



MeckCARES FACT Sheet

What is MeckCARES?

What is MeckCARES and what does it mean to enroll?

MeckCARES is the *system of care* partnership among local child-serving agencies, families and the community. Its purpose is to improve outcomes for youth ages 10-21 who have a severe emotional problem and their families. MeckCARES adopts a unified approach across provider organizations. By enrolling in MeckCARES, families participate as partners in planning, delivery, and evaluation of services.

Professionals and family members participating in MeckCARES, should expect:

- Monthly Child and Family Team meetings.
- A trained facilitator and/or coach who will help Child and Family Teams get off to a good start.
- Assistance of a skilled, trained enhanced service provider
- Access to a family advocate from ParentVOICE when needed
- Assistance from Resource Development Coordinator(s) in finding natural supports and community resources from faith communities, businesses, service organizations and neighborhoods that can help meet the needs of youth and families.
- Development of a written plan to address youth and family needs.
- A process that uses youth and family strengths to build the plan.
- Inclusion of professionals and informal supports of the family's choosing on the Team.
- Regular follow-up on and implementation of the plan.
- Regular feedback to the Team on how it is working.
- Training for the family and all Team members on *System of Care* principles and values and "Wraparound" techniques.
- Option for review by Care Review Team. Child and Family Teams can visit one of the Care Review Teams to get a fresh perspective or to help build consensus among your Team members
- QP access to a case consultation team which promotes peer support and staffing of cases
- Opportunities to participate on Teams that oversee the management and implementation of MeckCARES
- Access to a family orientation which empowers families with knowledge needed to navigate the Mental Health, Substance Abuse and Developmental Disability systems

Your Role:

1) *Actively participating in Child and Family Teams.* Child and Family Teams are chosen by the family, and include professionals and other members of the community who can be helpful, such as relatives, neighbors, teachers, coaches, court counselors, and health care workers. The Team forms a circle of support for the family and selects a leader to guide Team meetings. Team members change as the family's needs change. The Team meets in places and at times that are convenient for the family.

2) *Working with other Team members to implement the plan for youth and families.*

Agencies and families work together to develop a single plan of care based on the strengths of the youth and family, not just the problems they may be experiencing.

3) *Participating in training to help the Team function and families succeed.* ParentVOICE is a parent advocacy organization that educates and supports families about services and entitlements. ParentVOICE can help families be full and active partners on Child and Family Teams.

4) *Participating in evaluation activities to help improve the Team and the system.*

Evaluation of MeckCARES is being conducted by a Team from UNC Charlotte, with input from families, service providers and other community members. The evaluation involves a combination of interviews, surveys and observations. Family participation is important to improve services and support for all families in the community. Confidentiality is be protected.

5) *Be Pro-active and stay informed about your rights, responsibilities and the resources at your disposal.* Read the information provided in the orientation packets so you are informed about the decisions you make for your family and what you can expect. Reach out to the families already in MeckCARES for support.

6) *Enrolled, to be or not to be, that is the question.* You are ultimately in control of your enrollment in MeckCARES. If you cannot be reached and no information is available about your case and your provider, you could be deemed in-active and therefore automatically dis-enrolled. Check in about your enrollment status with MeckCARES and contact the Enrollment Coordinator at these times:

- When you experience a change in service or service provider
- You have had a change in address, phone or email contact information
- To dis-enroll from MeckCARES and request a dis-enrollment form