



**National Education Alliance for Borderline Personality Disorder
Coordinator of FC-MSTR Program
(Family Connections™ - Managing Suicidality and Trauma Recovery)
Contract Part-time Position for 2023 (20 hours / week for 2023)**

FC-MSTR: As we move from the research phase to the implementation of FC-MSTR, NEABPD is excited to launch our new program on a larger scale and more broadly. FC-MSTR courses, led by volunteer peers and clinicians, provide psychoeducation, skills, and support to family members who have a loved one who has attempted suicide or has had severe trauma. FC-MSTR is offered as an intensive 2-day or 12-week program that meets weekly for 2 hours.

Summary of role: The Coordinator of FC-MSTR will oversee the implementation of our FC-MSTR program, including day-to-day administrative tasks and operational activities. Our Coordinator will:

- Be the lead staff on our FC-MSTR implementation committee.
- Coordinate classes and register participants for FC-MSTR.
- Oversee the creation of new materials and implement leader support and mentoring for FC-MSTR.
- Serve as a resource to our trained FC-MSTR leaders.

The person will work remotely on their schedule and be in contact with the team via phone, email, and video conference calls.

Duties and Responsibilities:

1. Plan FC-MSTR programs involving deadlines, milestones, and processes from start to completion.
2. Supervise all FC-MSTR volunteer leaders providing feedback and resolving complex problems.
3. Discover ways to enhance the efficiency and productivity of procedures and people.
4. Serves as a central point person for FC-MSTR, including building relationships and communicating with various stakeholders (leaders, partners, committee members, and participants).
5. Help standardize FC-MSTR materials and maintain quality control of the material.

6. Devise evaluation strategies to monitor performance and determine the need for improvements.
7. Collaborate with the FC-MSTR Implementation Committee to determine needed policies and procedures to support the success and growth of FC-MSTR.
8. Perform miscellaneous job-related duties as assigned.

Minimum Job Requirements:

- Bachelor's degree; at least five years of experience working directly with program development and implementation and with clients, customers, or students.
- Minimal travel to Leader Trainings and Weekend Intensives may be required.

Knowledge, Skills, and Abilities Required:

- Ability to coordinate and organize meetings and special events.
- Tech-savvy with the ability to learn new technology quickly.
- Strong interpersonal and communication skills and the ability to work effectively with various stakeholders.
- Ability to interact with staff, volunteers, and our leaders in a team environment.
- Knowledge of Family Connections™ or FC-MSTR is helpful in this role. Will train for the right candidate.
- Skill in organizing resources and establishing priorities.

Working Conditions and Physical Effort:

- No or minimal physical effort is required.
- No or very limited exposure to physical risk.
- Work is typically performed remotely.

To apply, please email a cover letter and resume to abby@neabpd.org. Please include your name and FC-MSTR Coordinator in the email's subject line.

National Education Alliance for Borderline Personality Disorder:

The mission of the National Education Alliance for Borderline Personality Disorder (NEABPD) is to provide education, raise public awareness and understanding, decrease stigma, promote research, and enhance the quality of life of those affected by Borderline Personality Disorder and related problems, including emotion dysregulation. NEABPD serves the Borderline Personality Disorder (BPD) community by building awareness and providing the most current information and research on the disorder. NEABPD helps professionals, persons in recovery, and families impacted by BPD. NEABPD's signature program is Family Connections™. Family Connections™ is a free

24-hour course that provides education, skills training, and support for people who have a loved one with BPD or traits of emotion dysregulation.

FC-MSTR History and Program: *Rates of suicide attempts and completed suicide for individuals between ages 10 and 24 in the U.S. increased more than 40% and 50% in the past decade. Suicide is now the second leading cause of death in this age group. Parents of these children have reported trauma-related (PTS) reactions, such as hypervigilance, over-reactivity, avoidance, anger, and a sense of powerlessness, social isolation, and hopelessness. These problems interfere with parents' abilities to balance their emotional reactions and parent effectively. In turn, this reaction exacerbates the risk of future suicide attempts by their children.*

Recently, Fruzzetti and colleagues found that 45% of parents of youth who engaged in medically serious NSSI and suicide attempts met the posttraumatic stress disorder (PTSD) criteria, and another 50% met the criteria for Acute Stress Disorder. In light of these findings, Fruzzetti and colleagues created Family Connections- Managing Suicidality (FC-MSTR) and Trauma Recovery, specifically for parents. FC-MSTR provides education on suicidality, PTS and PTSD, and other problems related to stress and trauma. The program also teaches skills to reduce stress and trauma-related problems, manage intense emotional reactions (e.g., grief, anger, helplessness) related to suicide attempts and NSSI, decrease isolation, and improve parent-child and other emotional family relationships. The shared group experience and specific strategies also provide support for participants.

Research on FC-MSTR showed at baseline, 64% met the criteria for PTSD, with only 34% continuing to meet the requirements at the three-month follow-up after attending FC-MSTR. By contrast, within-subject waitlist parents' PTSD scores remained in the clinical range and did not significantly improve during the waitlist period.

Initial FC-MSTR research results show a reduction in the participants' grief and burden. By learning skills, the people who completed FC-MSTR have shown mastery and empowerment that, in turn, improve the family environment and reduce the rates of PTSD in the parents enabling the parents to reduce their emotional reactions and parent more effectively.