

STAGES OF FAMILY LEADERSHIP

*A **family leader** is one who uses their personal lived experience to help guide and influence others on their journey.*

Family leaders are most often born out of necessity. Some are born from the experience of successfully navigating the child serving system to help their child achieve mental wellness, resulting in a desire to pass that knowledge forward. Others are born from the anguish of hitting road blocks and detours of navigating seemingly impossible systems, sparking a fire for change. Regardless of the path, family leadership is critical for successful and meaningful impacts to occur within the Texas children's mental health system.



1. PRECONTEMPLATION

- Recognizing yourself as expert of your child, but generally deferring to professional opinions



2. CONTEMPLATION

- Starting to weigh the pros and cons of speaking up
- Starting to question the recommendations or actions of professionals
- Starting to try to learn more and gather information



3. DETERMINATION

- Determining that you need to understand and participate in all treatment decisions
- Deciding that your experiences, both good and bad, can help others



4. TAKING ACTION

- Actively using your voice to influence change
- Learning ways to grow your leadership skills and opportunities



5. MAINTENANCE

- Staying in the leadership path
- Staying comfortable using your voice
- Ensuring balance through self-care



Are you a family member of a child or youth that has a mental or behavioral health condition? Are you interested in standing with other families to provide a united voice for systems change? If so, please contact us to learn more about Texas Family Voice Network.

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