



## Family Run Executive Director Leadership Association

Annual Report 2013-14

### From the President

This has been a year of “firsts” for FREDLA and we are pleased to share our accomplishments with you... our members, partners and fellow family leaders.

Much like our Systems of Care that are “family-driven,” FREDLA is “family-leader-driven.” That means, we want and need your input into the priorities and programs that FREDLA provides. We are always open to your suggestions and ideas. It also means that we need your membership to accomplish our mission of: **“Empowering and strengthening executive leaders of family-run organizations focused on the well-being of children and youth with mental health, emotional or behavioral challenges and their families.”**

The achievements of the past year would not have been possible without the support of many people and organizations. Thanks to our members, our dedicated Board of Directors, our many partners at SAMHSA, the TA Network, the National Federation, NAMI and to our FREDLA staff for supporting us through our first year!

Thomas H. Dillingham  
President  
Board of Directors

### First Family Leadership Camp

**Leadership, Governance, Management –** What’s the difference and what is the role of the Executive Director in each of these areas? In conjunction with the 2014 Georgetown Training Institutes, FREDLA held a Family Leadership Camp to address those questions. Seventy family leaders from 26 states participated in the one-day training. Eight family leaders presented on topics that included: leadership development and assessment; governance; financial oversight; planning strategically; evaluation; social marketing; and supervision. Comments from participants reflected the positive experience and richness of information provided.



#### FREDLA’s First Board of Directors 2013-14

**Officers:** Thomas Dillingham, President, Gail Cormier, Vice President, Jane Kallal, Treasurer, Hugh Davis, Secretary, **Members:** Paige Pierce, Sandy Bumpus, Diane Flashnick, Lisa Lambert, Paul Cornils, Cathy Ciano, Lori Fahey, Candy Kennedy-Georgen, Carol Cecil, Stephen Graci



FREDLA at Georgetown Training Institutes

## TA Network Partner

The Technical Assistance Network for Children's Behavioral Health (TA Network) is the new national technical assistance center for states and communities funded by the Comprehensive Community Mental Health Services for Children and Their Families Program (Children's Mental Health Initiative or CMHI). The Institute for Innovation and Implementation (The Institute) at the University of Maryland, School of Social Work, leads the TA Network as the coordinating entity and centralized contact.

FREDLA is pleased to be one of nine partners working with the TA Network to provide consultation to System of Care grantees. In the past year, FREDLA provided TA to 19 System of Care sites. For the most part, TA has involved phone calls with FREDLA staff, providing resources, connecting to other family leaders and on a few occasions making site visits.



Delfy Roach and Monica Miura with FREDLA Executive Director, Jane Walker

Look for FREDLA's National Data Collection Project and lots more to come in 2015!



Washington State Family Leaders

## Survey of Statewide Family Networks

In February 2014, FREDLA conducted a survey of Statewide Family Network (SFN) grantees. Thirty-one SFN's responded to the survey and this is what we learned:

- Statewide Family Networks have been around for a long time – 10 were established more than 20 years ago.
- In the last fiscal year, Statewide Family Networks supported or trained over 109,000 families and professionals.
- Total budgets for the 31 Statewide Family Networks are approximately 27.3 million dollars.
- Statewide Family Networks employed 413 family members in the 31 organizations.
- SFNs provided the training and opportunities for families to ensure that the voices of families caring for a child with mental health needs are heard at all levels of the system.
- Statewide Family Networks provide valuable array of services to families and their communities.

To read the full report, go to FREDLA's website at [www.fredla.org](http://www.fredla.org)

## First Diverse Leaders Scholarship Program Awardee

Millie Court Mercado from Puerto Rico is the recipient of the 2014 FREDLA Diverse Leaders Scholarship Program. Millie, a mother caring for a child with mental health needs, is a support partner for other families and an advocate at the public policy level in Puerto Rico.

The FREDLA Diverse Leaders Scholarship Program is a racial/ethnic minority scholarship program, established in 2014, to promote diverse leadership within family-run organizations focused on the well-being of children and youth with mental health, emotional or behavioral challenges and their families. The Program seeks to lower financial barriers to training and to highlight the accomplishments of a diverse group of family run leaders. The Diverse Leaders Scholarship Program advances FREDLA's commitment to diversity and cultural competence.



Millie Court 2014 FREDLA Diverse Leaders Scholarship Awardee

Millie used the \$2,000 scholarship to attend the Georgetown Training Institutes in July held in Washington D.C. The scholarship may only be used for professional development pertaining to increasing knowledge and developing skills to lead a family-run organization.

FREDLA is grateful to members of the selection committee, Kathy Lazear, Shannon Crossbear, Myriam Monsalve Serna, Henry Gregory and Lisa Lambert, who provided expertise and guidance throughout the application and selection process.

## Thanks to Our First Members for Believing in Us!

When FREDLA began, we were an unknown. Who even knew how to pronounce the name? Well, our first members believed in us and sent us a membership check to prove it! We value the trust placed in FREDLA and promise to live by our mission and our members.

### Core Members

Alaska Youth and Family Network  
Allegheny Family Network - Pennsylvania  
Families Together New York State  
Family Based Services Association of New Jersey  
Family Involvement Center - Arizona  
Federation of Families for Children's Mental Health - Colorado Chapter  
Federation of Families of Central Florida  
Federation of Families of South Carolina  
Georgia Parent Support Network  
Idaho Federation of Families for Children's Mental Health  
Kentucky Partnership for Families and Children, Inc.  
Maryland Coalition of Families for Children's Mental Health  
Nebraska Federation of Families for Children's Mental Health  
North Carolina Families United  
Oregon Family Support Network  
Parent Support Network of Rhode Island  
Parent/Professional Advocacy League of Massachusetts  
The Family Café - Florida  
Uplift - Wyoming  
Wisconsin Family Ties

### Affiliate Member

Frances Purdy

### Welcome New Members

Youth and Peer Support Alliance – Illinois  
Ekhaya Youth Project – Louisiana

### Join Us!

**If you are not a current member of FREDLA, we'd love to have you join us!**

**FREDLA has different levels of membership for Executive Directors of family-run organizations, former Executive Directors, Family Leaders and Affiliate Members. Go to [www.fredla.org](http://www.fredla.org) to download membership forms.**



FREDLA's First Family Leadership Camp at Georgetown Training Institutes

### From the Executive Director

What an incredible privilege it is to be selected as the first Executive Director of FREDLA and to watch how quickly it has grown in a short time.

Since I started in January 2014, I have come to know many of you across the country. I am so impressed by the power of family organizations to support families through difficult times with their children and to make a lasting impact on their lives. This is the story and message FREDLA must communicate so that families and funders also understand the power of family-run organizations.

As the former Executive Director of the family organization in Maryland for 14 years, I know first-hand the pressures and demands each of you has to face on a daily basis. It is said that in the non-profit world the job description for the Executive Director is three words, "Do it all." FREDLA also wants to support you in your work by providing resources and connecting you with other family leaders who may have a similar program or problem. Let us know how we can help you!

Lastly, FREDLA has been very fortunate to have Malisa Pearson as our Project Coordinator for FREDLA. Malisa comes with a wealth of experience, as the former Executive Director of the Michigan family organization. Malisa is the

"go to" person at FREDLA and I am personally grateful for her dedication and expertise.

FREDLA has also turned to many of you as consultants to share your wisdom. You have always risen to the challenge, whether it is presenting on a webinar, serving on an advisory group for a project, or making a presentation... you have come through.

Special thanks to the FREDLA Officers and Board for a spectacular year and I look forward to working with all of you in the year ahead.

*J. W.*

Jane A. Walker, LCSW  
Executive Director

### FREDLA's First Year of Financials

Twelve Months	Oct '13 – Sept 14	Budget
<b>Income</b>		
Grants	261,432.93	255,459.00
Indirect Public Support	300.00	0.00
Program Income	1,472.00	6,250.00
<b>Total Income</b>	<b>276,452.93</b>	<b>261,709.00</b>
<b>Expense</b>		
Contract Services	77,558.55	73,006.00
Fringe Benefits	20,895.63	23,684.00
Indirect Costs	2,319.42	16,094.00
Other Direct Costs	5,454.01	7,286.00
Payroll Expenses	121,418.70	118,424.00
Supplies & Equip	4,422.36	5,026.00
Travel	12,970.32	16,354.00
<b>Total Expense</b>	<b>245,038.99</b>	<b>259,874.00</b>