



Great Ideas for Family Leaders

Dear Family Leaders,

Dr. Thomas Insel, who has been director of the National Institute of Mental Health (NIMH) for 13 years, is leaving at the end of the month to join Google. Dr. Insel has been a leading force in science of the brain and changing the way mental illness is diagnosed.

Why you might ask is Dr. Insel going to Google? According to a Washington Post interview (October 13, 2015) Dr. Insel replied: "I got an offer [that] seemed to me to be intriguing and, frankly, a bit disruptive. For a company like Google, that it would have interest in making an impact in the area of mental health, I thought it was pretty exciting.

"One of the possibilities here is, by using the technologies we already have, technologies that are linked to a cellphone, technologies that are linked to the Internet, we may be able to get much more information about behavior than what we've been able to use in making a diagnosis."

Wouldn't it be great if major corporations, like Google, were able to bring mental health into the mainstream through technology? How much more accessible and less stigmatizing mental health would be for all. Kudos to Google and congrats to Dr. Insel for moving mental health into the realm of social media and technology.

*Jane Walker
Executive Director
FREDLA*

Creating a Unified Vision for Family-Run Organizations

At FREDLA's Annual Meeting, 50 family leaders from across the country came together to

Dream BIG about the future of family-run organizations. Throughout the day, family leaders focused on five critical areas that are relevant to all of us, regardless of our size, state or community:

1. Financing/sustainability
2. Marketing
3. Diversity
4. Data Collection
5. Public Policy

Each area was given thoughtful consideration with lots of time to discuss different perspectives. At the end of the day, participants prioritized the top strategies for each of the five areas. FREDLA is compiling these strategies into an action plan for our network of family-run organizations. We'll be sharing that with you shortly.

FREDLA's Annual Meeting poster, Dream BIG, is available for \$10 plus postage. To purchase a poster email mpearson@fredla.org.

Serving Families Caring for a Child with Substance Use Disorder - FREDLA Survey

Behavioral health integration is happening across the country and family-run organizations that grew out of the children's mental health movement are considering how to position themselves in light of these changes.

To better inform the field, FREDLA has developed a short survey to get a national picture of how family-run organizations are responding to behavioral health integration.

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

Thank you for taking a moment to complete the survey. A summary of responses will be sent out upon completion of the survey.

What's on SAMHSA's Mind?

At FREDLA's Annual Meeting, Gary Blau, Chief of the Child, Adolescent and Family Branch at SAMHSA shared his priorities with us. They provide valuable guidance to us all in terms of areas family-run organizations should pay attention to. We are happy to share them with you.

- Psychotropic medication
- Workforce (capacity and training)
- Links to primary care and Cross-System Involvement (SU, CW, JJ, Edu) /Integration
- Financing - SAMHSA/CMS bulletins
- Addressing prejudice and discrimination (avoid the term stigma)
- First episode psychosis (Prodrome)
- Youth adults (Healthy Transitions)
- Evidence-based Practices and Cultural Adaptations
- Return on Investment (ROI)
- Residential and Building Bridges
- FAMILY DRIVEN AND YOUTH GUIDED!

During Gary's presentation, he reaffirmed his unwavering commitment to family-driven and youth guided systems of care and emphasized that from SAMHSA's perspective, families and youth belong at all tables. FREDLA will be working on several of the priorities listed, including first episode psychosis.

Please let us know what you are doing in any of these areas as well.

FREDLA ABC's of an ED:

Auditors/accountants, **B**udgets/boards/by-laws, **C**ontracts, **D**ata/deliverables, **E**mployees/events, **F**amilies/fundraising/financials, **G**rants/groups, **H**iring/health benefits, **I**RS, **J**ob descriptions, **K**ey, **L**iability insurance, **M**arketing/meetings/minutes, **N**ine-ninety (990), **O**perating expenses, **P**olicies/procedures, **Q**uality-

improvement, Resources/reserves, Supervision/services, Training/technical assistance, Unemployment, Volunteers, Worker's comp/work plans, eXhausting, Year-end reports, amaZing!

Hat's off to all the Executive Director's for the work you do and for the passion you bring to the job.

Resources

[PLACE MATTERS Addresses Social, Economic and Environmental Conditions](#)

[PLACE MATTERS](#) is a national initiative designed to build the capacity of leaders and communities to identify and address social, economic, and environmental conditions that shape health and life opportunities. Begun in 2006, 19 PLACE MATTERS teams now work in 27 jurisdictions around the country to raise awareness of the fact that the spaces and places where people live, work, study, and play directly and indirectly affect health, and to improve these conditions through policy and systems change. In particular, because of persistent segregation in schools, neighborhoods, and workplaces, the spaces occupied by people of color tend to host a higher concentration of health risks relative to wealthier and whiter communities, while lacking geographic and financial access to health-enhancing resources.

Video describing Place Matters:

<https://www.youtube.com/watch?v=uEK4hLDi2Nk>

[ParityTrack Completes Evaluation of Parity Implementation In All 50 States](#)

The Kennedy Forum has unveiled the long-awaited [ParityTrack](#), an online resource designed to provide information on parity implementation in all 50 states. The site includes reports on the pertinent legislation, regulations, and litigation in each state. It also offers a comprehensive report on [federal activity](#). According to William Emmet, Executive Director of the Kennedy Foundation, "The findings show that we still have a long way to go in making parity a reality."

<https://www.paritytrack.org/>

[Regional Behavioral Health Barometers](#)

SAMHSA is pleased to announce the availability of a new series of behavioral health barometers. These barometers divide existing SAMHSA data into separate reports for each of the 10 HHS regions of the United States. Each report uses data from the National Survey on Drug Use and Health (NSDUH), collected annually. Topics addressed in the reports include youth substance use, youth mental health and treatment, adult mental health and treatment, substance use, and substance use and treatment.

<http://www.samhsa.gov/data/browse-report-document-type?tab=46>

[National Center of Excellence for Infant and Early Childhood Mental Health Consultation](#)

When young children go to child care or preschool they should be in a nurturing and stimulating environment where they can play, learn and have fun. That's why SAMHSA, the Health Resources and Services Administration (HRSA), and the Administration for Children and Families (ACF) have partnered to establish a National Center of Excellence for Infant and Early Childhood Mental Health Consultation (IECMHC). The National Center of Excellence will provide state-of-the-art tools,

training and technical assistance to build strong, sustainable IECMHC systems in states and tribes. Home visiting professionals will have greater knowledge and skills for helping families who are dealing with health and mental health issues such as attachment disorders, trauma and maternal depression.

<http://blog.samhsa.gov/2015/10/07/samhsa-announces-the-launch-of-the-national-center-of-excellence-for-infant-and-early-childhood-mental-health-consultation/#comments>

[The Carter Center Journalism Resource Guide on Behavioral Health](#)

The resource guide aims to increase accurate reporting of behavioral health issues, decrease stereotypes, and help journalists better understand mental health and substance use issues and access expert resources.

"This guide will enhance the ability of journalists covering stories that involve real or perceived mental health issues to report with accuracy, fairness, and sensitivity," said Dr. Thomas Bornemann, director of the Carter Center's Mental Health Program. "Ultimately, we hope the guide also leads to an increase in public understanding of behavioral health issues leading to early intervention for people with mental illnesses and substance use disorders."

http://www.cartercenter.org/resources/pdfs/health/mental_health/2015-journalism-resource-guide-on-behavioral-health.pdf

[Strange Bedfellows: How Child Welfare Agencies Can Benefit from Investing in Multidisciplinary Parent Representation](#) - Published by Center for the Study of Social Policy.

This publication is the second of a series of articles that examines the role that advocates for parents and families can play in furthering the wellbeing and safety of children. This article highlights emerging parent representation models that expedite the safe reunification of children already in foster care.

To read this article, [click here](#).

Upcoming Conferences

[29th Research and Policy Conference on Child, Adolescent, and Young Adult Behavioral Health](#)

[March 13 - 16, 2016 at the Hilton Tampa Downtown Hotel](#)

The Research & Policy Conference on Child, Adolescent, and Young Adult Behavioral Health provides a forum where participants can:

- Learn, inform, network, and discuss issues related to research, policy, and practice
- Explore behavioral health topics from a systems and community perspective
- Discover new research and policy ideas that are individualized, community-defined, evidence-based, culturally/linguistically competent, family-driven, and youth-guided

[Call for Proposals](#) is open until October 30, 2015. To apply, [click here](#).

To register for the 29th Research and Policy Conference on Child, Adolescent, and Young Adult Behavioral Health, [click here](#).

[26th Annual National Federation of Families for Children's Mental Health Conference](#)

The National Federation's Annual Conference brings together family members, young adults, and professionals in a safe setting, free from stigma and one that celebrates skills and successes. The National Federation's annual conference generates a large amount of discussion on the current issues and trends pertaining to children's mental health, from the perspective of a family-driven and youth-guided approach.

The 26th Annual Conference will feature many great workshops and speakers this year, joining hundreds of mental health advocates and professionals from across the nation as we work to educate and empower children, youth, and families!

To register, [click here](#).

JOIN FREDLA!

Are you a member of the Family-Run Executive Director Leadership Association (FREDLA) yet? If not, join NOW! Visit FREDLA's website at <http://fredla.org/join-us/> and download the membership form. Don't delay - become a member today and join a growing group of family leaders committed to the leadership development and organizational capacity of Family-Run Organizations!

***Thanks for reading Great Ideas for Family Leaders!
Don't forget to send us your Great Ideas - they are always welcome!***

***Send to Malisa Pearson, Project Coordinator
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FREDLA is a core partner of the National Training and Technical Assistance Center for Child, Youth and Family Mental Health (NTTAC), operated by the National Technical Assistance Network for Children's Behavioral Health (TA Network), funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services, Child, Adolescent and Family Branch.