



# Great Ideas for Family Leaders

*Hello Family Leaders,*

*The five highly competitive Statewide Family Network grants are being announced and there are some new grantees. That also means some previous SFN grantees were not re-funded. We extend our warmest congratulations to the recent awardees, and also continue to extend an offer of support to former SFN grantees.*

*FREDLA is not about whether a family-run organization has an SFN grant or SOC grant. FREDLA is about strengthening our family leadership and building the capacity of our family-run organizations. We're here for our family orgs - and for you as family leaders!*

*Jane  
FREDLA*

## SHARING YOUR EXPERTISE

### ***Healthy Transition Grant***

Lisa Lambert, Executive Director of the Parent/Professional Advocacy League of Massachusetts, would like to connect with other family-run organizations who are participating in Healthy Transition grants in their states.

Any family-run organizations wishing to respond can send contact information to Malisa Pearson at [mpearson@fredla.org](mailto:mpearson@fredla.org).

## FAMILY & YOUTH VOICE

### ***Public Comment Opportunity - CMS Proposed Rule for Applying Mental Health Parity and Addiction Equity Act to Medicaid and Children's Health Insurance Program***

The Centers for Medicare & Medicaid Services (CMS) put on display at the *Federal Register* a proposed rule applying provisions of the Mental Health Parity and Addiction Equity Act (MHPAEA) to Medicaid and the Children's Health Insurance Program (CHIP.) Public comments are due on this proposed rule by June 9, 2015. The proposed rule is available online at <https://www.federalregister.gov/articles/2015/04/10/2015-08135/medicaid-and-childrens-health-insurance-programs-mental-health-parity-and-addiction-equity-act>

## CONFERENCES

### ***FREDLA's National Data Collection Project presents at 28<sup>th</sup> Annual Research and Policy Conference ~ Tampa, Florida***

Members of the National Data Collection Project Workgroup had the opportunity to present preliminary results and gather input from the field in a Discussion Hour on 3/25/15 at the 28<sup>th</sup> Annual Research and Policy Conference on Child, Adolescent, and Young Adult Behavioral Health in Tampa, FL. The goal of the Project is to bring together researchers, policy makers and family leaders to jointly begin developing national data collection measures and tools for family-run organizations *and* contribute to the body of research around family support.

Jane Walker (Executive Director of FREDLA) kicked off the hour with challenging questions to gauge the participants' knowledge of family-run organizations, followed by a brief presentation by Millie Sweeney (Family Solutions Consulting) on the purpose of the Project and preliminary results from an ongoing survey of family-run organizations. Sara Nicholson (Nebraska Federation of Families for Children's Mental Health) and Dr. Eric Bruns (University of Washington) facilitated a lively discussion with the attendees that garnered excellent feedback and suggestions for the direction of the Project. Some of the items addressed included the need to examine the impact of family-run organizations themselves as well as the impact of the parent-to-parent support/service provided by these organizations, explore the return on investment (ROI) of family-run organizations, and define the impact of family-run organizations' enhancement of capacity for shared decision-making in systems.

For more information on the National Data Collection Project, contact Jane Walker at [jwalker@fredla.org](mailto:jwalker@fredla.org).

## RESOURCES

We know your bookshelves are sagging and you probably don't have time to read everything you know you should.

We don't want to add another layer of paper to your desk or layer of guilt on your shoulders, but, we do want to call your attention to three publications that you might want to take a look at. Read about them below.

### **Institute of Medicine Report: Investing in the Health and Well-Being of Young Adults**

As parents, no one had to tell us that the ages between 18 – 26 years are different now from when we grew up. That's because our kids are living with us longer and we are the de facto system of care for this age group, serving as case managers, financial support providers, employment agencies and crisis intervention service providers.

That being said, the Institute of Medicine (IOM) report is an important document for family-run organizations to know about. The IOM is an independent, nonprofit organization that works outside of government to provide unbiased and authoritative advice to decision makers and the public.

The report concludes that *"Implementing effective public health policy and practice for young adults requires better focus on this age group and integration and coordination of programs that cater to their health concerns. Most health concerns that affect young adults are preventable, and there are many opportunities to design and implement policies and programs that are targeted specifically to this population in a developmentally appropriate way."*

If your state has a Healthy Transitions Initiative grant, this report is a must for you. You can download the full report at:

<http://www.iom.edu/Reports/2014/Investing-in-the-Health-and-Well-Being-of-Young-Adults.aspx>

### **Caregiver Guide: Substance Use Disorder Treatment Planning for Youth with Co-Occurring Disorders**

This Caregiver Guide is a source of basic information about co-occurring mental health and substance abuse disorder treatment and is a helpful resource for families who are recognizing their adolescent or young adult has a substance use and mental health disorder. FREDLA's Board Member, Shannon Crossbear is co-author of the Guide. You can download the Guide at:

[http://tapartnership.org/docs/Substance\\_Abuse\\_Caregiver\\_Guide\\_FINAL\\_111714.pdf](http://tapartnership.org/docs/Substance_Abuse_Caregiver_Guide_FINAL_111714.pdf)

## **[Making Meaningful Connections: 2015 Prevention Resource Guide](#)**

The Children's Bureau is the federal agency in Health and Human Services that focuses on improving the lives of children and families through programs that reduce child abuse and neglect, increase the number of adoptions, and strengthen foster care. They recently published Making Meaningful Connections 2015 Prevention Guide contains a long list of Tip Sheets for Families that are also available in Spanish. You can download the Resource Guide at: <https://www.childwelfare.gov/pubpdfs/guide.pdf>

## **[The Infant Mental Health Workforce: Key to Promoting the Healthy Social and Emotional Development of Children](#)**

*"The Infant Mental Health Workforce: Key to Promoting the Healthy Social and Emotional Development of Children"* report defines infant mental health and highlights the workforce competencies across disciplines needed to support families so they can assure their children get off to a healthy start. [http://www.chdi.org/files/8114/2533/4158/impact\\_3\\_2\\_15revlinks2.pdf](http://www.chdi.org/files/8114/2533/4158/impact_3_2_15revlinks2.pdf)

## **FUNDING OPPORTUNITIES**

### ***"Now is the Time – Project Aware-Community Grants***

Application Due Date: Friday, May 1, 2015

Anticipated Award Amount: Up to \$125,000 per year

The Substance Abuse and Mental Health Services Administration, Center for Mental Health Services, is accepting applications for fiscal year (FY) 2015 "Now is the Time" Project AWARE-Community (Short Title: NITT-AWARE-C) grants to support Mental Health First Aid (MHFA) or Youth Mental Health First Aid (YMHFA) training for teachers and others who interact with youth through their programs at the community level, including parents, law enforcement, faith-based leaders, and other adults. <http://www.samhsa.gov/grants/grant-announcements/sm-15-012>

### ***Statewide Peer Networks for Recovery and Resiliency (Statewide Peer Networks for R&R) ~ RFA Number: SM-15-013***

Application Due Date: Tuesday, June 23, 2015  
Anticipated Total Available Funding: \$800,000  
Anticipated Number of Awards: Up to 8  
Anticipated Award Amount: Up to \$100,000  
Length of Project: 1 year

The Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services (CMHS) and Center for Substance Abuse Treatment (CSAT) is accepting applications for fiscal year (FY) 2015 Statewide Peer Networks for Recovery and Resiliency (Short Title: Statewide Peer Networks for R&R) grants. The purpose of this grant program is to create and/or enhance statewide networks that represent mental health and addictions recovery communities to improve access to and the quality of behavioral health systems, services, treatment and recovery supports statewide. Formal SAMHSA-funded networks already exist in many states for specific recovery and family communities; this program is designed specifically to bridge and unify recovery networks for mental health consumers, families of children with serious emotional disturbance and youth, as well as those in recovery from addictions. Current SAMHSA-funded Recovery Community Services Program-Statewide Networks (RCSP-SNs), and current and formerly-funded Statewide Consumer Networks (SCNs) grants and Statewide Family Networks

(SFNs) will work together to enhance and promote cross-service system, peer workforce, and infrastructure development that is recovery-focused and resiliency-oriented.

<http://www.samhsa.gov/grants/grant-announcements/sm-15-013>

## LEARNING OPPORTUNITIES

### ***TA Network Webinar Calendar Available***

The list of webinars for the remainder of the calendar year are now available. In addition, this document contains links to recordings of prior 2015 webinars. To view the document, click here: <http://files.ctctcdn.com/57c33206301/27637338-0c8f-4479-ab1e-75ddf2de8a66.pdf>. In addition, webinars, office hours, and other distance learning opportunities will continue to be posted in the TA Network Core Partner Upcoming Events section below.

### ***ABLE Act Webinar by National Disability Institute***

Understanding ABLE: Achieving a Better Life Experience webinar was held on March 26, 2015. To access the recording, click <https://www.youtube.com/watch?v=zU7MKPRsUds&feature=youtu.be>. You can also download the webinar slides and transcript at [www.realeconomicimpact.org/Resources/Webinars.aspx](http://www.realeconomicimpact.org/Resources/Webinars.aspx).

## EVENTS

### ***National Children's Mental Health Awareness Day 2015***

2015 marks the 10th anniversary of Awareness Day. This year, National Children's Mental Health Awareness Day will address the needs of children, youth, and young adults with mental health or mental health and substance use challenges and their families. A national event will take place on May 7, 2015, at the Lansburgh Theatre in Washington, DC. The national event will highlight strategies for integrating behavioral health with primary health care, child welfare, and education.

For more information and resources to support your events, visit:

<http://www.samhsa.gov/children/national-childrens-awareness-day-events/awareness-day-2015>

### ***National Prevention Week 2015 - "The Voice of One, the Power of All"***

National Prevention Week is a SAMHSA-supported annual health observance dedicated to increasing public awareness of, and action around, substance abuse and mental health issues. National Prevention Week 2015 will take place May 17-23, 2015.

#### **Daily Health Themes:**

Monday, May 18: Prevention of Tobacco Use

Tuesday, May 19: Prevention of Underage Drinking and Alcohol Abuse

Wednesday, May 20: Prevention of Opioid and Prescription Drug Abuse

Thursday, May 21: Prevention of Illicit Drug Use and Youth Marijuana Use

Friday, May 22: Prevention of Suicide

Saturday, May 23: Promotion of Mental Health and Wellness

## 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  
[mpearson@fredla.org](mailto:mpearson@fredla.org)*

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