

# Great Ideas for Family Leaders – December, 2016

*From our FREDLA families to yours...*

*Happy Winter Solstice  
Sung Tan Chuk Ha  
Joyeux Noël  
Kuwa na Krismasi njema  
Happy Hanukkah  
Sun nien fai lok  
Feliz Navidad  
Happy Kwanzaa  
Merry Christmas  
Happy New Year!*



*May the new year be the beginning of a better tomorrow for you and your family.*

*—Jane A. Walker  
Executive Director  
FREDLA*

## #GivingTuesday

#GivingTuesday 2016 was another success for FREDLA! Your support helped us more than double our goal for the day and with the matching gift, our total donations exceeded \$5,000! We are elated and most grateful for the generous gifts and for the trust in FREDLA's work. On behalf of the Board and staff at FREDLA, we extend our deepest appreciation.

## LEARNING COMMUNITY FOR FAMILY LEADERS

### Understanding Trauma and Promoting Resilience in Vulnerable Children

**Thursday, January 19, 2017, 03:00 PM - 04:30 PM**

**Presenter: Dr. Carmela DeCandia**

The science of resiliency tells us that children are not born with resiliency but it develops over time through the strong relationships with the important adults in their family and community. The topic of this Learning Community for Family Leaders will discuss how resilience can be developed and nurtured, and what parents can do to build resilient children. A facilitated discussion will follow a short presentation, and resources on resilience will be provided. Dr. DeCandia is a licensed psychologist with specialties in trauma and family homelessness, child and adolescent development, program development, and assessment.

To register, click here. [https://events-na11.adobeconnect.com/content/connect/c1/1120832267/en/events/event/shared/1159765005/event\\_landing.html?sco-id=1524599456& charset =utf-8](https://events-na11.adobeconnect.com/content/connect/c1/1120832267/en/events/event/shared/1159765005/event_landing.html?sco-id=1524599456& charset =utf-8)





## ENGAGE YOUR FAMILY IN AN IMPORTANT BEHAVIORAL HEALTH CONVERSATION

With the holiday season in full swing, SAMHSA's Voice Awards program is partnering with **Text, Talk, Act** to encourage families (those we are born with and those we choose) to engage in conversations about mental health and substance use issues. FOLLOW THESE SIMPLE STEPS TO PARTICIPATE

STEP #1: Gather all or some of your family together with one cell phone

STEP #2: Text FAMILY to 89800 when you are ready to start

STEP #3: Use the series of text messages provided to guide your family through a conversation on how they can support each other and strengthen their emotional well-being.

Standard text messaging rates may apply.

This Voice Awards Text, Talk, Act activity will take place now through December 31, 2016.

## TOP TEN TIPS FOR ENGAGING YOUTH

The Research and Training Center for Pathways to Positive Futures at Portland State University has published a tip sheet advising service providers and others how to engage successfully with youth, using specific examples to illustrate effective (and ineffective) communication. Every parent support provider should have a copy of this tip sheet and also use it to guide families on talking with their adolescent or young adult.

<https://www.pathwaysrtc.pdx.edu/pdf/proj-5-AMP-top-ten-tips-for-engaging-young-people.pdf>

## SURVEY OPPORTUNITY

Youth M.O.V.E. Nation, in partnership with researchers at Portland State University, is testing a new assessment survey for agencies that would like to include youth and young adult's voices. The survey will measure organizational support for the meaningful participation of youth in agency-level advising and decision-making. We encourage all family organizations that host youth programs or organizations to participate in this survey to provide valuable input into the assessment tool.

<https://www.pathwaysrtc.pdx.edu/rtcupdates/eblasts/2016-11-youth-voice-assessment-eblast.html>

## OPPORTUNITY FOR YOUR VOICE TO BE HEARD

The **Centers for Medicare & Medicaid Services (CMS)** is seeking public input on additional reforms and policy options the agency can consider to improve access to Home & Community Based Services (HCBS). HCBS are critical to support individuals remaining in their communities, but there are stresses on the delivery of care in the form of home care worker recruitment and retention, program integrity challenges, state fiscal constraints, and varying quality measurement and improvement strategies.

Feedback from families and family-run organizations is critical to ensure CMS understands the necessity of these services and strategies for how to ensure HCBS are delivered in a family and youth driven manner that provides the highest quality of care. To submit comments, visit <https://www.medicaid.gov/medicaid/hcbs/guidance/index.html>. Comments must be submitted no later than **5pm on January 9, 2017**.

## WEBINARS

### **Inclusive Policy Resources for Transgender Populations**

**Thursday, January 12, 1- 2 p.m. ET**

This webinar will provide an overview of how to revise service delivery policies in a variety of settings to ensure that they are inclusive of transgender people. To register, click here. [https://events-na11.adobeconnect.com/content/connect/c1/1120832267/en/events/event/shared/1159765005/event\\_landing.html?sco-id=1562394649& charset =utf-8](https://events-na11.adobeconnect.com/content/connect/c1/1120832267/en/events/event/shared/1159765005/event_landing.html?sco-id=1562394649& charset =utf-8)

### **Practical Strategies for Involving Families in Evaluation**

**Wednesday, January 25, 1- 2:30 p.m. ET**

National Evaluation Web Event Training Series is hosting a webinar on family and youth involvement in evaluation. This webinar will focus on practical, "how to" strategies for involving families in the evaluation of SOC expansion efforts. It is designed for individuals fulfilling multiple roles in SOC expansion grant sites, including directors, managers, evaluators, family-run organizations, and family leaders, to explore the implementation of family-driven practice in evaluation.

**Presenters: Millie Sweeney, Deputy Director, FREDLA and Lynda Gargan, Executive Director, National Federation of Families**

To register, click here. <http://files.constantcontact.com/57c33206301/900821c8-292f-45db-bc2f-b6566cd0ac7d.pdf>

## ELECTRONIC HEALTH INFORMATION & FAMILY-RUN ORGANIZATIONS

### **“Why Nonprofits Must be Especially Careful with Their Electronic Protected Health Information (ePHI) Data Security,” published in the Nonprofit Quarterly**

Family-run organizations access personal family and youth information as part of delivering support services for families. While HIPAA provide guidelines for safekeeping electronic protected health information (ePHI), it can be challenging to maintain compliance when delivering services and supports in home and community-based environments. This article, published by the Nonprofit Quarterly, takes a look at how nonprofits can work to maintain compliance while also maintaining the heart of the work they do.

[https://nonprofitquarterly.org/2016/12/06/nonprofits-must-especially-careful-ephi-data-security/?utm\\_source=Daily+Newswire&utm\\_campaign=1e0303dc52-EMAIL\\_CAMPAIGN\\_2016\\_12\\_6&utm\\_medium=email&utm\\_term=0\\_94063a1d17-1e0303dc52-12298729](https://nonprofitquarterly.org/2016/12/06/nonprofits-must-especially-careful-ephi-data-security/?utm_source=Daily+Newswire&utm_campaign=1e0303dc52-EMAIL_CAMPAIGN_2016_12_6&utm_medium=email&utm_term=0_94063a1d17-1e0303dc52-12298729)

## POST-ELECTION RESOURCES

All would agree that this has been an unusual election year and for some it has been traumatizing. Sadly, many schools and communities have experienced incidents of racism, intolerance and bigotry. FREDLA has compiled a post-election resource list with articles for families about talking to children after the election and for non-profits about things to consider moving forward after the election. As grassroots family organizations we are on the frontline and can be change agents to combat disrespectful comments and events in our communities.

To access the list of resources, click here.

<http://www.fredla.org/wp-content/uploads/2015/09/PostElection-Resources-FINAL.pdf>

## RESOURCES

### **Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health**

This report marks the first time a U.S. Surgeon General has dedicated a report to substance misuse and related disorders. The report addresses alcohol, illicit drugs, and prescription drug misuse, with chapters dedicated to neurobiology, prevention, treatment, recovery, health systems integration and recommendations for the future. This report calls for a cultural shift in the way we talk about these issues facing our youth, young adults and families. Family leaders and family-run organizations can use this report to promote actions for prevention, treatment and recovery of substance use disorders.

<https://addiction.surgeongeneral.gov/>

### **Coverage of Behavioral Health Services for Youth with Substance Use Disorders**

A new resource from the TA Network provides examples of how SUD services are operationalized in states within Medicaid. This new Brief can help guide planning, design and implementation efforts in states and jurisdictions across the country. <http://files.constantcontact.com/57c33206301/45d5dcfc-adb4-438b-aef2-9312344ac00c.pdf>

### **Accessing Medicaid Funds for School-Based Mental Health Services**

There are Medicaid reimbursement programs in most states that allow schools to recoup the cost of administering health services for students enrolled in Medicaid. Unfortunately, Medicaid reimbursement programs in school districts remain widely underutilized.

This issue brief provides valuable information that family leaders and family-run organizations can use to partner with the education agencies in their communities to promote more robust mental health services in schools. <http://tinyurl.com/NITT-Medicaid>

### **Change in the Medicaid Free Care Policy**

This new TA Network issue brief is intended for use by those engaged in the design, implementation and/or expansion of school health services, including state Medicaid agencies, Medicaid Managed care organizations, providers, families, youth and other stakeholders. This resource provides examples of opportunities and considerations for advocates to advance the implementation of the Medicaid free care rule change.

To access the issue brief, click here.

<http://files.constantcontact.com/57c33206301/b98dd9df-90b6-4dc2-999a-62763e13409f.pdf>

### **Restorative Practices - Approaches at the Intersection of School Discipline and Mental Health**

Restorative practices are a diverse and multi-tiered set of classroom and school-based strategies that fostering student accountability for behavior. This Issue Brief describes the context surrounding the popularity of restorative practices, introduces different types, and provides a universal start-up guide for implementation. <http://tinyurl.com/MHRestorativePractices>

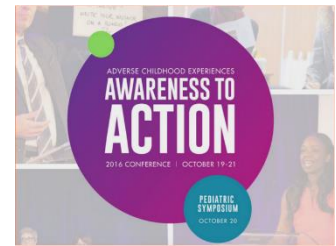
### **New Approaches to Youth Violence Prevention in Schools**

Violence impacts our youth at home, in the community, and on campus. This NITT Issue brief describes various forms of violence that impact youth and hones in on the evidence-based practices, programs, and policies that ensure students are safe at school. <http://tinyurl.com/NITT-violence>

### **Adverse Childhood Experiences**

In October, the **2016 Conference on Adverse Childhood Experiences** (<http://www.aces-ca.org/>) was held. Several informative and useful resources followed including:

- [New Guidance on Trauma Screening in Schools](#) - Eric Rossen, PhD, NCSP
- [Educators' "Complex Trauma" Resolution: Will it have an impact?](#) - Elizabeth Prewitt
- [Racing ACEs Gathering and Reflecting: If it's not racially just, it's not trauma-informed](#) - Kanwarpal Dhaliwal



### **State of Native Youth Report**

The **Center for Native American Youth** released its inaugural **State of Native Youth report** which shares information about the current issues facing Native American youth across the country. This Report contains information for family leaders and family-run organizations to be more aware of, and prepared to advocate for, the needs of Native American Youth. To access the Report, click here.

[https://cnayblog.files.wordpress.com/2016/11/state-of-native-youth-report-2016\\_web.pdf](https://cnayblog.files.wordpress.com/2016/11/state-of-native-youth-report-2016_web.pdf)

### **Gender Spectrum**

The holidays are almost here. Along with the joy of seeing family and friends, holidays can be a time when parents and caregivers of transgender, non-binary and otherwise gender-expansive kids need strategies to communicate around their child's gender. To help, **Gender Spectrum**, an organization that helps to create gender sensitive and inclusive environments for all children and teens, created a three-part video series. To access, click here. [https://www.genderspectrum.org/blog/navigating-the-holidays-advice-for-parentscaregivers/?utm\\_source=Navigating+the+Holidays+and+TAW&utm\\_campaign=taw1121&utm\\_medium=email](https://www.genderspectrum.org/blog/navigating-the-holidays-advice-for-parentscaregivers/?utm_source=Navigating+the+Holidays+and+TAW&utm_campaign=taw1121&utm_medium=email)

### **Be Vocal: Speak Up for Mental Health**

Be Vocal: Speak Up for Mental Health is an initiative encouraging people across America to use their voice in support of mental health.

“We are proud to show what mental health in America can look like when people get the support they need. The 10 people featured in [The Be Vocal Collection](#) are so much more than their diagnosis. I am grateful to them for letting the world into their their lives in order to help reframe how mental health is portrayed,” says Demi Lovato.

Information about *The Be Vocal Collection* and initiative, including tips and tools for speaking up and online advocacy resources, can be found at [www.BeVocalSpeakUp.com](http://www.BeVocalSpeakUp.com).

### IN CASE YOU MISSED IT...

The FREDLA Learning Community for Family Leaders recent webinar, **Building Bridges Initiative and How Family-Run Organizations Can Get Involved**, discussed how organizations often work with families that are caring for a child who may be eligible for services from an out-of-home program. The topics covered focused on creative ways that family-run organizations can partner with residential and community providers to support use of these best practices, with a special emphasis on successfully engaging families. To access, click here.

<https://theinstitute.adobeconnect.com/p5d8pggpss1/?launcher=false&fcsContent=true&pbMode=normal>

### Adverse Childhood Experiences: New Implications for Student Mental Health

The implications of research related to Adverse Childhood Experiences (ACES) is of growing interest to educators, including school based mental health professionals. This panel presentation provides an overview of research demonstrating the impact of ACES on the health and wellbeing of young people, followed by a description of practical implications for addressing the mental health in school settings.

<https://youtu.be/UZeI5e0kxgQ>

FREDLA archives each edition of its newsletter, **Great Ideas for Family Leaders**, on its website. If you have missed an edition, or would like to share an edition with your colleagues and partner organizations, visit FREDLA's website at <http://www.fredla.org/fredla-newsletter-great-ideas/>.

### JOIN FREDLA

Are you a member of FREDLA? If you answered yes, congratulations! If you answered no, let me tell you how easy it is to join!

FREDLA has several levels of membership including:

- **CORE** Member for family-run organizations;
- **LEADERSHIP** Affiliate for former Executive Director's of family-run organizations;
- **INDIVIDUAL** Member for leadership staff and board members of family-run organizations;
- **ORGANIZATIONAL** Affiliate for organizations and/or agencies who are not family-run organizations but support the work of FREDLA and the missions of family-run organizations

To join, just go online to FREDLA's website at <http://www.fredla.org/becoming-a-fredla-membermembership-application/>. Select the category of membership that best suits you, complete the application, and submit the required documents. It is as easy as that!

Don't wait another day – FREDLA would love to welcome you to our growing family of family leaders and family-run organizations before the start of the New Year!