

Great Ideas for Family Leaders ~ June 2016

Dear Family Leaders,

There are no words to adequately express the horror and grief of the recent mass shooting in Orlando. Our hearts go out to the victims, their families and friends, the LGBT community and the Orlando community.

We MUST do whatever it takes to prevent gun violence and to ensure that the dignity of each individual is respected and regardless of race, religion, sexual orientation or gender identity.

*Jane Walker
FREDLA*



TRIBUTE TO ORLANDO VICTIMS AND FAMILIES

The Gay Men's choir of Washington stood outside of the White House and sang a moving tribute to our country and to overcoming discrimination.

<http://wric.com/2016/06/13/video-gay-mens-chorus-sings-in-front-of-white-house-to-honor-orlando-victims/>

RESOURCES

SAMHSA sponsors a **Disaster Distress Helpline (1-800-985-5990 or text TalkWithUs to 66746)** that can provide immediate counseling to anyone who needs help in dealing with the tragic event in Orlando Florida. The Helpline is a 24 hours-a-day, seven-days-a-week resource that responds to people who need crisis counseling after experiencing a natural or man-made disaster or tragedy.

The National Child Traumatic Stress Network website contains information to assist those dealing with catastrophic mass violence <http://www.nctsn.org/trauma-types/terrorism>. Family organizations may want to print copies of tip sheets on Talking with Children About the Shooting and Tips for Parents on Media Coverage.

TWO NEW ONLINE CURRICULA FOR BOARD MEMBERS AND FOR MID-LEVEL MANAGERS OF FAMILY-RUN ORGANIZATIONS

FREDLA is proud to announce the release of two new online curricula designed for family-run organizations. Each curriculum is about 30 minutes and includes a PowerPoint with videos from family organizations and a listing of resources.

The Roles and Responsibilities of the Board of Directors of Family-Run Organizations

Board members are vital to any non-profit organization. Family-run organizations face unique issues because many board members have lived experience caring for a child with mental health needs but may not have any experience serving on a board of directors. This training explores the characteristics and functioning of family-run organization boards, their roles and responsibilities, and the unique issues facing boards of family-run organizations. The curriculum can be used in several ways to inform and

educate board members. Executive Directors are encouraged to review the PowerPoint and materials and use them according to the needs of their organization. Possibilities include:

- Schedule a virtual training for your board of directors, facilitated by FREDLA staff with opportunities for discussion specific to your organization
- Provide the link for the training as part of board member orientation
- Use the training as part of a board meeting to ensure that all members are aware of their roles as board members
- Ask current board members to view the training online as a refresher regarding their roles and responsibilities

Mid-Level Management in Family-Run Organizations

Mid-level managers in family-run organizations are the unsung heroes, the lynchpin, the co-pilot, the brain-trust and more. Too often they are overlooked and miss out on professional development. This training highlights the importance of the mid-level manager role and the nature of management, the functions of a mid-level manager, the positions they may hold within an organization and different management styles. Executive Directors are might consider the following ways to utilize this curriculum as a resource for their organization:

- Schedule a virtual training for your management team, facilitated by FREDLA staff with opportunities for discussion specific to your organization
- Include the online training as part of the professional development plan for managers and supervisors within your organization
- Use the training within a management team meeting to spark strategic discussion around infrastructure and capacity
- Ask current management team members to view the training online and engage in discussion of their role either individually or as a group to strengthen teamwork and/or clarify roles

Click here to access FREDLA's new curriculum: <http://training.fredla.org/>

LEARNING COMMUNITY

Learning Community for Family Leaders

June 23 @ 3:00pm EDT

Idea Exchange - How Does Your Organization Engage Families?

Family-run organizations are very creative when it comes to engaging families in programs. During this Learning Community call, we will have an "Idea Exchange," to share your best ideas and activities that you have found to initially engage families and keep them coming back.

- How do you make families feel welcome?
- How do you keep families engaged?
- How do you engage families from diverse cultures?
- How does your organization reach out to families that may not know about your program?
- What activities and incentives do your use with families?



Join us to share your best ideas on family engagement and learn from others as well.

To register: https://theinstitute.adobeconnect.com/e8xwrqz7s4d/event/event_info.html

WEBINAR

LGBT Youth: Ensuring Supportive and Affirmative Approaches to Behavioral Health Services Wed., June 15, 2016, 2:00 PM ET

Speakers: Brian Altman, Director, SAMHSA Division of Policy Innovation; Judith M. Glassgold, PsyD, Associate Executive Director, Government Relations Office Public Interest Directorate; Dr. Caitlin Ryan, Director, Family Acceptance Project

In October 2015, the Substance Abuse and Mental Health Services Administration (SAMHSA) published its Ending Conversion Therapy: Supporting and Affirming LGBTQ Youth report—the first ever in-depth federal exploration of effective and ineffective therapeutic practices related to children’s and adolescent’s sexual orientation and gender identity. The report also included recommendations for best practices in appropriate therapeutic interventions to address concerns regarding sexual orientation and gender identity in children and youth. Join this webinar to hear from a panel of key experts responsible for the report, including an exploration of the scientific evidence underlying it, and affirmative alternatives for therapists in working with children, youth and their families to support youth and improve outcomes.

To register: <https://goto.webcasts.com/starthere.jsp?ei=1102824>

“I’m a parent of a young child with behavior problems, including ADHD: why do I need training in behavior therapy?”

Fri. June 17, 2016, 1:00 PM ET

Speakers: Beverly W. Funderburk, PhD, Professor, Pediatrics, Child Study Center, University of Oklahoma Health Sciences Center
Greta Massetti, PhD, Associate Director for Science, National Center on Chronic Disease Prevention and health Promotion, Centers for Disease Control and Prevention

As a parent of a young child with behavior problems or ADHD, it can be very difficult to find the resources and professional support you need to help your child while supporting positive child growth and development. In this webinar, parents will learn about parent training in behavior therapy and why it is an important first step for young children, including children with ADHD.

To register, click here: <https://goto.webcasts.com/starthere.jsp?ei=1105300>

Get the 4-1-1: Everything Primary Care Providers know about parent training in behavior therapy while working with families with young children with ADHD

Thu., June 23, 2016, 1:00 PM ET

Speakers: Dave Anderson, PhD, Senior Director, ADHD & Behavior Disorders Center, Child Mind Institute
Georgina Peacock, MD, MPH, FAAP, Director, Division of Human Development and Disability, NCBDDD, CDC

A webinar on evidence-based and evidence informed parent training in behavior therapy for young children with Attention-Deficit/Hyperactivity Disorder (ADHD). This webinar is designed to provide health care providers with the tools and information they will need to appropriately discuss the reasons for and benefits of parent training in behavior therapy with families and refer parents of young children with disruptive behavior, including ADHD, for training in behavior therapy.

To register, click here: <https://goto.webcasts.com/starthere.jsp?ei=1104862>

CONFERENCES

The 10th Annual National Peer Support Conference (an internationally-attended event) will be held on Aug. 26 and 27, 2016 at the [Sheraton Philadelphia Society Hill](#); a short walk to Independence Hall and the Liberty Bell. A preliminary program will be available mid-May.

Registration is now open at: <https://inaops.org/2016-annual-conference/>

FUNDING OPPORTUNITY

Statewide Peer Networks for Recovery and Resiliency

FOA Number: TI-16-012

Application Due Date: Tuesday, June 21, 2016

Eligible applicants are current SAMHSA-funded Recovery Community Services Program - Statewide Networks (RCSP-SNs), Statewide Consumer Networks (SCNs), and Statewide Family Networks (SFNs) and former SAMHSA-funded SCNs and SFNs in the ten states where there is an RCSP-SN grantee. The ten states include: Indiana, Massachusetts, Michigan, New York, Ohio, Pennsylvania, South Carolina, Texas, Vermont, and Wisconsin. In states where there are current SAMHSA-funded networks, they must be part of the project. In states where there is not a current SAMHSA-funded SCN and/or SFN grantee, then former SAMHSA-funded SCN and/or SFN grantees must be part of the project (either lead applicant or partner). Former SAMHSA-funded SCN and/or SFN grantees must be an active network within their state and provide documentation as such in Attachment 5. Only one application may be submitted per state.

RESOURCES

Becoming a Medicaid Provider of Peer Support: A Guide for Family-Run Organizations

This new guide, produced by FREDLA was developed to assist FROs 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. To download, click here:

<http://guideforfros.wix.com/guidetofamilyorgsdoc>

Diversity and Inclusion Toolkit - The Association of University Centers on Disabilities (AUCD)

This Diversity and Inclusion Toolkit provides concrete objectives, strategies, and resources to help organizations realize their goals in this area. <http://www.implementdiversity.tools/>

FREDLA Diversity Infographic – Diversity is central to FREDLA’s core mission of promoting leadership and organizational capacity. Check out FREDLA’s infographic that summarizes the results of a FREDLA survey on workforce diversity in the family movement.

Download here: http://www.fredla.org/wp-content/uploads/2015/09/Diversity-Survey-Infographic-4_15_16.pdf

National Council for Behavioral Health – Hill Day 2016

Each year, The National Council hosts Hill Day when behavioral health providers and advocates descend upon Washington and visit legislators. This year, Hill Day was held in June and in preparation for visits to legislators, The National Council prepared fact sheets on bills that have been introduced in Congress. These fact sheets can be useful tools for family-run organizations when meeting with legislators in your states and also to inform your Board and families about what is happening at the federal level.

Access Hill Day 2016 Fact Sheets:

[Expand Excellence in Mental Health Act \(S. 2525/H.R. 4567\)](#)

[Mental Health First Aid Act \(S. 711/H.R.1877\)](#)

[Mental Health Access Improvement Act \(S. 1830/H.R. 2759\)](#)

[Mental Health in Schools Act \(S. 1588/H.R. 1211\)](#)

[FY2017 Substance Use and Mental Health Appropriations](#)

NATIONAL INSTITUTE OF MENTAL HEALTH (NIMH) WANTS TO HEAR YOUR VOICE!

NIMH invites comments from the general public on the state of mental illness research and NIMH's role in the development of this research. Your feedback will be used in developing briefing materials that will represent the full diversity of perspectives on mental illness research for the incoming NIMH Director. Please provide comments by **June 30, 2016**.

Learn more about how to submit your comments: <http://1.usa.gov/1XrVWXn>

IN CASE YOU MISSED IT...

SAMHSA's National Children's Mental Health Awareness Day 2016 Webcast

Now available on demand! Watch your favorite parts; check out what you may have missed; and share with friends, family, and colleagues. **Awareness Day 2016: "Finding Help. Finding Hope"** featured an important discussion about how communities can work together to improve access to behavioral health services and supports for children, youth, and young adults.

To view: <https://www.youtube.com/watch?v=Y5L7C5zgK2s&feature=youtu.be>