents pushing us off course?

Action Plan:

What's one strength you bring to partnerships, and how does this help steer the ship in the right direction?





Understanding Our Bearings:

Family-Driven, Youth-Guided & Strengths-Based, Non-Judgmental Approach



Family-Driven, Youth-Guided means that families and youth steer the decision-making process, while professionals act as navigators providing support.

Strength-Based & Non-Judgmental Approach means that you stay strengths focused and suspend judgment.

Action Plan:

These values are the compass that keeps your collaborative work aligned with purpose. How will you keep them front and center?



Enhancing Family & Youth Voice



Family-Driven Engagement Strategies:

- Regularly ask families how they want to be involved in decision-making.
- Advocate for family-led solutions when discussing policies or programs.
- Provide families with clear, accessible resources to navigate systems

Youth-Guided Empowerment Strategies:

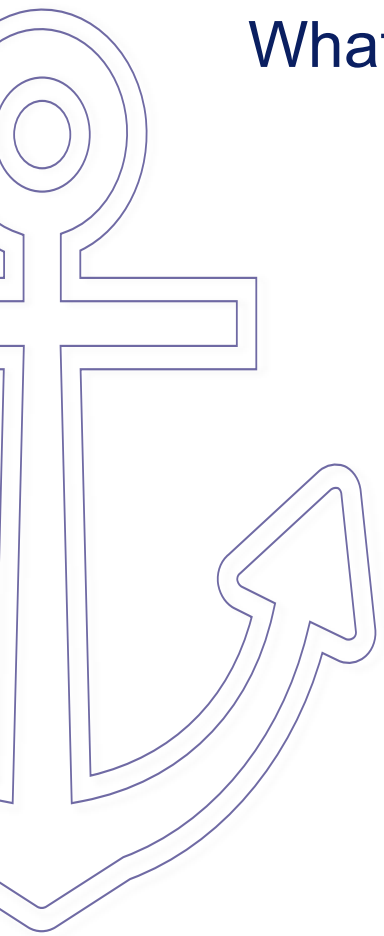
- Create spaces where youth can lead discussions, not just participate.
- Use youth-friendly language in meetings and documents.
- Validate and act on youth input-avoid tokenizing their presence.



Navigating the Storms:

Challenges & Best Intentions





What challenges have you faced? & How can assuming best intentions help?

How do we keep our perspective steady when tensions rise?

Action Plan:
Collaboration can get rocky. How can you use today's tools to steady the ship when water gets rough?





Rudder:

Balancing Lived Experience & Professional Role



Balance is key—too much weight on one side and the ship tips.

- How can we use our experiences to guide us while balancing professionalism?
- What strategies keep us from overcorrecting or losing control?

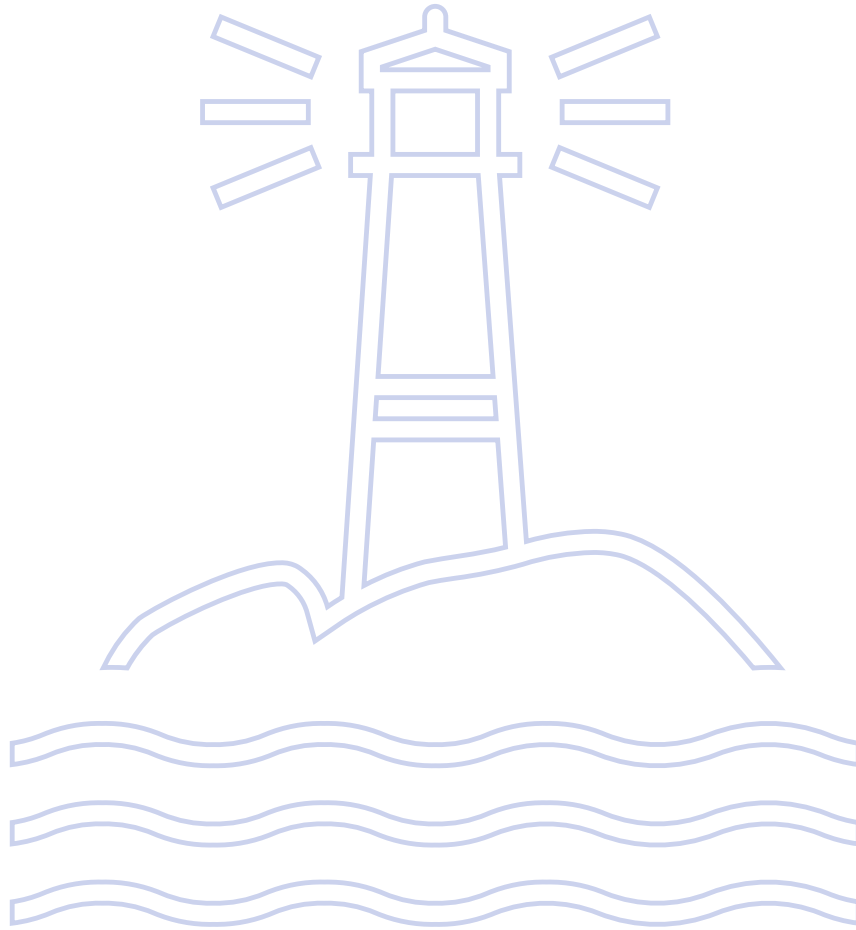
Action Plan:

Leaders need balance to avoid capsizing. What's one practice that helps you hold both your story and your role with care?



Charting the Course Forward: Bridging Gaps

**Families and youth may not always agree on their needs.
FDYG helps bridge these gaps through open communication and shared decision-making.**

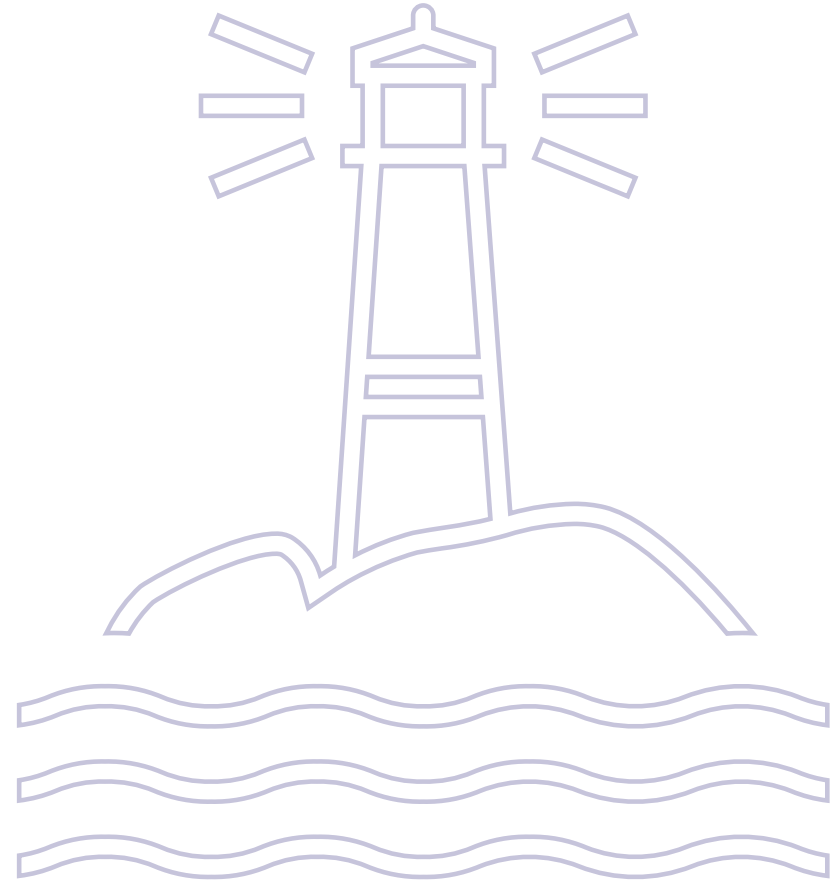


- How can we ensure that **FDYG** and **SBNJ** approaches remain guiding lights in our practice?
- What actionable steps can you take to **bridge gaps** in our work? & How can you bring **SBNJ** and **FDYG** approaches into your agencies and communities?

Action Plan:
**Think of these as your navigational coordinates—
what can you *actively* do to foster equity and
shared decision-making?**

Implementing Daily FDYG Practices

- **Active Listening & Open Dialogue** – Approach discussions with curiosity and respect.
- **Cultural Humility** – Recognize that your perspective is one of many and be willing to learn from others.
- **Advocate for Accessibility** – Ensure all voices, especially underrepresented ones, have a voice in decision-making.

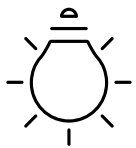
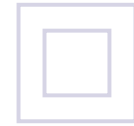
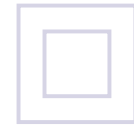
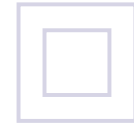
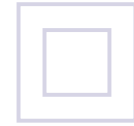


Docking & Debrief:

Closing & Takeaway

Action Plan:

What concrete actions will guide you after this training?



Final Reflection:

What's one key takeaway from today that you'll carry forward on your collaborative voyage?

TOOLS GAINED



Without a compass, we drift aimlessly. Without shared values in **collaboration**, we lose sight of equity and decision-making.



A navigator trusts their map. We must trust that youth and families are the experts of their own journey, maintaining FDYG Practices with a SBNJ approach.



An anchor doesn't stop the ocean, but it keeps the ship from drifting too far off course.



A skilled sailor adjusts the rudder with care—too much force can capsize the boat, but steady hands keep it moving forward.



A lighthouse doesn't steer the ship, but it illuminates the safest path forward.



A ship's log ensures that no experience is lost to the waves—every lesson learned helps navigate future voyages.

Questions

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