

Holding a Relationship Based in Respect



Denise Baker, Associate Director of Training and Innovation at Family Involvement Center

Regina Crider, Executive Director of Illinois Family Alliance and NWIC Certified PPSP Coach in Illinois

Toni Donnelly, NWIC PPSP Coach and Director of Training and Innovation at Family Involvement Center



We're glad you
are here!





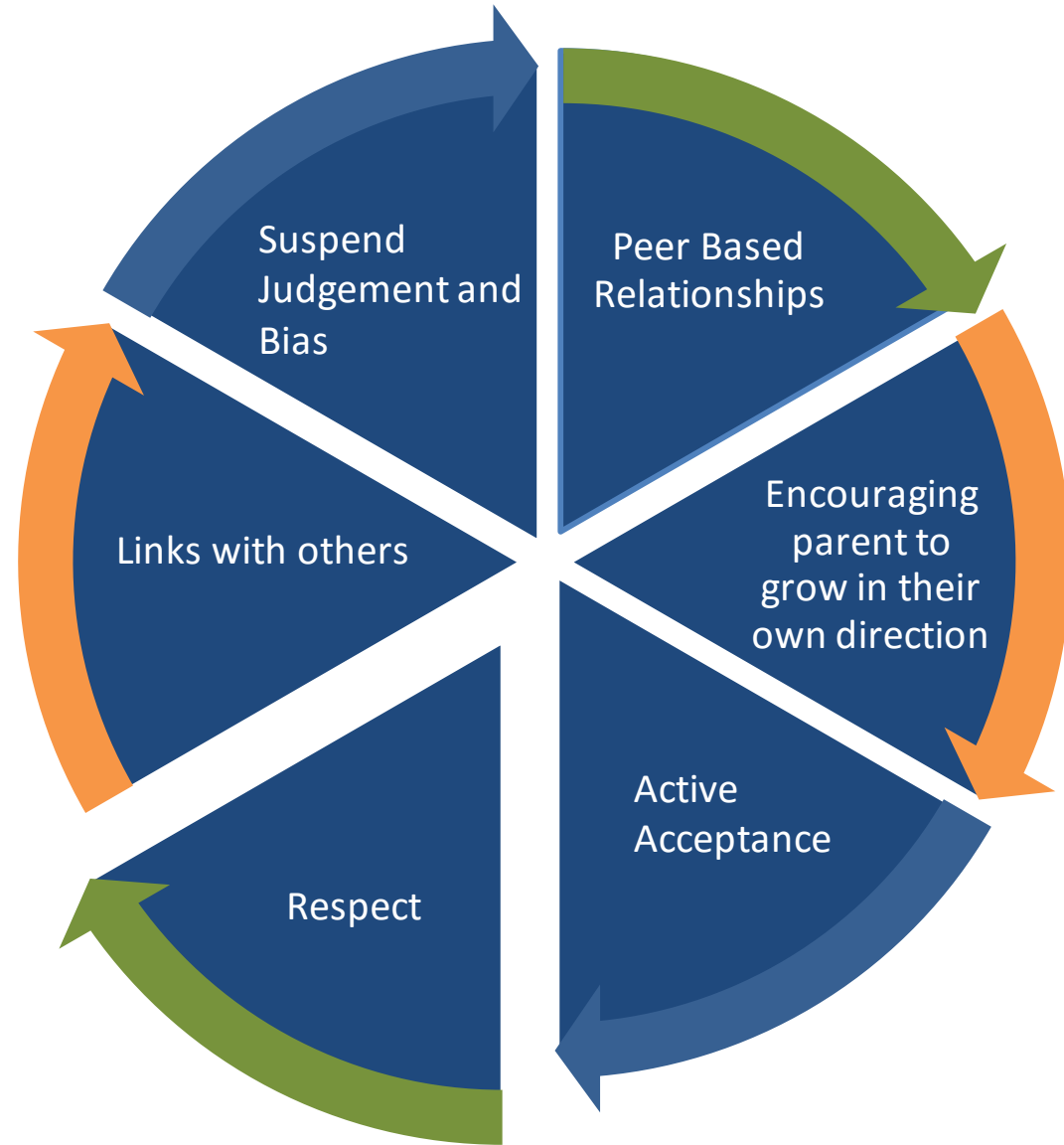
Objectives for This Section

At the end of this section, a Peer Parent Support Partner will be able to

- Develop their own ABCs of respect for Peer Parent Support
- Use their ABC building blocks in working through typical scenarios
- Link their own experience to another parent's feelings of lost hope
- Identify what helps the parent recover a sense of hope



Establishing and Maintaining a Relationship based on Respect



The Journey to Peer Parent Support



Patricia Miles



Respect Takes Work

- Commit to working at respect every day
- Check in with your peer consistently
- Examine the type of relationship you are building
- Adjust based on external and internal feedback
- Develop a way to remind yourself to keep working on respect





Ethics and Boundaries

Ethics

- Derived from human values such as respect, responsibility and integrity
- Personal behavioral standards a person hold

Boundaries

- Mutual respect for personal space and values
- Upholding ethics allows for maintaining boundaries





Ethics and Boundaries

Boundaries are different than agency or system rules

- Rules are usually there for a reason, take the time to learn the rule and the reason behind the rule

Peer boundaries are different than professional boundaries

- The relationship is built on a bedrock of personal connection

Boundaries are not about what you won't do

- Should frame what you will do in terms of your personal ethics

Boundaries are critical to your overall self-care

- You are responsible for your family's health and well-being and for your own
- Use your boundaries to promote your wellness

Activity: Complete Your Building Blocks of Respect Based Relationship



- Brainstorm as many words as you can that describe a respect based relationship in peer support
- Come up with words that you can remember that describe your fundamentals of respect
- Be prepared to share
- You will use your Building Blocks in future activities



Activity: Your Building Blocks Boundaries, Ethics and Relationships



Complete the Activity

- Review each situation and put a check mark in the column if doing what is described meets your first, second and third building block
- Be prepared to have a discussion and review your answers
- Do you need to review your building blocks?

Relational Stance & Self: Building Respect for Your Own Journey



Peer Parent Support Parents are asked to reflect on their own story

- Both good and bad
- Easy and hard
- Share it in service to healing for others

This means continually revisiting and reflecting on your story

Complete the Activity: Building Respect in Self

- Revisit the challenge
- Identify what helped you to change your position

Now identify how your “Building Blocks” helped you to work through those challenges



Terms of
Endearment

Steel
Magnolias

Wrap-Up & Take-Aways from Establishing a Relationship Based on Respect



- Focus your ethics and boundaries on respect rather than rules
- Remember to set the stage for respect as an ongoing process
- Set your ethical boundaries in a positive rather than negative tone
- Remember respect begins at home; revisit your story and continue to learn from it
- Take the time to self-reflect; review your practice
- Balance relationship with outcomes



Questions ?





Email Contacts

Denise Baker: Denise@familyinvolvementcenter.org

Regina Crider: Regina@ilalliance.org

Toni Donnelly: Toni@familyinvolvementcenter.org