



May 2, 2018

## Great Ideas! for Family Leaders

Dear Family Leaders,

May is upon us and it is always a busy month for family leaders and organizations. SAMHSA has invited family members to submit questions for National Children's Mental Health Awareness Day on May 10<sup>th</sup>. We encourage you to submit questions and gather a group of families together to watch and join the conversation. Details for this event can be found in the article below.

The FREDLA Team wishes everyone a month of celebrations for our children and awareness of their mental health needs and treatment that is available.

*Jane*

Jane Walker  
Executive Director  
FREDLA

**JOIN THE CONVERSATION AT THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION'S NATIONAL CHILDREN'S MENTAL HEALTH AWARENESS DAY EVENT IN WASHINGTON, DC.**

FREDLA members and friends are cordially invited to submit questions for a town hall discussion at the Substance Abuse and Mental Health Services Administration's National Children's Mental Health Awareness Day national event in Washington, DC on Thursday, May 10 at 7p.m. ET. Awareness Day 2018: "Partnering for Health and Hope Following Trauma" will focus on strategies for building an integrated approach to caring for the mental health needs of children, youth, and young adults who have experienced trauma. Health care professionals, senior federal officials, and youth and family leaders will participate in the discussion and answer selected questions from the in-person and live webcast audience.

You are invited to send in specific questions about how to integrate trauma-informed care across different child-serving systems OR any other questions you may have about addressing specific trauma-related issues such as historical trauma, early childhood, family and peer support, etc.

Some of the town hall participants include:

- U.S. Department of Health and Human Services Secretary Alex M. Azar II
- Assistant Secretary for Mental Health and Substance Use Elinore McCance-Katz, M.D., Ph.D.
- First Lady of Wisconsin Tonette Walker
- First Lady of North Carolina Kristin Cooper
- Altha Stewart, M.D., President-elect of the American Psychiatric Association
- Arthur C. Evans Jr., Ph.D., Chief Executive Officer of the American Psychological Association
- Patrick McCarthy, Ph.D., President and Chief Executive Officer of the Annie E. Casey Foundation

**Members of FREDLA may email questions to [AwarenessDay@vancomm.com](mailto:AwarenessDay@vancomm.com) by May 4. Please be sure to include:**

- *The question*
- *Your name*
- *Your city and state*
- *Your role in the community (parent/caregiver, health care professional, youth leader, teacher, clergy member, community leader, child welfare professional, etc.)*

## WORKBOOK ON ETHICS FOR PARENT PEER SUPPORT PROVIDERS

Ethics is a core competency for parent peer support providers and yet there are few resources that specifically address the unique ethical dilemmas that parent peer support providers frequently encounter in their work. That is why FREDLA developed a workbook titled, **Ethics in Parent Peer Support: Balancing Your Lived Experience and Professional Roles**. It was a two-year effort (actually a labor of love) involving 20 family leaders and 14 family-run organizations. The workbook defines ethical dilemmas and how parent peer support providers may encounter ethical dilemmas working with families, in the workplace and in the community. Scenarios are provided for discussion along with suggested ways to handle the dilemma. FREDLA has received wonderful feedback and think it is a real contribution to the peer support field. To download the workbook [click here](#). If you would like to access the Learning Community on ethics held on April 19<sup>th</sup> [click here](#).

## A SCREECHING HALT: FAMILY INVOLVEMENT WHEN A YOUTH TURNS 18

In partnership with Pathways Research and Training Center at Portland State University and the University of Maryland National Technical Assistance Center of Children's Behavioral Health, FREDLA has embarked on an initiative to develop guidance to the field on family engagement for families caring for a young adult with mental health needs.

The initiative began with an article published in the Focal Point Summer 2018 newsletter. The article titled, **A Screeching Halt: Family Involvement When a Youth Turns 18**, highlights an all too familiar scenario for families when their child turns 18 and they are no longer considered part of the support team. As stated in the article, *Many family members report that they are the de facto case managers for their young person: arranging appointments, taking their young adult to the*

*emergency department, or responding to a call from the police. Family members often mention their role in providing housing and note that they are the ones who help their young adult complete forms, such as college applications or job applications, and navigate complex systems of applying for health insurance or SSI. In many situations, family members are a major resource for their young person, both financially and in terms of emotional support and advice. Given this, it is perplexing that family members are not asked to contribute their expertise more often in supporting their young adult child.*

To access the full article [click here](#).

As we proceed with this initiative, FREDLA will also be seeking input from family leaders, youth leaders and providers on this topic. Stay tuned for ways that you can participate in this important initiative.

## **2018 SUMMER TRAINING INSTITUTES AND PRE-INSTITUTE**

Pack your bags and head to the **Summer Training Institutes on July 25-28, 2018 in Washington D.C.** It is **THE** event for children's mental health policy makers, providers, families, youth and researchers. There will be two-days filled with workshops (90 minutes in length) and more in-depth institutes (3 hours long) on a range of topics. FREDLA has been working to ensure that many workshops address issues of particular interest to families, such as supporting grandparents raising their grandchildren and supporting fathers. There will also be workshops that focus on issues relevant to family-run organizations, such as mid-level managers and partnering with juvenile justice.

As you register for the Summer Institutes don't forget to also register for the two-day leadership pre-Institute, **Adaptive Leadership for Systems Change being held on July 24-25, 2018.** As part of the pre-Institute, FREDLA will be providing a half-day special session called **Leading from the Heart**, on leadership for family leaders. A separate registration is required for the pre-Institute.

On Thursday morning, July 26 all family leaders, registered for The Training Institutes, are invited to attend a breakfast. This will be a great opportunity to break the ice, meet and connect with other family leaders. Designated tables will be reserved for family leaders during breakfast on July 26th and we hope to see you there!

To register for the Institute and pre-Institute, [click here](#).