



# KEV TXHAWB PHOOJ YWG

(SUPPORTING CHILD WELL-BEING THROUGH PEER SUPPORT)

LUB OB HLIS NTUJ 2023

## VIM LI CAS QHOV NO TSEEM CEEB

KeV txhawb phooj ywg yog ib hom kev saib xyuas hauv zej zog uas cov neeg muaj kev paub dhau los yuav pab lwm tus daws teeb meem los ntawm kev txhawb nqa rau kev sib raug zoo. KeV txhawb phooj ywg pab txhawb lub zog ntxiv qhov khoob fab kev puas siab puas ntsws nrog rau lub luag hauj lwm xws li cov kws cob qhia kev rov feeb meej, cov neeg saib xyuas kev noj qab haus huv hauv zej zog, thiab cov kws tshaj lij fab kev phooj ywg uas muaj ntawv pov thawj. Pawg puas siab puas ntsws yog cov tub ntxhais hluas uas yog ib lub luag hauj lwm tseem ceeb vim yog hais tias cov me nyuam yaus nyiam thov kev pab los ntawm phooj ywg thiab cov neeg nyob ib ncig ua ntej. KeV txhawb phooj ywg yog ib txoj hauv kev uas ua tau zoo, nkag txog tau, txhawb dag zog, thiab tus nqi pheej yig hauv kev ua kom tau raws li cov kev xav tau ntawm fab kev puas siab puas ntsws ntawm tsev neeg.

## YAM KEV TSHAWB FAWB HAIS QHIA

Cov tub ntxhais hluas uas muaj cov phooj ywg uas lawv muaj peev xwm sib txuas tau nrog thiab muaj kev phooj ywg zoo thaum tseem hluas, muaj qhov zoo rau fab kev puas siab puas ntsws thaum nkag rau tub hluas.<sup>1</sup> Cov txiaj ntsig zoo muaj ntau zuj zus tuaj feem ntau yog thaum tau tham nrog ib tus tib neeg twg uas tau muaj kev paub yav dhau los zoo ib yam.<sup>2</sup> Vim tias cov neeg muab kev pab txhawb nqa tau ua neej nyob, lawv nkag siab txog kev iab liam feem ntau cuam tshuam nrog cov teeb meem kev noj qab haus huv rau kev puas siab puas ntsws. Cov kws tshaj lij no kuj muaj peev xwm rau fab kev coj noj coj ua thiab kev paub txog qhov yuav cuam tshuam nrog kev puas hlawb puas ntsws, pab kom muaj kev nkag siab zoo dua qub tuaj thiab kev txhawb nqa kom muaj txiaj ntsig zoo rau tsev neeg.<sup>3</sup>

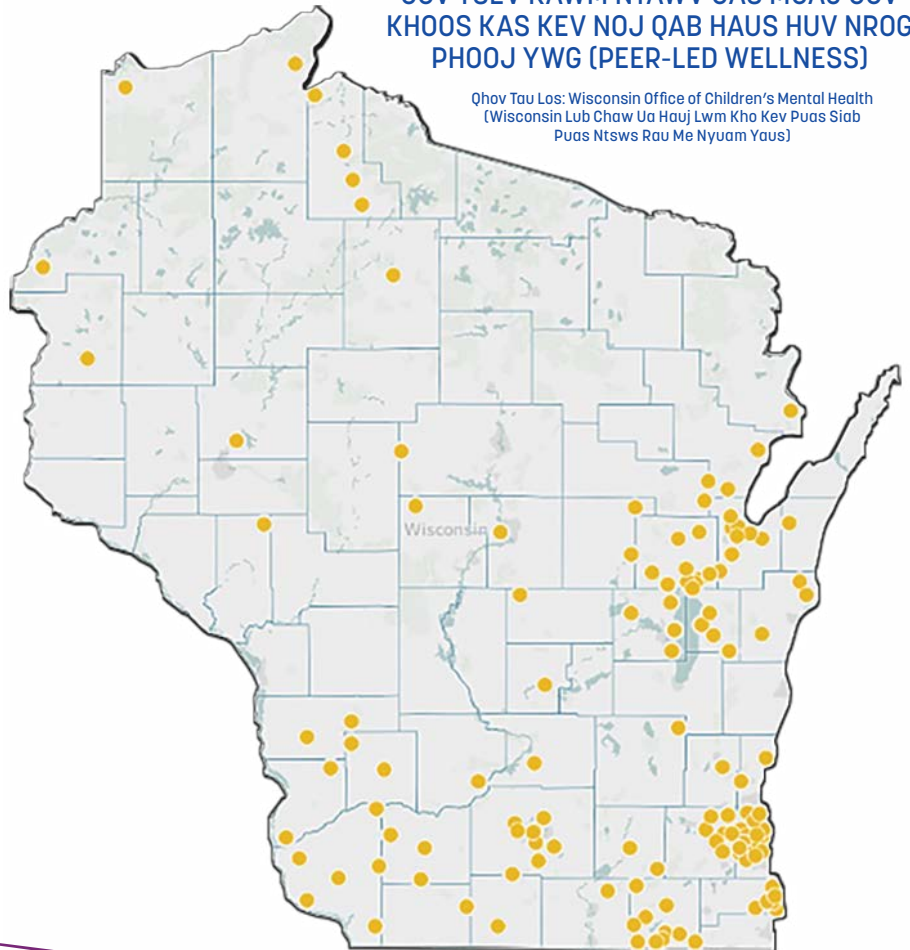
Vim yog cov kws tshaj lij fab kev noj qab haus huv fab kev puas siab puas ntsws tsis txaus, tshwj xeeb tshaj yog cov neeg ua hauj lwm ntawm haiv neeg thiab kev coj noj coj ua, kev txhawb nqa phooj ywg pab ntxiv qhov khoob uas tseem ceeb. Feem ntau cov kws kho kev puas siab puas ntsws tau siv kev sib tham nrog phooj ywg los tswj kev kub ntxhov, thiab lub teb chaws cov koom haum saib xyuas kev puas siab puas ntsws txhawb kev siv ntawm cov kev txhawb phooj ywg. Substance Abuse and Mental Health Services Administration (Lub Tsev Hauj Lwm Saib Xyuas Kev Siv Tshuaj Txhaum Cai thiab Kev Pab Cuam Kev Puas Siab Puas Ntsws) tau txheeb xyuas kev siv cov phooj ywg ua thawj qhov tseem ceeb ntawm cov txheej txheem kev noj qab haus huv rau fab kev puas siab puas ntsws.<sup>4</sup> Tsis tas li ntawd, kev txhawb nqa cov phooj ywg tau pom tias yuav txo tau cov nqi nkag hauv tsev kho mob.<sup>5</sup>

## DAB TSI TSHWM SIM NYOB RAU HAUW WISCONSIN?

Cov kev pab cuam kev txhawb nqa phooj ywg tau loj hlob hauv ntau qhov chaw thoob plaws hauv lub xeev. Muaj cov kev pab txhawb nqa tsev neeg los pab cov neeg saib xyuas, cov neeg saib xyuas txoj kev noj qab haus huv rau kev puas siab puas ntsws hauv zej zog, thiab cov kev pab cuam kev noj qab haus huv nyob hauv ntau dua 200 lub tsev kawm ntawv hauv Wisconsin.

### COV TSEV KAWM NTAWV UAS MUAJ COV KHOOS KAS KEV NOJ QAB HAUS HUV NROG PHOOJ YWG (PEER-LED WELLNESS)

Qhov Tau Los: Wisconsin Office of Children's Mental Health  
(Wisconsin Lub Chaw Ua Hauj Lwm Kho Kev Puas Siab Puas Ntsws Rau Me Nyuam Yaus)



-txuas ntxiv-

### COV KHOOS KAS PEER-LED WELLNESS HAUV TSEV KAWM NTAWV

Cov tsev kawm ntawv hauv Wisconsin yog lub chaw rau cov pawg puas siab puas ntsws uas yog pawg cov tub ntxhais hluas. Cov thawj coj tub ntxhais kawm thiab cov kws pab tswv yim neeg laus tab tom nce kev paub txog txoj kev noj qab haus huv rau fab kev puas siab puas ntsws hauv lawv lub tsev kawm ntawv; txhawb kev paub txog cov peev txheej muaj rau cov hluas; thiab nquag txhawb nqa lawv cov phooj ywg hauv kev noj qab haus huv, kev noj qab haus huv rau fab siab ntsws thiab cov hauj lwm kev tiv thaiv kev tua tus kheej.

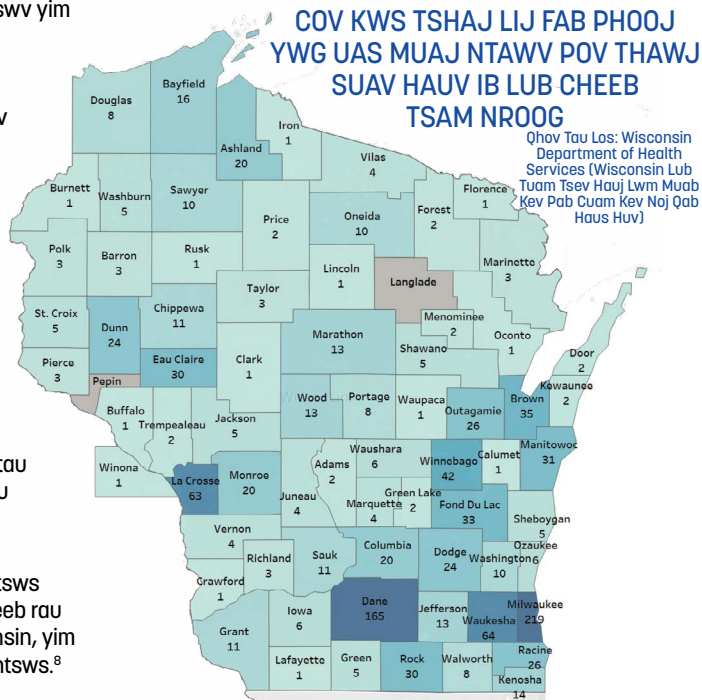
### COV KWS TSHAJ LIJ FAB PHOOJ YWG UAS MUAJ NTAWV POV THAWJ

Wisconsin muaj ib qho ntawv pov thawj rau *Certified Parent Peer Specialists (Cov Kws Tshaj Lij Phooj Ywg Niam Txiv Uas Muaj Ntawv Pov Thawj)*, cov uas tau txais kev cob qhia los txhawb cov phooj ywg rau lwm cov niam txiv uas txhawb nqa tus me nyuam uas muaj teeb meem txog tus cwj pwm fab kev noj qab haus huv; thiab *Certified Peer Specialists (Cov Kws Tshaj Lij Fab Phooj Ywg Uas Muaj Ntawv Pov Thawj)*, cov uas tau txais kev cob qhia los txhawb cov neeg laus uas muaj kev puas siab puas ntsws thiab teeb meem siv yeeb tshuaj. Cov Kws Tshaj Lij Phooj Ywg Niam Txiv Thiab Cov Kws Tshaj Lij Fab Phooj Ywg Uas Muaj Ntawv Pov Thawj yuav tsum ua kom tiav ib qho kev cob qhia thiab xeem kom dhaug qhov kev xeem kom tau ntawv pov thawj.<sup>6</sup> Raws li xyoo 2022, muaj ntau tshaj 1,200 tus neeg tau lees paub rau kev txhawb nqa phooj ywg hauv lub xeev.<sup>7</sup>

### LUB CHAW KEV ROV SIB KHO DUA PHOOJ YWG

Cov neeg nyob hauv kev rov kho dua los ntawm cov teeb meem kev puas siab puas ntsws thiab cov teeb meem siv yeeb tshuaj dej caw yog ib qho peev txheej muaj kev nyab xeeb rau cov phooj ywg. Muaj 11 Lub Chaw Pab Cuam Kev Kho Dua Txog Phooj Ywg hauv Wisconsin, yim lub chaw yog uas tsom mus rau kev kho dua kom feeb meej txog kev puas siab puas ntsws.<sup>8</sup>

### COV KWS TSHAJ LIJ FAB PHOOJ YWG UAS MUAJ NTAWV POV THAWJ SUAV HAUV IB LUB CHEEB TSAM NROOG



## YAM PEB TUAJ YEEM UA TAU<sup>9</sup>

#### ➤ COV NIAM TXIV THIAB COV TUB NTXHAI S HLUAS:

- Txhawb kev siv [TeenLine](#), ib kab ntawv sau los ntawm cov hluas rau cov hluas. Kab ntawv 839863 los sis Hu rau 800-852-8336.
- Nrhiav cov kev pab cuam zais tsis pub lwm tus paub rau cov phooj ywg tshwj xeeb rau koj tus kheej xws li [niam txiv](#), [LGBTQ](#), [Hmoob](#), los sis [cov neeg xiam oob qhab](#).
- Xav ua ib tug [Certified Parent Peer Specialist \(Cov Kws Tshaj Lij Phooj Ywg Niam Txiv Uas Muaj Ntawv Pov Thawj\)](#) yog tias koj muaj kev paub xav pab qhia.

#### ➤ COV TSEV KAWM NTAWV

- Tsim kom muaj cov cib fim rau cov tub ntxhais hluas los muab kev txhawb nqa rau cov phooj ywg hauv tsev kawm ntawv kev noj qab haus huv tag nrho thiab cov khoos kas saib xyuas txoj kev noj qab haus huv rau fab kev puas siab puas ntsws hauv tsev kawm ntawv (saib [daim duab qhia ntawm cov phooj ywg-coj kev pab hauv Wisconsin cov tsev kawm](#)).
- Tsim tsev kawm [Trauma Sensitive School](#).

#### ➤ COV NEEG TEEB TSA KEV CAI:

- Txhawb Medicaid cov nqi them rov qab rau cov kev pab cuam txhawb nqa phooj ywg.
- Nthuav cov khoos kas kws tshaj lij fab phooj ywg uas muaj kev ua hauj lwm them nyiaj rau cov neeg ua hauj lwm sib raug zoo.

#### ➤ COV KWS KHO MOB

- Ntiav cov phooj ywg muaj kev tshaj lij, ua raws [cov kev coj ua zoo tshaj](#) thiab siv [peev txheej](#).
- Tshawb nrhiav kev pab cuam fab tev nis los ntawm [Youth MOVE National Peer Center \(Cov Tub Ntxhais Hluas TSIV Lub Chaw Phooj Ywg Hauv Teb Chaws\)](#).
- Txheeb xyuas cov peev txheej ntawm cov phooj ywg uas txhawb kev kho mob thiab faib nrog tsev neeg.
- Ntsuam xyuas koj qhov kev pab cuam [ntawm lub khoos kas kab lis kev cai](#).

COV CHIV KEEB:

<sup>1</sup> Wisconsin Department of Health Services (Tuam Tsev Tswj Xyuas Cov Kev Kho Kab Mob Kev Nkeeg). Cov Kev Pab Cuam Phooj Ywg: Cov Chaw Kho Dua Cov Phooj Ywg. Tau txais los ntawm <https://www.dhs.wisconsin.gov/peer-services/peer-recovery-centers.htm>.

<sup>2</sup> SAMSHA. Cov Lus Qhia Hauv Lub Teb Chaws rau Kev Kho Tus Cwj Pwm Kev Noj Qab Haus Huv Kev Noj Qab Haus Huv - Ib Cov Cuab Yeej Siv Tau Zoo Tshaj Plaws. Nplooj ntawv 13. <https://www.samhsa.gov/sites/default/files/national-guidelines-for-behavioral-health-crisis-care-02242020.pdf>

<sup>3</sup> SAMSHA. Nqa Cov Kev Txhawb Nqa Rov Qab Mus Txhim Kho Dua. (2017). Tsev Neeg, Niam Txiv thiab Cov Neeg Saib Xyuas Kev Pab Cuam Hauv Tus Cwj Pwm Kev Noj Qab Haus Huv. Tau txais los ntawm [https://www.samhsa.gov/sites/default/files/programs\\_campaigns/brss\\_tac/family-parent-caregiver-support-behavioral-health-2017.pdf](https://www.samhsa.gov/sites/default/files/programs_campaigns/brss_tac/family-parent-caregiver-support-behavioral-health-2017.pdf).

<sup>4</sup> SAMSHA INFOGRAPHIC, [https://www.samhsa.gov/sites/default/files/programs\\_campaigns/brss\\_tac/family-parent-caregiver-support-behavioral-health-2017.pdf](https://www.samhsa.gov/sites/default/files/programs_campaigns/brss_tac/family-parent-caregiver-support-behavioral-health-2017.pdf)

<sup>5</sup> RI International. (2022) Kev Rov Kho Dua Cov Dej Num Kev Tsim thiab Cov txiaj ntsig. Tau txais los ntawm <https://riinternational.com/wp-content/uploads/2022/09/RIA-Programs-and-Outcomes.pdf>.

<sup>6</sup> Wisconsin Department of Health Services (Tuam Tsev Tswj Xyuas Cov Kev Kho Kab Mob Kev Nkeeg). Cov Kev Pab Cuam Phooj Ywg: Cov Kws Tshaj Lij Fab Phooj Ywg. Tau txais los ntawm <https://www.dhs.wisconsin.gov/peer-services/peer-specialists.htm>.

<sup>7</sup> Wisconsin Department of Health Services (Tuam Tsev Tswj Xyuas Cov Kev Kho Kab Mob Kev Nkeeg). Cov Kev Xav Pib Ntawm Cov Kws Tshaj Lij Fab Phooj Ywg. Tau txais los ntawm <https://www.dhs.wisconsin.gov/publications/p02541-02.pdf>.

<sup>8</sup> Wisconsin Department of Health Services (Tuam Tsev Tswj Xyuas Cov Kev Kho Kab Mob Kev Nkeeg). Cov Kev Pab Cuam Phooj Ywg: Cov Chaw Kho Dua Cov Phooj Ywg. Tau txais los ntawm <https://www.dhs.wisconsin.gov/peer-services/peer-recovery-centers.htm>.

<sup>9</sup> Mental Health America (Kev Puas Siab Puas Ntsws Hauv Teb Chaws MesKas). (Lub Yim Hlis Ntuj 2022). *Kev Txhawb Nqa Cov Phooj Ywg Tub Ntxhais Hluas thiab Cov Hluas: Nthuav Cov Chaw Muab Kev Pab Cuam Rau Txoj Kev Noj Qab Haus Huv Rau Fab Kev Puas Siab Puas Ntsws Uas Khai Dej Num Hauv Zej Zag*. <https://mhanational.org/research-reports/youth-and-young-adult-peer-support-expanding-community-driven-mental-health>.