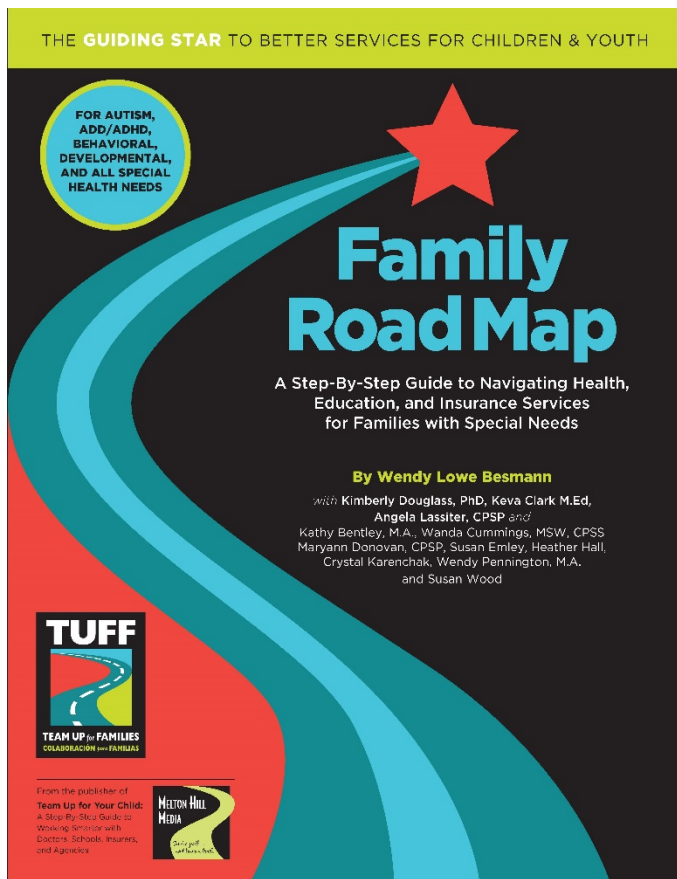




TUFF Family Road Map Institute Overview Presentation: The Family Road Map curriculum: Introducing the Family Road Map workbook for Family Road Map workshops, Guiding Star support groups, and Compass Point individual family coaching plans.



FAMILY ROAD MAP

A step-by-step guided curriculum that empowers family caregivers to navigate health, education, and insurance systems



Featuring the
Five-Point
“Guiding Star”
to Navigating
Systems

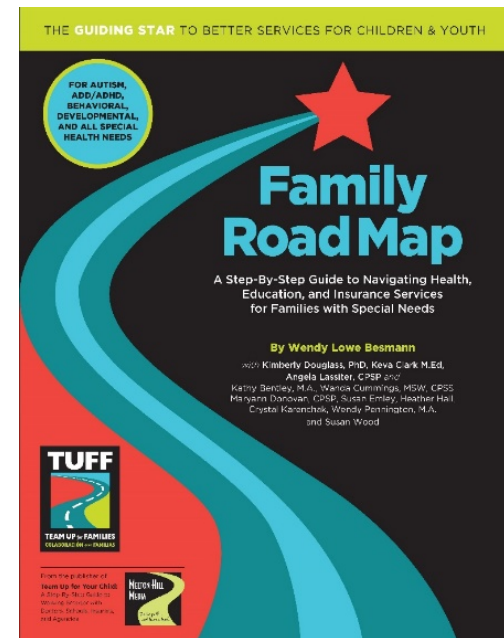
Team Up for Families/
wendy@teamupforfamilies.org;
<http://teamupforfamilies.org>

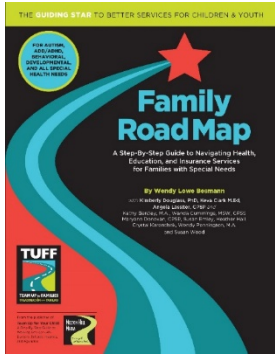
Family Road Map Training:

A tool to complement case management, peer support, and therapeutic intervention

Targets the “missing piece” in efforts to ***engage*** families:

Empowering families to partner with providers in becoming effective communicators who can coordinate their children’s/youth’s care within and between complex systems

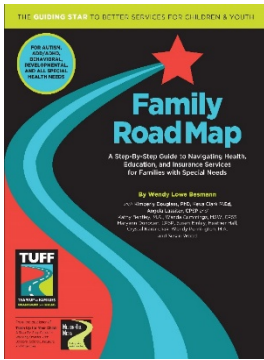




Through FMR training, parents/primary caregivers gain skills and knowledge

- Break up complicated problems into tasks they can handle
- Decode unfamiliar language and confusing procedures.
- Work effectively with providers to ensure their children and youth receive the best care.



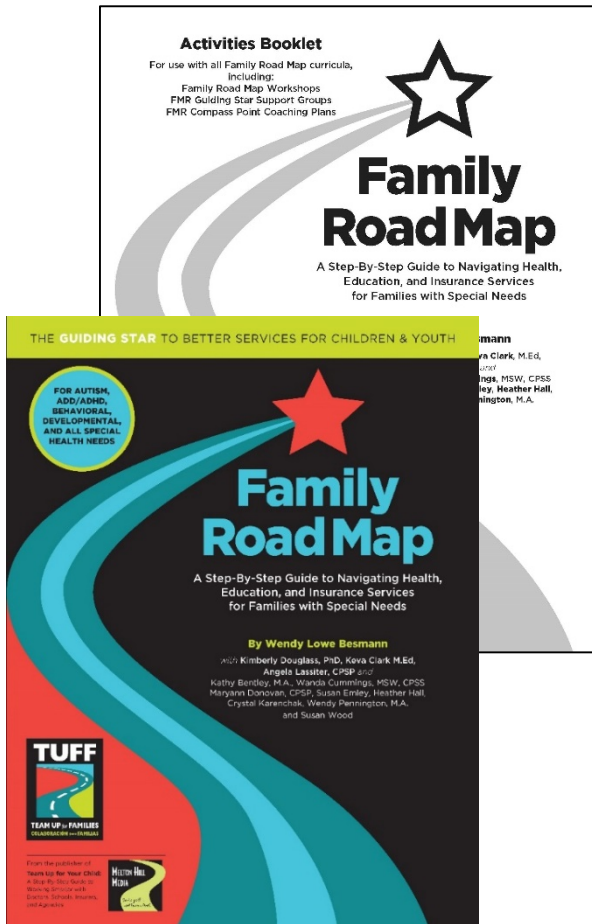


Family Road Map Curricula

- **Family Road Map** workshop: interactive, team-based, six instructional hours, implemented in one or multiple sessions
- **FRM Guiding Star** support groups/small groups; works well one chapter per session
- **FRM Compass Point** one-on-one coaching plans—flexible to client needs—individual worksheets or chapters used as needed for specific skill areas.



Core Resources: 2 Pieces, All Applications Family Road Map Guide & Activity Booklet



- 100-page Family Road Map Guide used for all three applications
- Accompanying 28-page Activity Booklet contains worksheets and fill-in activity sheets
- Includes 5 “Guiding Star Point” chapters PLUS Guiding Star Focus chapter: The Classroom-Treatment Connection
- Final chapter: Glossary of common terms used in health, education & insurance systems; additional resources





A Flexible Curriculum and Training Format

- Adapts to unique community cultural needs (Trainer's Lesson Plan is a living, collaborative document)
- Includes multi-level Trainer/Facilitator achievement points (Facilitator to Master Trainer)
- TUFF/FRM Certified Trainers and Facilitators working in their own agencies and communities choose the appropriate format based on size of group, time constraints, physical space considerations, budget, etc.



*Certification training requires 3-9 hours of direct instruction and other requirements.

Core Concept: The Guiding Star



Guiding Star: Five essential tasks that keep a person oriented while navigating ANY system

Family Road Map: Organized around simple, step-by-step ways to navigate medical, behavioral, educational, and insurance systems *using all five points of the Guiding Star.*



Guiding Star Point 1: SET GOALS



“Decide what you're looking for based on the strengths and concerns of your child or youth, and your family (including yourself). Life is simpler when everyone on your team understands your child’s or youth's--and your family’s--priorities.”



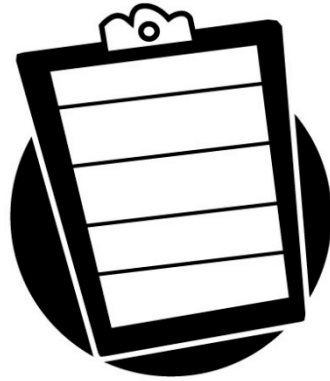
Guiding Star Point 2: LEARN SYSTEM BASICS



“Become familiar with key words, procedures, and provider roles so you understand what choices you have, where to find services, and how to get those services.”



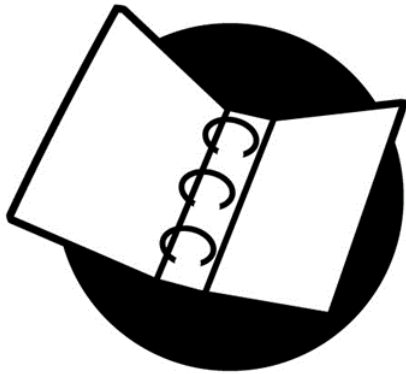
Guiding Star Point 3: BUILD RELATIONSHIPS



“Develop good working relationships with people who can help you meet your goals, bust system barriers, and solve problems.”



Guiding Star Point 4: MANAGE INFORMATION



“Keep good records. Observe and report on your child’s or youth's progress. Insist on getting clear explanations for any data (such as test scores) that will be used to make decisions.”



Guiding Star Point 5: FIND SUPPORT



“Find people and resources you can count on to help you cope with challenges and create the future you want for your family.”





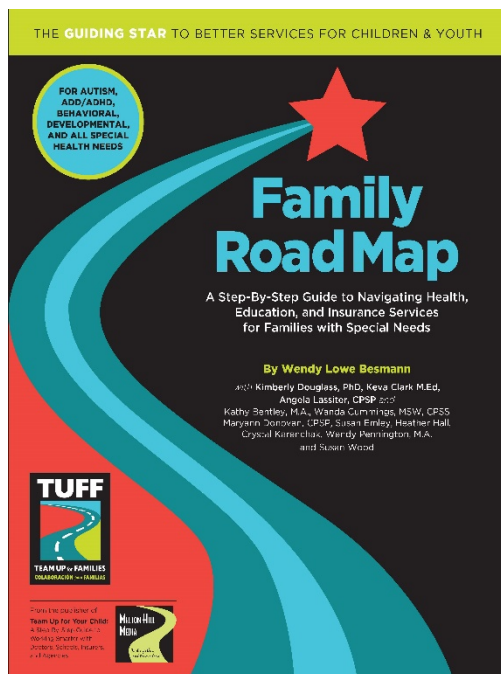
Guiding Star Focus: The Classroom-Treatment Connection

Education material appears as a separate section featuring all five Guiding Star Points.

- In **Family Road Map** workshops, “The Classroom-Treatment Connection” can be taught as a separate Family Road Map Part 2 workshop if more convenient.
- With **Guiding Star** and **Compass Point** applications, this material can also be taught as one or more separate sessions.
- 2017 Material is revised for broadest national application by the TUFF Editorial Team



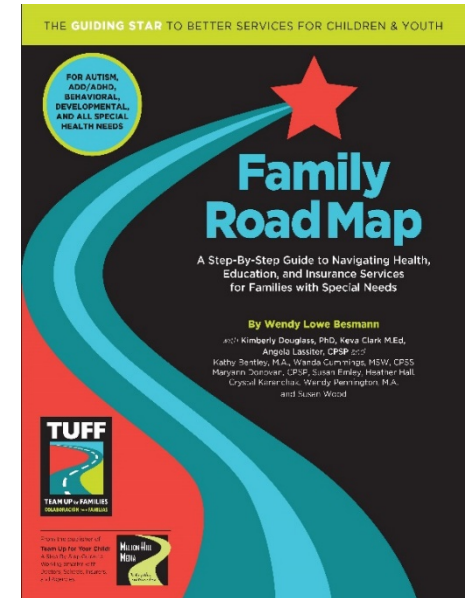
All 2014-2016 certified trainers are eligible to receive at no additional cost



- Family Road Map PowerPoint to use in Road Map workshops (revised version of current RM PowerPoint)
- Revised Trainer's Lesson Plan (provided as a download)
- Three hours of webinar training to implement the new materials (by reservation)

Family Road Map: Empowering the Journey to Respect and Results

Family Road Map is published and sold by Melton Hill Media LLC. MHM supports the Team Up for Families (TUFF) collaborative training initiative. In 2017, TUFF created the Family Road Map Institute to provide training and certification for Family Road Map series curricula.



For more information, please contact
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