

ASSOCIATION FOR CHILDREN'S MENTAL HEALTH

ANNUAL REPORT FY 2016-2017

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ACMH is Michigan's statewide, non-profit family-run organization dedicated to providing advocacy, peer support, education & information to families raising children with emotional, behavioral and mental health challenges across Michigan.

ACMH's Mission:

All Michigan children and youth with emotional, behavioral and mental health challenges and their families live in safe, welcoming communities with access to needed services and supports.





Association for Children's Mental Health Annual Report Fiscal Year 2016-2017 (6/1/16-5/31/17)

HIGHLIGHTS

A major highlight of this fiscal year is ACMH's remobilization of youth leaders across Michigan. There has been a burst of growth in statewide youth engagement and involvement and the success of the ACMH Statewide Youth Advisory Council (YAC) is one great example. YAC members have been involved in several collaborative efforts including a partnership between ACMH & Michigan's Children to bring youth voice to policy efforts and participation on the Mental Health and Education Partnership Team. YAC members have also attended a legislative luncheon, co-presented at the NAMI conference and took a leadership role in planning this year's Youth Leadership Event. ACMH supported YAC members as they initiated two youth-driven public awareness projects including their first which used photography to communicate a story about mental health and community and their current work on a Suicide Prevention and Mental Health Awareness project in which they designed a "Stop the Stigma" pin and sticker that will be distributed in schools to raise awareness. YAC's dedication & willingness to share their insight and expertise to educate ACMH, community partners & policymakers about the needs and concerns of young people with mental health challenges has been a great asset to increase public awareness and understanding of the real issues of children and youth with mental health challenges. We look forward to connecting them to more opportunities to use their voice of experience to create informed systems & policies.

Another highlight was ACMH's continued support and facilitation of family voice into mental health policy, evidenced by the inclusion of seven policy recommendations and family driven and youth guided language in the Section 298 Interim Report after strong advocacy by parents/caregivers, youth and advocates.

Other highlights include the continued growth of the Youth Peer Support and Parent Support Partner Projects and the growth of peer support across Michigan. To date ACMH has trained and supported 149 Parent Support Partners and 19 Youth Peer Support Specialists across Michigan and the community partners who employ them.

Lastly, collaborative efforts with community partners, policymakers, peer networks and advocacy organizations continue to flourish; providing opportunities to partner, share information & resources, and most importantly better support those we serve and help improve the quality of mental health services and policy. ACMH continues to be a key partner in helping to ensure that family voice is a strong & present force in system change efforts and critical policy decisions and is dedicated to supporting families with the information, knowledge and skills needed to be active and informed participants.

ADDITIONAL ACCOMPLISHMENTS THIS FISCAL YEAR

Family to Family Support & Development of Family Leaders

ACMH responded to hundreds of phone and website contacts from individual families and youth, as well as, contacts from community partners on behalf of families. Sadly, ACMH also fielded countless calls this year from family members and friends of Michigan youth who had completed suicide looking for information on how to increase awareness, get involved or contribute through memorial donations or activities.

In addition to calls and website inquiries, ACMH:

- Hosted a one-day Parent Leadership Camp on November 5th and supported a local parent to take a leadership role in outreach and planning.
- Hosted a 2-day Youth Leadership Camp on August 13 & 14 for 12 youth.
- Facilitated 19 TF-CBT Parent Resource Trainings with 95 total participants.
- Hosted 9 Parent Support Groups for 168 total participants.
- Hosted 1 Family Support Group Picnic in a local community.
- Connected parents and youth to opportunities to participate in the 298 workgroups and provided information, support and coaching to help them prepare to participate.
- Worked with ACES, Easter Seals Michigan's Family Advisory Committee to help them improve membership, activities & enhance their impact on local policymakers.
- Started plans for an ACMH Statewide Parent Advisory Committee.
- Planned program and logistics for the 2017 ACMH Annual Conference.
- Supported a parent and a young adult to share their voice of experience as a part of the "May the 4th Be With You" a statewide children's mental health awareness event.
- Presented at local Parent Advisory Committees and provided family outreach activities at local events and informational fairs.
- Supported a parent to attend the *Strengthening Families* Train-the-trainer training.
- Updated and expanded informational content for families on the ACMH website.
- Welcomed and supported several new parents to the ACMH Board of Directors.
- Hosted an orientation for new ACMH Board members.
- Initiated the development of Family Support Group Toolkits to help local families start support networks in their area. Progress included hosting family focus groups; planning & initial development of materials, curriculum and outreach activities.
- Continued ongoing outreach to seek family members interested in participating in systems change work and educational, leadership or networking opportunities.

Support to Michigan's Federally Funded System of Care Sites:

- ACMH partnered with Muskegon County System of Care (Healthwest) to provide technical assistance as they created a plan to support/train local SOC family leaders.
- ACMH also facilitated an intensive training and orientation for Healthwest's System of Care lead family/youth staff members to increase their knowledge about the family movement, family and youth engagement and leadership, System of Care 101, enhancing family driven and youth guided care in local communities and supporting families & youth to use their voice of experience to shape local system of care efforts.

Training, Coaching & Technical Assistance to MI's Parent Support Partner Project

- Provided six 3-day Part 1 Parent Support Partner Project certification training sessions for Cohorts 18-23 which included 40 new PSP's.
- Provided five 2-Day Parent Support Partner Part 2 Trainings.
- Provided ongoing support to the PSP Project by hosting 12 Quarterly Technical Assistance meetings providing ongoing technical assistance, coaching and support for both certifying and certified PSP's and their supervisors for 235 participants.
- Provided 69 monthly coaching calls to PSP's during their certification process
- Provided 25 Parent Support Partner Re-certification calls.
- Hosted 2 PSP Project Steering Committee Meetings with 22 participants.
- Provided ongoing technical assistance in partnership with MDHHS and Community Family Partnership, Kent County's System of Care, to create a new evaluation tool and logic model for Michigan's Parent Support Partner Project.

Training, Coaching & Technical Assistance To MI's Youth Peer Support Project

- Hosted 2 three-day Youth Peer Support Part 1 Certification Trainings for 9 YPSS's
- Hosted 2 two-day Youth Peer Support Part 2 Certification Trainings for 6 Youth Peers
- Provided 49 monthly coaching calls to Youth Peer Support Specialists.
- Hosted 3 YPS Quarterly Technical Assistance meetings.
- Provided one joint YPS/YPS Supervisor Quarterly Technical Assistance meeting.
- Provided one joint YPS/PSP Quarterly Technical Assistance meeting.
- Hosted 4 Youth Peer Support Supervisors trainings/roundtables with 45 participants.
- Provided monthly technical assistance with each community that employ YPSS's.
- Completed curriculum and training materials for YPS Supervisors
- Continued ongoing updates & refinements to the YPS Curriculum/Certification model.
- Engaged in ongoing outreach to new communities interested in youth peer support.
- Worked with MDHHS to create initial evaluation tools/activities for the YPS Project.

Supporting The Development of Highly Qualified ACMH Staff/Infrastructure

- Provided ongoing training, supervision, coaching, and mentoring to all staff in an effort to maintain a highly skilled workforce including 146 individual/ 53 joint supervision meetings and initial training and orientation to 3 new staff members.
- Hosted quarterly staff retreats providing ongoing education and support.
- Supported staff to attend targeted training to support them in their individual roles. A few examples include: FREDLA/Youth Move, MSU Autism, MI Wraparound, and Waiver Conferences; The Federation of Families Conference & Policy Day; the Foster Care Review Board Annual Conference on Trauma, The Mental Health Research and Policy Conference; and The Family Acceptance Project training; 3-day Train the Trainer - Bringing the Protective Factors Framework to Life in Your Work Training;
- Continued support of ACMH Board of Director's Development Activities.

Enhanced & Expanded ACMH's Virtual Community & Electronic Resources

The redesigned ACMH website continues to attract new users and we have moved on to focus on enhancing ACMH social media efforts. This fiscal year ongoing electronic communication was provided to ACMH's 2396 registered website users, (a growth of 200+ members this year) 228 Parent Listserv members, and 1,066 friends on Facebook. Other ACMH efforts to enhance electronic resources include:

- Continued to enhance, refine and update the content and functionality ACMH website.
- Continued targeted outreach about the ACMH website as a mechanism to connect families across MI to support, information, education & leadership opportunities.
- Worked with Gud Advertising to enhance ACMH's social media platforms and outreach materials including brochures, banners and other public awareness materials.
- Participated in extensive Social Media Training in Facebook, Twitter, and Instagram.
- Utilized youth voice and contributions enhance the 'ACMH Youth Page'.
- Hosted monthly virtual Youth Advisory Committee meetings using Google Hangouts.
- Created electronic resources including an in-house resource guide.

We continue to receive positive feedback from families and community partners alike who are excited to see our online communities grow and we continually see an increase in our ability to reach parents across the state who were previously unaware of ACMH and the supports we offer. Another focus this fiscal year has been to update our online resources and support for Military families and other families with special interests/needs including families of youth with substance use problems and families of LGBTQ children or youth or those trying to better understand gender identity issues in their youth.

ACMH Community Outreach, Training & Community Education Opportunities:

ACMH offered the following Parent & Professional Educational Opportunities this FY:

- Provided *Meeting the Needs of Students with Mental Health Challenges & Those Who Have Experienced Trauma at School* in 7 communities across MI for 215 participants.
- Provided a full day *Family Engagement Training* for Wraparound Coordinators, Supervisors and Staff from across Michigan with 30 participants.
- Co-facilitated 2 *Trauma 101* trainings at Shiawassee Schools for 50 participants.
- Facilitated a day long training and orientation for Healthwest's System of Care.
- Provided *Children's Mental Health & Youth MHFA – What Family Support Agencies Need to Know* for Ele's Place a family grief support agency for 19 staff.
- Presented a session about the importance of family and consumer involvement in policy at an MSW level class at the University of Michigan
- Co-Facilitated 1 TF-CBT Parent Resource Training Introduction training for 15 participants at a local CMH including program aides and other staff.
- Provided an overview of ACMH and the services and supports available to families and community partners for SEAC, MI's Special Education Advisory Committee.
- Provided an overview of ACMH and the services and supports available to youth and families and the MSU Physiology Association.
- Presented a informational session on Youth Peer Support at the Tri-county peer conference for 80 participants.

Children's Mental Health Awareness Activities:

- Partnered with MDHHS to host *May the 4th Be with You! Celebrating Youth/Family Strength and Voice, Raising Awareness, Reducing Stigma and Building Partnerships* a Children's Mental Health Awareness celebration. ACMH & MDHHS were joined by families & youth, Lieutenant Governor Brian Calley, MDHHS Director Nick Lyon, legislators, policymakers, and community partners. The celebration was a great success and a fabulous opportunity to renew our commitment to building & supporting a system of services & supports that address all children's mental health & well-being.
- Partnered with the MSU Physiology Club to host a Dodgeball Tournament Fundraiser event at Michigan State University to raise awareness about children's mental health.
- Distributed children's mental health awareness materials throughout May.
- Hosted an exhibit at the CEI CMH Community Breakfast.
- Attended 4 Community Collaborative Meetings in a local community.
- Made initial plans to begin to utilize the newly acquired Youth Mental Health Project film "*Not Letting Go*" as an outreach and public awareness for regional groups.
- Continually added and updated children's mental health information on the ACMH website to help increase community awareness.
- Responded to over 50 calls regarding public awareness activities, resources or volunteer opportunities and frequent calls from students and community partners seeking information about children's mental health & ACMH services & supports.
- Continued work to enhance and expand our relationships with key local and statewide leaders and policy-makers to increase their awareness about ACMH, the needs and issues of children and youth with mental health challenges and their families and the benefit of prioritizing resources for children with severe mental health challenges.
- Partnered with other peer networks to share information and resources and collaborate on efforts such as the Peer Conference with other peer support entities.

Another significant mental health awareness activity this fiscal year was ACMH's continued involvement in Section 298 Stakeholder Workgroup and Committees throughout the mental/physical health integration movement in our state. ACMH provided targeted outreach and support to keep families informed and ensure that the needs, issues and current realities of children, youth and families who receive services through public mental health are considered and represented. This fiscal year ACMH:

- Attended 22 Section 298 Facilitators Workgroup or Stakeholder meetings
- Facilitated 4 eligible population affinity groups including a joint Family /Youth Affinity Group in partnership with Advocacy Services for Kids.
- Attended 13 Advocate Group Meetings focused on 298 advocacy efforts
- Provided technical assistance calls re: 298 for family organizations across MI.
- Distributed informational materials about Section 298 advocacy opportunities through website/listserv/social media/direct contacts.
- Attended a 'next steps' 298 meeting with MDHHS and 12 representative groups
- Participated in a Section 298 Public Forum and a Press Conference in April.
- Continued to distribute informational materials about Section 298 advocacy opportunities through website/listserv/social media/direct contacts.

ACMH Support of Child and Family Serving Systems Including Mental Health, Child Welfare, Education, Juvenile Justice and Public Health.

- Continued partnership with Michigan Department of Health and Human Services to spread Youth and Parent Peer Support throughout Michigan.
- Continued ongoing participation in the MDHHS Leadership Team advising MDHHS about the needs of the families we serve, how ACMH can connect family voices to current policy issues, and plan how ACMH can best support MDHHS priorities and enhance family driven and youth guided policies across the state.
- Participated in the Joint State Management Team to addresses school/mental health.
- Met with Michigan Protection and Advocacy to help address lack of access to crisis response and mobile crisis units as well as other policy issues affecting youth/families.
- Worked with MI Alliance for Families, MI's Parent Training & Information Center to plan mental health awareness activities/trainings for parents/school staff across MI.

In addition, ACMH participated in ongoing collaborative efforts on behalf of children and youth with mental health needs and their families including: the Behavioral Health Advisory Council; Statewide Family Organization meetings; the Advocate Coalition; MDHHS Stakeholder's Meeting; Special Education Advisory Committee; MDHHS Peer Provider's Meeting, MI Alliance for Families Board & Partner Meetings; MI Protection and Advocacy Board & Public Policy Committees, the MACMHB Children's Issues Committee, MI Family Voices Advisory Committee; MI Family to Family Advisory Board Meetings, CEI Elected and Appointed Officials Lunches; Section 298 Facilitator and Affinity Workgroups, PSP Project Steering Committee and many others.

ACMH Enhanced Youth-Guided Practices & Involvement throughout Michigan

Much progress was made this fiscal year in supporting youth voice, advocacy and involvement! A major contribution to this goal was the creation, support and growth of ACMH's Statewide Youth Advisory Committee (YAC) mentioned in the highlights section of this report. Other accomplishments this year include:

- Hosted an ACMH Youth Leadership Camp on August 13 & 14 for 12 youth.
- Provided ongoing statewide targeted outreach to share information about youth involvement benefits and youth leadership opportunities.
- Helped facilitate and support youth participation at the Wraparound Conference.
- Presented a session at the NAMI conference providing information on how to build, support and sustain a statewide youth committee and expand youth involvement.
- Participated in an interview about the Flinn Foundation Anti-Stigma Campaign.
- Hosted quarterly Statewide Youth Coordinator Group meetings as a way of providing support and technical assistance around youth initiatives throughout the state.
- Participated in planning and outreach for Youth Move Michigan's *Youth Summit*.
- Shared youth leadership materials with other local family organizations or leaders.
- Provided ongoing outreach to communities across Michigan interested in hosting Youth Leadership activities or connecting youth to the statewide advisory group.
- Provided ongoing outreach efforts to inform individuals and communities about how ACMH and other resources can be best used to support youth.
- Supported youth to participate in Section 298 Workgroups or advocacy activities.

Looking Ahead

ACMH is excited to continue our work providing peer support, information, education, referral, leadership and networking opportunities for families of children and youth with emotional, behavioral and mental health challenges across Michigan. We will continue work to identify the best strategies to increase awareness of ACMH resources, the importance of children's mental health and the real issues youth and families face and utilize our capacity to extend our reach and resources to support youth and families across Michigan and the communities who support them.

Barriers in access or coverage for needed or quality mental health services or supports continue to be a huge challenge for families across Michigan, as well as, access to both formal and informal peer support groups and activities. ACMH will continue work to inform systems about these challenges and connect families to policymakers and opportunities to share their experience in an effort to improve mental health systems and supports in Michigan. ACMH will utilize outreach strategies, learning opportunities and resources such as enhanced social media platforms, family support group toolkits and strong community partnerships as mechanisms to connect youth & families back to ACMH support, education & leadership opportunities.

ACMH looks forward to continuing our work to expand our partnerships with local and state leaders and policymakers and most importantly grow and support a strong statewide network of informed and aware family and youth leaders who will use their voice of experience to enhance system's change efforts across Michigan.

We appreciate the dedication of our staff, Board of Directors and our partners for their ongoing support of ACMH and our work and look forward to continuing our work!

ACMH would like to wish a special Thank You to ACMH's Fiscal Year 2016 - 2017 Funders & Supporters:

Central Michigan University

Easterseals Michigan

Ethel and James Flinn Foundation

Gerstacker Foundation

HealthWest, Muskegon County CMH

Michigan Department of Health and Human Services, Family Advocacy Project

MDHHS Parent Support Partner & Youth Peer Support Projects

Shiawassee County Community Mental Health

Substance Abuse and Mental Health Services Administration, SAMHSA