

## *From the Board President*

Since March 2013, it has been my privilege to serve as the first President of the FREDLA Board of Directors. At the time, all we had was a commitment of 16 family leaders to create a national organization dedicated to *building the leadership and organizational capacity of our family-run organizations.*

Every day we work with families to empower them and to build their advocacy skills. We realized in 2013, that it was time to do the same for ourselves as a national community of family-run organizations. This was the impetus for starting the Family-Run Executive Director Leadership Association (FREDLA) and look how far we have come in such a short time!

As President, I leave this position having obtained many of the objectives and goals we set out to achieve, however there is still much left to do. I have come to know many of you across the country. I believe the executive directors of our family-run organizations are outstanding leaders, managers, advocates, and people of integrity and compassion. I pledge continued support to FREDLA and most certainly, the families we serve.

I consider myself fortunate to have had the opportunity to work with you over the past two and a half years, and truly a blessing.

Thank you for the work you do and for supporting FREDLA!



Thomas H. Dillingham  
President, FREDLA Board of Directors  
March 2013–September 2015



*Small Group Meeting of Family Leaders in Phoenix, AZ*

## **Family-Run Organizations: An Effective Strategy for Expanding SOC**

Put two family leaders in a room together and you can feel the electricity! There's an immediate exchange of ideas, resources and problem-solving. That is what happened in April at FREDLA's small group meeting held at the Family Involvement Center in Phoenix, Arizona. The meeting was funded through the Technical Assistance Network (TA Network) housed at the University of Maryland.

Topics of the day included: Family Organizations as the Cornerstone of a System of Care; Leadership; Financing Strategies; Program and Activities... and much more. Thirty-one family leaders from nine states participated in the meeting and everyone hopes to come back again next year.

## **2014-2015 FREDLA Board of Directors**

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Thomas Dillingham, President,  
Gail Cormier, Vice President

Hugh Davis, Secretary  
Jane Kallal, Treasurer

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Paul Cornils  
Millie Court

Regina Crider  
Shannon Crossbear  
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Diane Flashnick

Ruth Fox  
Stephen Graci  
Candy Kennedy-  
Georgen

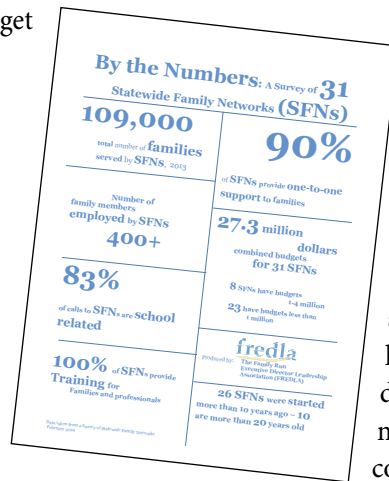
Lisa Lambert  
Paige Pierce  
Janet Pereyra  
Sue Smith

# National Data Collection Project

*Data: (noun) facts and statistics collected together for reference or analysis.*

You don't have to love numbers to get excited about **FREDLA's National Data Collection Project**. For the first time—ever—FREDLA is beginning to collect national data on the work family-run organizations do.

Although there are vast amounts of anecdotal data and basic quantitative data about the tens of thousands of families reached by our organizations, there is a significant lack of data around the impact of family-run organizations and the services/supports we offer to our children, youth and families. To address this critical need for data, FREDLA embarked upon a National



Data Collection Project with the goal of bringing together researchers, policy makers and family leaders to begin developing national data collection measures and tools for family-run organizations and contribute to the body of research around family support. FREDLA convened a workgroup

of family leaders and prominent researchers that has met regularly since June 2014. Although faced with this daunting task, the Workgroup members have already accomplished a number of tasks, including:

- Development of standard definitions for services/supports offered by family-run organizations
- Implementation of a survey (still in process) to ascertain what services are offered and how these are funded in family-run organizations
- Development of a data collection tool that can be used nationally to collect information on family-run organization's activities

## PCORI Tier I Award

Building on the work of the National Data Collection Project, in April 2015, FREDLA was approved for a Tier I award by the **Patient-Centered Outcomes Research Institute (PCORI)** to support a project on the impact of family peer support provider services. PCORI's Pipeline to Proposal awards enable groups that are not typically involved in research to develop the means to develop community-led funding proposals focused on patient-centered comparative effectiveness research. FREDLA is the first organization of its kind to be awarded such funding and intends to pursue further PCORI funding to continue research.

Advisory Council members include family leaders from 11 states and prominent researchers in the field:



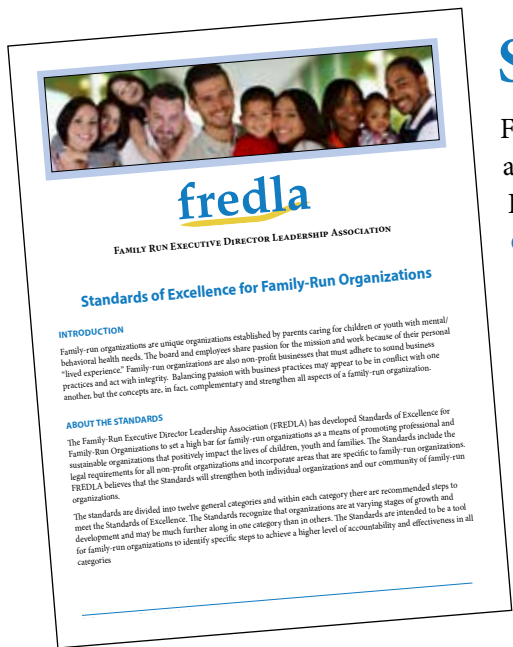
*Meeting of the PCORI Advisory Workgroup in Baltimore*

- Dr. Eric Bruns (Washington State University)
- Dr. Kimberly Hoagwood (New York University)
- Dr. Bruno Anthony (Georgetown University)
- Geetha Gopalan (University of Maryland).

More information on the project can be found at <http://www.pcori.org/research-results/2015/improving-outcomes-children-mental-health-challenges-and-their-families>.

### Coming Soon!

Thanks to funding from SAMHSA through a contract with the Georgetown Center for Child and Human Development, National Technical Assistance Center for Children's Mental Health (NTAC), FREDLA is designing online training curricula for Leadership Development, Board Members, and Mid-level Managers of family-run organizations.



## Standards of Excellence

Family-run organizations are strong on passion and often short on business acumen. With funding from SAMHSA through a contract with the American Institute for Research, FREDLA took on the challenge to develop **Standards of Excellence for Family-Run Organizations**. The Standards are a means of promoting professional and sustainable organizations that positively impact the lives of children, youth and families.

There are twelve general categories and within each category there are recommended steps to meet the Standards of Excellence. The Standards are intended to be a tool for family-run organizations to identify specific steps to achieve a higher level of accountability and effectiveness in each of the categories.

The Standards were developed in partnership with an Advisory Committee made up of family leaders. Check out the Standards at FREDLA's website.

## 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.



*Gary Blau, Chief of Child, Adolescent and Family Branch at SAMHSA celebrates National Children's Mental Health Awareness Day in Washington D.C. with Lynda Gargan, Interim Director of the National Federation of Families and FREDLA Executive Director, Jane Walker and FREDLA Board President, Tom Dillingham.*

## Great Ideas for Family Leaders!

Newsletters abound and few people have time to read them. That is why FREDLA developed a short, concise newsletter offering news and resources of particular interest to family leaders. The five editions of **Great Ideas!** are archived on the FREDLA website at [www.fredla.org](http://www.fredla.org).



## TA Network Partner

The Technical Assistance Partnership is the national technical assistance center for the states and communities funded by the Comprehensive Community Mental Health Services for Children and Their Families Program, better known as System of Care grants.

The Institute for Innovation and Implementation (The Institute) at the University of Maryland, School of Social Work leads the Network comprising nine

partners around the country, each with a unique area of expertise in children's mental health and systems of care.

FREDLA is pleased to be a partner in the TA Network and has a role in providing technical assistance to states, communities and family organizations with SOC grants. Last year FREDLA provided 131 hours of technical assistance to 21 System of Care Sites in 16 states.

# Public Policy

FREDLA uses every opportunity to bring the voices of family-run organizations to public policy tables. It often requires rapid response and FREDLA has used various means to solicit input from our member organizations. One such example is the draft Core Competencies for Peer Support released by SAMHSA for public comment. FREDLA quickly convened a national call of family leaders to review the draft and provide written comments to SAMHSA. FREDLA also used a short survey on crisis services to provide input from family-run organizations on crisis services in their states and ways that family-run organizations could play a role in the crisis system for children. These recommendations were also forwarded to SAMHSA.

Lastly, FREDLA members had the opportunity to hear from Congressman Tim Murphy about his proposed federal legislation called the “Families in Mental Health Crisis Act. In partnership with Allegheny Family Network in Pittsburgh, PA, FREDLA convened a national conference call with Congressman Murphy. Questions were submitted in advance

and 50 family leaders on the call could hear first-hand responses from the Congressman to form their own opinions about the legislation.

## Calls with SAMHSA Regional Administrators

SAMHSA’s 10 Regional Administrators (RAs) are the voice of SAMHSA’s Administrator around the country. To inform the RAs about family-run organizations, FREDLA facilitated calls with nine SAMHSA RAs during the months of February, March and May. Thirty-nine family organizations participated on the calls and discussed their activities and stressing the importance of family support and its distinction from adult consumer peer support. Once the calls were completed, a summary report was compiled and distributed to all of the RAs and SAMHSA leadership.

## Thanks to Our Membership

Alaska Youth & Family Network

Allegheny Family Network

Association for Children’s Mental Health

Ekhaya Youth Project

Families As Allies Mississippi

Families Together in New York State

Families United of Milwaukee

Family Based Services Association of New Jersey

Family Café

Family Involvement Center

Federation of Families - Colorado

Federation of Families Miami-Dade

Federation of Families of Central Florida

Georgia Parent Support Network

Idaho Federation of Families

Iowa Federation of Families

Kentucky Partnership for Children & Families

Keys for Networking

Lee & Phillips County Families Moving Toward  
Excellence

Long Island Families Together

Maryland Coalition of Families

Nebraska Federation of Families

North Carolina Families United

North Dakota Federation of Families

Oregon Family Support Network

Parent Professional Advocacy League of MA

Parent Support Network of Rhode Island

South Carolina Federation of Families

Tennessee Voices for Children

Texas Federation of Families for Children’s Mental  
Health

Total Family Care Coalition

Uplift-Wyoming

United Advocates for California’s Children

Vermont Federation of Families

Wisconsin Family Ties

Youth & Family Peer Support Alliance

### *Individual Members:*

Shannon Crossbear, Stephany Melton,

Barbara Granger, Frances Purdy, Millie Court

## Special Thanks to Our Partners

Substance Abuse and Mental Health Services Administration, Child, Adolescent and Family Branch

University of Maryland School of Social Work, Institute for Innovation and Implementation

Georgetown Center for Child and Human Development, National Technical Assistance Center for Children’s Mental Health (NTAC)

American Institute for Research

BRSS TACS Center 4 Social Solutions



**FAMILY RUN EXECUTIVE DIRECTOR LEADERSHIP ASSOCIATION**

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