

Great Ideas for Family Leaders ~ July 2016

Dear Family Leaders,

At a recent national meeting, Gary Blau, Chief of the Child, Adolescent and Family Branch at SAMHSA, said to a crowded room of State Child and Adolescent Mental Health Directors that family-driven care is fundamental at SAMHSA, emphasizing SAMHSA's commitment to family-run organizations as well. This was a powerful statement of support coming from the highest levels at SAMHSA. "Thank you" is an equally powerful statement and we all need to thank Gary for his support. Let's flood his inbox with notes of thanks from families and organizations (ED's, boards and staff). Send your "thanks" to Gary.Blau@samhsa.hhs.gov.

Jane Walker
FREDLA

A SPECIAL FAREWELL

Diane Flashnick has been the Executive Director of the South Carolina Federation of Families for Children's Mental Health for the past 15 years. She retired on July 1, 2016, due to health concerns. Those who know *Diane* admire her commitment to children and the Federation, her warm personality - and her lovely Southern accent! We will all miss *Diane* but know her successor,

Jenah Cason,

will continue to do great things for the children and families of South Carolina.

RECENT FREDLA HAPPENINGS...

FREDLA Meets with SAMHSA Administrator and National Advisor of Children Youth and Families

On June 21, 2016, five FREDLA Board members met with the SAMHSA Administrator, Kana Enomoto, via phone and in-person with Larke Huang, advisor to Kana on children's mental health issues. Unfortunately, Administrator Enomoto was called to a meeting at HHS and had to participate briefly by phone. We managed to get our message about family-run organizations packed into 15 minutes with the Administrator, who clearly knew about FREDLA and family-run organizations. We had a much longer time and excellent dialogue with Larke Huang on several issues, including: a) Using SAMHSA's influential role in promoting and supporting family-run organizations in the states, b) Increasing the number of statewide family network grants and, c) Changing the language of "Serious Emotionally Disturbed" to less stigmatizing language.

Representing FREDLA were: Jane Kallal (AZ), Regina Crider (IL), Lisa Lambert (MA), Darrin Harris (LA), and Joy Hogge (MS). Unfortunately, our President, Gail Cormier (NC), was scheduled to attend the meeting, but her flight was canceled at the last minute. Our FREDLA leaders were incredibly articulate and impressed Larke, who stated that she wished there had been a room full of SAMHSA directors to hear the work being done by family-run organizations across the nation.

National Association of State Mental Health Program Directors (NASMHPD) Meeting for Child and Adolescent Mental Health Directors

FREDLA was invited to co-present with Youth MOVE and the National Federation on parent and youth peer support at the meeting of state Child and Adolescent Mental Health Directors in Rockville, Maryland in July. The room was filled with more than 40 directors - the greatest attendance they've ever had at the meeting. The interest and commitment to parent peer support and youth peer support were evident from their questions and comments. The sticking point, of course, is always financing. However, it was a robust discussion and many state directors came to speak with Jane Walker after the presentations, praising the family organizations in their states.

SAMHSA Expert Panel: Conduct Disorders and Oppositional Defiance Disorder

On July 6, 2016, FREDLA participated on an expert panel about Conduct Disorders and Oppositional Defiance Disorder, organized by SAMHSA to help review information to be posted on SAMHSA's website about these disorders. FREDLA offered suggestions around family-friendly and family-driven language when discussing symptoms and diagnosis.

FREDLA's National Data Collection Project: Survey Results Are In!

As part of FREDLA's National Data Collection Project, family-run organizations (FROs) across the nation were surveyed about their organizations, the services and supports they provide for families and systems, and how their services were funded. A total of 45 organizations responded (approx. 40-45% response rate), providing us with a snapshot of the amazing work of FROs and parent peer support providers. Organizations responding ranged in age from one to thirty-six years in existence. 73% have staff that are certified as Parent Support Providers. In regards to services/supports, nearly all offer information and referral, system navigation (phone and face to face), training for families and professionals or community members, and public policy participation. The most common sources of funding are public dollars (city/county 28%, state 34%, and federal 23%). Surprisingly, only 2% received Medicaid reimbursement for their work.

To view the full survey report and learn more about the National Data Collection Project, please visit www.fredla.org/national-data-collection/ or contact us at info@fredla.org.

NEW FREDLA RESOURCE AVAILABLE

Assessing Readiness to Become a Parent Peer Support Provider Tip Sheet

National and state core competencies have been developed and, in addition to the availability of National Certification for Parent Support Providers through the National Federation of Families for Children's Mental Health, states are implementing credentialing standards of their own. A key question that is often asked is, "How can you tell when a parent is ready to become a parent peer support provider (PPSP)?" This tip sheet offers guidance on assessing when a caregiver is ready to take that next step to help other parents and families in a professional role.

To download, [click here](#).

STATEWIDE FAMILY NETWORK AWARDS

SAMHSA's Statewide Family Network (SFN) grant awards were recently announced (full list below). Many long-standing SFN organizations were not funded in this grant cycle while some new organizations received grant awards. Our sincere congratulations to those that were awarded grants. For those family-run organizations that were not funded, we want to reassure you that FREDLA remains equally committed to involving and supporting your organizations.

- *The Family Café, Inc* - Tallahassee, Florida
- *Georgia Parent Support Network, Inc.* - Atlanta, Georgia
- *Hawaii Families as Allies* - Waipahu, Hawaii
- *Idaho Federation of Families* - Boise, Idaho
- *Youth and Family Peer Support Alliance* - Urbana, Illinois
- *Indiana Federation of Families* - Anderson, Indiana
- *Keys for Networking, Inc.* - Topeka, Kansas
- *Association for Children's Mental Health* - Lansing, Michigan
- *Pacer Center, Inc.* - Bloomington, Minnesota
- *North Carolina Families United* - Graham, North Carolina
- *National Alliance on Mental Illness, Virginia* - Richmond, Virginia
- *Vermont Federation of Families* - Williston, Vermont
- *North Dakota Federation of Families* - Bismarck, North Dakota
- *Families Care, Inc.* - Kearney, Nebraska
- *National Alliance on Mental Illness, New Hampshire* - Concord, New Hampshire
- *Brain Injury Association of New Mexico* - Albuquerque, New Mexico
- *Nevada P.E.P., Inc.* - Las Vegas, Nevada
- *Federation of Families of South Carolina* - Columbia, South Carolina
- *Wisconsin Family Ties, Inc.* - Madison, Wisconsin
- *Uplift* - Cheyenne, Wyoming

LEARNING COMMUNITY FOR FAMILY LEADERS

Family leaders are faced with a wide array of challenges as they implement, expand and sustain family voice, involvement and leadership at a local, state and national level.

As a result, FREDLA has formed The Learning Community for Family Leaders to offer peer-driven technical assistance and support for family leaders connected to System of Care funded AND non-funded sites and family-run organizations.

The Learning Community for Family Leaders occurs on the **fourth Thursday of each month at 3 pm Eastern Time**. The Learning Community for Family Leaders will NOT be meeting in July.

The next Learning Community for Family Leaders, on **August 18, 2016, at 3 pm ET**, will investigate Family-Driven Care across Systems. To register, [click here](#).



To check out the archives from previous Learning Community calls, [click here](#) to visit the FREDLA website.

TUNE IN TO THE VOICE AWARDS ON AUGUST 10, 2016

On **August 10**, SAMHSA's **2016 Voice Awards** will highlight the theme "*Strengthening Families through Hope and Help.*" Television and film professionals and consumer/peer/family leaders will be honored for their efforts to promote the positive impact that family members can have on their loved one's path to recovery. <http://gph.is/1r1cM2o>. FREDLA is proud to be a partner in the 2016 Voice Awards!

WEBINARS

How to Address Disparities and Disproportionalities through Disparity Impact Statements and Strategies

July 20, 2016, 3:00 PM to 4:30 PM EDT

Participants will learn about the history of the Disparity Impact Statement (DIS), the prevalence of disparities and disproportionalities (D&D), SAMHSA's DIS approach, and successful examples of how communities have addressed D&D through the DIS.

Presenters: Dr. Ken Martinez, National Resource Center for Mental Health Promotion and Youth Violence Prevention, American Institutes for Research and Dr. Larke Huang, Director of Office of Behavioral Health Equity, SAMHSA, will discuss how SAMHSA grantee communities around the country are using disaggregated demographic data to actively reduce and eliminate D&D in new and creative ways!

To register, [click here](#).

RESCHEDULED: Understanding your Rights and Responsibilities: Getting Clarity on HIPAA Privacy Laws

July 19, 2016, 3:00-4:00 p.m. ET

Join Deven McGraw, Deputy Director of Health Information Privacy, and Sherri Morgan, Health Information Privacy Specialist, to hear more about OCR guidance clarifying HIPAA's rules on sharing patient information with friends and family and on the right of individuals under the HIPAA Privacy Rule to access and receive copies of their health information. Join us and gain valuable insight into health care's most important, yet widely misunderstood protections.

To register: [click here](#).

Note: This is a rescheduled webinar from May 18th.

Building a Movement of Moms - Webinar Replay

This presentation includes examples of how parents have been successful in demanding a change in drug policies through campaigns and social media. It also covers the creation of Moms United to End the War on Drugs campaign which advocates for the ending of stigmatization and criminalization of people who use drugs or who struggle with substance use disorders. Our

presenter also demonstrates how to promote policy positions that reduce the harms associated with drug use and addiction.

[Watch Replay](#)

[PowerPoint Presentation](#)

CALL FOR PROPOSALS

The **National Federation of Families for Children's Mental Health** invites you to submit presentations for their **27th Annual Conference**. The goal of the 2016 annual conference is to answer critical questions that forward the organization's mission of supporting families and providing comprehensive, integrated services that focus on prevention and early intervention in a way that is well funded and proven to be most effective. [Submit your proposal today!](#)

RESOURCES

New Resource: Know Your Rights Parity for Mental Health and Substance Use Disorder Benefits

SAMHSA and the U.S. Department of Labor have produced a new resource to inform individuals about their rights under the Mental Health Parity and Addiction Equity Act (MHPAEA). ["Know Your Rights: Parity for Mental Health and Substance Use Disorder Benefits"](#) is an online and printable brochure that provides examples of common limits placed on mental health and substance use disorder benefits and services that are now subject to parity. The brochure also provides consumers with tips on finding information about their health plan benefits and coverage and informs consumers on their right to appeal a claim if denied.

Mental Health and Substance Use Disorder Parity Task Force

As part of wider Administration efforts to expand access to treatment for people with mental health and substance use disorders, the President signed [Presidential Memorandum](#) in March 2016 creating a Mental Health and Substance Use Disorder Parity Task Force. The Task Force will focus key Federal agencies on the work of ensuring that Americans receive the coverage and treatment that they need. Learn more about the Task Force by reading [President Obama's announcement](#) and the [White House blog post](#).

Sign up for [email notifications](#) about the work of the task force.

Share Your Experience with the Task Force

The Task Force wants to hear from patients, families, consumer advocates, health care providers, insurers, and other stakeholders on their experience with mental health and substance use disorder parity requirements. Share your [comments, experiences, and recommendations](#) with the Task Force. Or, submit your comments by sending an email to parity@hhs.gov.

New Foster Care Transition Toolkit Offers Tips for Helping Foster Youth Succeed as Adults

The U.S. Department of Education today released a new toolkit to inspire and support current and former foster youth pursuing college and career opportunities. The Foster Care Transition Toolkit includes tips and resources intended to help foster youth access and navigate social, emotional, educational and skills barriers as they transition into adulthood.

To access the toolkit, [click here](#).