

Great Ideas for Family Leaders ~ April 2016

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and so much more!

BECOMING A MEDICAID PROVIDER OF PEER SUPPORT: A GUIDE FOR FAMILY-RUN ORGANIZATIONS

The fastest growing source of funds for parent peer support services is Medicaid. Family-run organizations providing peer support must know the steps involved in becoming Medicaid providers and how to prepare their organizations and staff. FREDLA, in partnership with the TA Network is pleased to announce the release of a new guide, which may also help state agencies and other stakeholders to better understand the process family-run organizations must undertake, was developed to assist family-run organizations to become Medicaid providers of parent peer support services. It includes a step-by-step process, illustrated by the experiences of The Family Involvement Center in Arizona and Tennessee Voices for Children. For each step, the guide delineates specific, required tasks, and provides examples of how they have been approached by the two FROs. Challenges, lessons learned and practical resources from the two FROs are also included. To download the guide, click here:

http://media.wix.com/ugd/eaf8a9_847cb5259f974799bf96fd04efde7ba4.pdf

FREDLA is grateful to Beth Stroul who devoted many hours to developing the Guide and to Jane Kallal from Family Involvement Center and Rikki Harris from Tennessee Voices for Children for their willingness to share their experiences and resources. This Guide is a “must” for any family-run organization whose state is considering Medicaid as a funding source for parent peer support!

FREDLA LARGE GROUP MEETING – IN PARTNERSHIP WITH YOUTH MOVE NATIONAL

Aligning the Movements: How Family and Youth Organizations Can Work Together to Further Their Movements

This meeting has been designed for the leaders of the family and youth movements within behavioral health and is open to all family-run organizations with a youth program or working with a youth program. Executive directors, program directors or supervisors working in family-run organizations or lead family contacts in states or local communities are encouraged to attend. You do not need to be a System of Care site to participate. However, family leaders must have a youth program embedded in their family-run organization or work closely with an independent youth group or organization.

Key agenda areas include: Meaningful Partnership/Alignment of Movements; Models of Partnership with Youth Programs/Organizations; Family Organization Leadership – Leading in Uncertain Times; Incorporating Family and Youth Voice in Evaluation; Staying True to the Movement While Moving Forward...and more! The merging of this professional development meeting for youth and family leaders builds strategic alignment for our work.

Registration and participation for this meeting is limited. Applications must be submitted by **Friday, April 29th**. Each application must be completed by the individual interested in attending the meeting. (Note: A separate application is required through Youth MOVE National for applicants working as Youth Coordinators or Youth Supervisors.)

There is no registration cost for attendance at this meeting; however, each participant is responsible for their own travel, hotel and meal expenses related to attending the meeting.

Family and Youth leaders wishing to register for this event can click here.
<http://socgranteemeetings.wix.com/meetings#!blank/xkgsk>

LEARNING COMMUNITY

Learning Community for Family Leaders

April 28, 2016 @ 3:00pm EDT

Topic: Core Competencies for Parent Peer Support Providers

Employing a set of core competencies is critical to ensuring that Parent Peer Support providers deliver quality parent peer support to families. The challenge is in determining how to train and assess core competencies and then support parent peer support providers to maintain and grow in the identified core competency areas as services, systems and policies change. Gail Cormier, NC and Susan Burger, NY, will share examples of models used to train and assess core competencies in their states. Participants will engage in a discussion about how to implement core competencies to further the development of the parent peer support provider workforce.



To register, click here. https://theinstitute.adobeconnect.com/e3r3shlg67x/event/event_info.html

CMH PUBLISHES FINAL REGULATIONS FOR 2008 MENTAL HEALTH PARITY AND ADDICTION EQUITY ACT

On Tuesday, March 29, 2016, the Centers for Medicare and Medicaid Services (CMS) published final regulations outlining how the 2008 Mental Health Parity and Addiction Equity Act applies to state Medicaid and Children's Health Insurance programs.

Below are some key provisions outlined by the National Council on Behavioral Health.

- **Parity Applies to Both Carve-In and Carve-Out Arrangements** – Thanks in part to the hundreds of comments submitted by National Council members, CMS maintained the proposed language of ensuring parity applies to Medicaid managed care beneficiaries even in states where behavioral health services have been carved out of managed care contracts. In such cases, states are responsible for ensuring that the entire package of Medicaid services for managed care

enrollees complies with the parity law, regardless of whether the services are delivered in a managed care organization, fee-for-service Medicaid or other delivery arrangement.

- **Plans Must Meet Disclosure Requirements** – CMS finalized its proposal requiring Medicaid managed care plans, alternative benefit plans and CHIP plans to make their criteria for medical necessity determinations available to enrollees or contracting providers upon request. Plans must also make available to enrollees the reason for any denial of services. Additionally, states must publicly post documentation of their compliance with the parity requirements outlined in the rule.
- **States, Managed Care Entities Share Responsibility for Compliance** - In states where all services are fully included within managed care contracts, managed care organizations are now responsible for ensuring their compliance with parity, even if doing so means covering services beyond the scope of those outlined in the state Medicaid plan. Managed care organizations may include the cost of these services in their calculations of actuarial soundness when contracting with Medicaid, meaning that any additional cost of covering services needed to comply with parity falls squarely on the state.
- **Effective Date** – States will have up to 18 months to comply with the finalized provisions.

TRAINING

Promoting Positive Pathways to Adulthood

The Pathways Transition Training Collaborative at the Research and Training Center for Pathways to Positive Futures at Portland State has developed Promoting Positive Pathways to Adulthood, a series of 10 online training modules. Each module is about one hour in length and integrates the best available practice and research knowledge on how to increase the engagement of transition age youth with mental health conditions in services, and better support their families.

This is a FREE online training and certificates of continuing education (CEUs) for service providers working with youth and young adults with mental health challenges. You can access these resources and the modules at: <http://pathwaysrtc.pdx.edu/proj-pttp>

RESOURCES

Principles of Substance Abuse Prevention for Early Childhood – A Research-Based Guide

An online guide about interventions in early childhood that can help prevent drug use and other unhealthy behaviors was launched today by the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health. The guide offers research-based principles that affect a child's self-control and overall mental health, starting during pregnancy through the eighth year of life. It recognizes that while substance use generally begins during the teen years, it has known biological, psychological, social, and environmental roots that begin even before birth.

<https://www.drugabuse.gov/publications/principles-substance-abuse-prevention-early-childhood/index>

Effective Strategies Checklist: Children and Youth with Developmental Disorders and Challenging Behavior

Children and youth who have intellectual disabilities or developmental disorders are at elevated risk for co-occurring psychiatric or behavioral problems. Across the country, their families report relentless stress, partly because it is very difficult to obtain the help they need. This paper provides resources and strategies that have improved outcomes and lowered costs, while diminishing risk for institutional placements, referrals to juvenile justice and child welfare.

<http://gucchdtcenter.georgetown.edu/publications/Effective%20Strategies%20Checklist%20FINAL.pdf>

Why Funding Overhead Is Not the Real Issue: The Case to Cover Full Costs

Monday, April 18

2:00pm - 3:00pm EST

Big strides have been made recently in the acknowledgment that overhead ratios are poor indicators of an organization's impact or financial efficiency. Although the movement toward outcomes-based measurement offers a promising alternative to understanding impact, very little has been done to truly shift the sector's understanding of what it takes—or even means—for nonprofits to be financially efficient and adaptable. This webinar will present a conceptual review to help nonprofit executives' understanding of the issue, frame overhead costs and how it's related to funding and mission.

To register, click here. http://info.nonprofitquarterly.org/why-funding-overhead-is-not-the-real-issue?utm_source=hs_email&utm_medium=email&utm_content=28165670&hsenc=p2ANqtz-8HLKSvh3AYa5FB85A1VhINul_pLrCVi1SZoh1A4QOHl2-gP-rPH7bxZrlvJrrOzq7rygwAlhBHIqHFwXbM49aKfd2Mlw&hsmi=28165670

SAMHSA's NATIONAL CHILDREN'S MENTAL HEALTH AWARENESS DAY

SAMHSA's National Children's Mental Health Awareness Day

May 5, 2016, 7 p.m. EST in Washington D.C.

This year's [Awareness Day](#) national theme-"**Finding Help. Finding Hope**"-explores how communities can improve access to behavioral health services and supports for children, youth, and young adults with mental and substance use disorders and their families. Check out ways your community can participate in the national event through Awareness Day Live!

For more information, visit: <http://www.samhsa.gov/children/national-childrens-awareness-day-events/awareness-day-live-tips>

IN CASE YOU MISSED IT...

Learning Community for Family Leaders – March 24, 2016

Assessing Readiness of Family Members to Become Parent Peer Support Providers

Click here to listen to a recording of this call. <https://theinstitute.adobeconnect.com/p447xy31fc2/>

To download a copy of the PowerPoint, click here.

Webinar: Family Organizations Becoming Medicaid Providers

Click here to listen to a recording of this call. <https://theinstitute.adobeconnect.com/p2i35ibd44m/>

Webinar: Addictions and Youth – An Introduction and Overview

By Crisis & Trauma Research Institute Inc.

This webinar provides a framework for understanding a variety of addictive behaviors that may affect youth. These include substance use/abuse, gaming, gambling and pornography. While some youth are merely experimenting, for others, their use quenches a much larger unmet need and a pattern of use and abuse develops.

To access the video, click here. <http://us.ctrinstitute.com/free-webinar/>

"Finding Help, Finding Hope: What to do if you think your child may have a mental health problem"-

The latest webisode of SAMHSA's Knowledge Network for Systems of Care TV (KSOC-TV) features a panel that discusses how parents and caregivers can actively engage in their child's behavioral health care, and identify available resources to help the entire family thrive.

<https://www.youtube.com/watch?v=PRlxmmdsH8Y&feature=youtu.be>

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, at mpearson@fredla.org.