



ANNUAL REPORT 2019-2020

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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 and the communities who support them.

ACMH's Mission:

That **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



ACMH remains the premier source of help, hope, support, information, resources and advocacy for children and youth with mental health challenges and their families across Michigan. ACMH's role and influence in statewide policy work critical to the mission of ACMH "Ensuring that ALL children and youth with mental health challenges live in welcoming communities with access to needed services and supports" continues to grow. ACMH is a key, active partner across multiple mental health policy issues and has been instrumental in connecting youth and families to opportunities to participate and share their voice of experience in key system reform initiatives and policy discussions across our state.

In addition, ACMH is a statewide leader in the expansion and enhancement of family peer support and continues work to enhance and grow both informal and formal peer support across our state highlighted by the continued growth and success of Michigan's Youth and Parent Peer Support Medicaid services. To date ACMH has trained, coached and supported 110 Parent Support Partners providing peer support services in 54 counties and 48 Youth Peer Support Specialists in 29 counties across our state. ACMH is also a constant force and source of support for Michigan families, providing peer support, education, information and a sense of 'community' for families who experience the challenges of raising a child with mental health needs and youth and young adults who experience them.

Another highlight of this fiscal year was the realization that many new families and community partners were discovering ACMH and reaching out to request information, support or participating in ACMH training and events. This year ACMH responded to over 175 direct requests for information and support from families, and fielded countless contacts from community partners on behalf of families. In addition to calls and website inquiries, ACMH also provided support, education, information, leadership and networking opportunities to hundreds of family members across Michigan through training, events and activities.

In September, ACMH hosted the 2019 Annual Conference 'Discovering the Superpowers Within Us All' with over 75 attendees including youth, families and community partners from mental health, juvenile justice, child welfare, and education, state and national leaders, policymakers, families, youth, family peer support providers and family organizations from across Michigan. The event was a huge success kicked off by a Panel of Superheroes and featuring nine informative breakout sessions. ACMH facilitated sessions included the plenary session; The Hero's Journey- Youth Perspectives on Substance Use Disorder and Mental Health a youth-led session developed and delivered by the ACMH Statewide Youth Advisory Committee and "You Don't Need Superpowers to Start or Run a Family Support Group... But an ACMH Toolkit Might Help!" Other ACMH learning opportunities included trainings targeted to help families, educators and others to support children and youth with mental health needs at school including: Supporting the Needs & School Success of Children & Youth with Mental Health Challenges and Those Have Experienced Trauma training which was provided in 8 communities across the state for 153 participants and a Mental Health in Education - Supporting the Needs of Children in Youth in School Webinar created as a part of Michigan Alliance for Families Yearly Educational Webinar Series.

ACMH also provided workshops, trainings and ongoing informational sessions about Parent Support Partner and Youth Peer Support services; the benefits of peer support and family-driven, youth-guided care, and the importance of collaborative relationships between youth families and professionals at multiple local, state and national events. Examples include: In-service trainings at local CMH's supporting staff to successfully implement Parent/Youth Peer Support Services and/or enhance family-driven/youth-guided care; Sharing information about ACMH family resources, supports and services for MI Child Collaborative Care Connect (MC3); Providing a Youth Peer Support and Youth Guided Supports Workshop at MI's Statewide Wraparound Conference; Facilitating a Youth Involvement, Partnerships and Youth Peer Support Roundtable Discussion at the International Association of Youth Mental Health Conference; and co-facilitating a

session with MDHHS for 75 National Behavioral Health Division Director's about youth peer support & keys to successful state and family organization partnerships.

ACMH also provided ongoing training, coaching and technical assistance, to peer support providers across Michigan through our role as the Statewide Coordinator and Trainer for both Parent Support Partner (PSP) and Youth Peer Support (YPSS) services. This year ACMH provided: Seven Part One Parent Support Partner and Youth Peer Support certification training sessions for 33 new Parent Support Partners and 32 new Youth Peer Support Specialists. Seven Part Two Certification Trainings for 22 PSP's and 36 YPSS's and one accelerated/provisional certification training for 11 YPSS's and 11 Supervisors. ACMH also provided ongoing professional development and technical assistance for both projects by providing monthly coaching calls for both certifying and certified PSP's & YPSS's; Quarterly Professional Development Meetings for 88 PSP's and 38 YPSS's during their certification process and five Professional Development meetings for certified YPSS's, PSP's and Supervisors, including one joint certified YPS/PSP learning opportunity and one joint YPSS/YPS Supervisor Technical Assistance meeting. In addition, ACMH provided two PSP Supervisor Trainings for 27 new supervisors and hosted a PSP Project Steering Committee, three PSP Supervisor Roundtable Meetings; four YPS Supervisor Roundtables and monthly technical assistance contacts with communities that employ YPSS's and PSP's. ACMH also engaged in year-round outreach to identify and recruit potential YPS and PSP sites in an effort to ensure parent and youth peer support is available in all areas of our state and provided ongoing technical assistance and support to the communities that offer the services. Ongoing efforts to ensure family voice informs continuous improvement efforts for the model and services for both projects continue as well.

Collaborative efforts with statewide and local partners from statewide peer networks, family and advocacy organizations have continued to flourish and have provided ACMH with many new opportunities to partner, share information, resources, and most importantly better support those we serve by improving the

quality of peer supports and policy efforts across Michigan. ACMH provided technical assistance and support to other peer support networks or initiatives as they worked to implement quality youth and family peer support, enhance the peer continuum, or improve the role and acceptance of youth and parent peers. Examples include: Partnering with the Recovery Institute to better serve transition aged youth in recovery; Providing feedback and suggestions during Youth Recovery Coaching Curriculum development; Participating in Healthy Transitions leadership and planning team meetings and providing ongoing supervision and support to the Healthy Transitions Statewide Coordinator; and, Providing cross training opportunities in the TIP/YPS/PSP models for project coordinators, staff, Healthy Transition Peers, and others in an effort to help increase state wide understanding and utilization of peer roles and peer support.

ACMH also provided ongoing training, support and technical assistance to other local, state and national family leaders, groups and organizations. Examples of activities this year include partnering with the National Federation of Families for Children's Mental Health, MDHHS, and Nebraska family and state leaders to share strategies to create and sustain successful family organization and state partnerships; Planning joint training efforts and a Transition Services Survey with The Family Run Executive Director Leadership Association (FREDLA); Providing technical assistance and support to MYalliance System of Care as they worked to support local families and youth to successfully participate in SOC Boards and Committees and working with National Consultants to discuss suicide prevention and awareness initiatives across the nation.

ACMH continued advisory and supportive roles in a number of current state level children's mental health initiatives and projects including Healthy Transitions, MC3-MI Child Collaborative Care Connect and Fostering Health Partnerships. In addition, ACMH participated in ongoing school/mental health statewide improvement activities, partnered with Michigan Alliance for Families to plan and host mental health awareness trainings for parents and school personnel across the

state and met with MDE/MDHHS to discuss schools and mental health needs and working to help ensure the voice of youth and families is sought out and heard in improvement efforts. ACMH also continued work to expand Family-Driven Youth-Guided policies, services and supports across the state by co-facilitating the MI Family-Driven-Youth-Guided Workgroup and providing direct support, training and technical assistance to staff and families from several Juvenile Justice-Mental Health Pilot sites as they work to enhance family-driven, youth-guided care .

ACMH also engaged in ongoing outreach to raise awareness about the importance of children's mental health, the needs and issues of children, youth and families, as well as, initiatives and policies that best support them. Highlights this fiscal year included participating in a Purposeful Pitch's Podcast on "Caring for Children with Mental Health Concerns" and a great turnout for the 2019 ACMH Children's Mental Health Awareness Day Luncheon in May with over 102 participants including community partners from mental health, education, child welfare, juvenile justice legislators, state leaders, policymakers and families who were educated about the mental health needs of students and policies and practices that work to support them. ACMH also worked to create new outreach tools and methods this fiscal year and a star achievement was the completion and distribution of 2 Youth Peer Support Public Service Announcements. The PSA's were created in an effort to increase knowledge and utilization of the Youth Peer Support service across our state and highlight how Youth Peer Support services can enhance mental health services and provide hope and empowerment for youth. Videos were posted shared and used in training activities and outreach in an effort to increase knowledge and utilization of the Youth Peer Support service across our state. Eleven YPSS, family members and ACMH participated in interviews about the value of their personal journeys and the benefits of youth peer to peer support and enhancements to mental health services and outcomes. Another tool added to the public awareness and outreach toolbox this year was a quarterly electronic ACMH Newsletter, which was created as a venue to enhance and expand our current information sharing networks, serve a broader audience by reaching more

families and community partners across our state and most importantly provide useful and up to date information about the needs and issues of children and youth with mental health challenges and their families. Quarterly editions will include highlights from recent ACMH activities, notifications about upcoming events, information about current issues and policy work in children's mental health, opportunities for families to get involved and share their expertise and voice of experience, Statewide Parent & Youth Advisory Committee highlights, as well as, Parenting, Youth and Advocacy Sections. We also hope it the newsletter will be shared and serve as another tool to help us reach all families who may need information or support and help us create a sense of community across Michigan. ACMH also created and distributed quarterly PSP and YPS Newsletters throughout this fiscal year.

ACMH continues to strengthen partnerships with family and state leaders, advocacy groups and policymakers and participated in a variety of collaborative activities to ensure the needs of youth with mental health challenges and their families are included and considered in policy decisions and across advocacy efforts. ACMH is an active member of the Advocate Coalition who worked tirelessly this year keeping the needs of youth with mental health challenges and their families in the forefront as Michigan continues work to integrate physical and mental health care, increase quality crisis services across our state and re-envision the public mental health system in Michigan. ACMH also participated in several statewide mental health advisory boards and collaborative groups including: the Behavioral Health Advisory Committee; MI Association for Community Mental Health Board's Children Issues Committee; MI Crisis Stabilization Unit Workgroup; MI Protection and Advocacy Board and Public Policy Committees; MI Alliance for Families Parent Training and Information Center Advisory Board; MC3 Advisory Committee; Partners in Crisis Advisory Board; Lifesavers Coalition; Foster Care Review Board Advisory Committee; MI F2F Health Information and Education Center Advisory Board; Juvenile Competency Restoration Workgroup; Michigan Family Voice Advisory Board; the Juvenile Justice Restoration

Workgroup; Healthy Transitions Leadership Team; MDHHS Leadership Team; Great Lakes Mental Health Technology and Transfer Center Advisory Board; the School Justice Partnership; and School Suicide Prevention Projects; the Behavioral Health Integration Summit; and the Michigan Protection and Advocacy Legislative Luncheon. ACMH expertise continues to be sought out by community partners on issues related to children's mental health. This year ACMH was asked to participate on the Governor's Behavioral Health Re-Opening Advisory Committee and met or collaborated with the following partners to share information or provide technical assistance on a variety of issues including: the Mental Health Association of Michigan to discuss partnerships, training modules, PIHP Policy Forum participation and the needs of youth in placement during Covid-19; Michigan Protection and Advocacy on a variety of issues including CMH's and EPSDT, an ACLU complaint regarding students with mental health challenges and advocacy needs for kids and families; Flint Chamber of Commerce to discuss support and training needs of a local after-school program; MDHHS Juvenile Justice Initiative staff to discuss ongoing family driven and youth guided practices across pilot sites and initiatives; Fostering Health Partnerships and MI Health Education Partnership to increase family voice and involvement; MI Alliance for Families to plan and provide training to support educators, families and communities to better understand and support the mental health needs of students and NAMI MI to discuss advocacy coalition and other priorities.

Another highlight of this fiscal year has been the continued growth of statewide family and youth engagement leadership, involvement and advocacy, including the successful launch of the ACMH Statewide Parent Advisory Committee (PAC). Nine members from across Michigan were selected and the first monthly PAC Meeting was held via Zoom on March 20th. ACMH provided initial training and support to PAC members as they become oriented to the foundations and purpose of the PAC, ACMH and the family movement, and current children's mental health policy issues in our state. ACMH also worked to connect members to opportunities to provide input and family voice and PAC was off and running,

examples this year include providing input to local and statewide partners about family outreach strategies and documents including the MDHHS Tips for Parents during Covid 19. ACMH also continued to promote and expand youth leadership and advocacy opportunities across our state and provided direct support to youth leaders including the ACMH Statewide Youth Advisory Council, YAC. ACMH hosted monthly YAC meetings, an one in- person event in August. ACMH also supported YAC members as they engaged in policy work and utilized their voice of experience to educate and advocate through a variety of activities including headlining the informational panel session at ACMH's Children's Mental Health Awareness Day luncheon; Hosting a youth led panel on SUD and Mental Health in Youth at the ACMH conference and participating in the plenary session; and sharing their expertise with community partners on several issues including giving input about a proposed initiative to provide excused absences for mental health days at school and providing feedback about CCI Rights documents; as well as continuing their efforts through the YAC Stop the Stigma Campaign.

ACMH also continued work to enhance our network of highly qualified family member staff by providing initial and ongoing training, coaching, supervision and mentoring to all staff. This fiscal year 189 individual and 48 joint supervision and 7 all staff meetings were held. ACMH also supported staff development by hosting quarterly staff retreats, including a summer retreat dedicated to understanding the intersections between nature, mental health and well-being and an April retreat entirely focused on helping staff understand Clas Standards and enhancing Cultural Competency and Humility. ACMH also supported staff to participate in ongoing professional development needed for their individual roles, examples this year include: Unpacking the Unseen: Understanding Implicit Bias and Micro-aggressions; Statewide Wraparound and International Association of Youth Mental Health Conferences; Foster Care Review Board Annual Training; Trauma Informed TIP Training; Leading the Way: Maximizing the Power of Youth and Young Adult Leadership in Communities; Youth & Families: Reaching Common Ground That Moves Us Forward; Utilizing Family and Youth Voice in Social Marketing

Webinars; Doors to Wellbeing - Peer Specialist Monthly Webinars on National Standards for Culturally & Linguistically Appropriate Services; SAMHSA Strategic Sharing and Adapted Leadership; Zoom and Mailchimp training; and webinars to helping staff provide supports to families during the COVID-19 Crisis.

Lastly, work to refine and expand ACMH's website and social media platforms as mechanisms for outreach, support, and education for families, youth, providers, community partners, and decision makers continued throughout the year. Much progress was been made in growing and enhancing ACMH's interactive community especially on social media platforms! Growth this year was exciting and included an increase across all online platforms which now includes 3415 registered website users, 1859 followers on Facebook, 352 on Twitter, 78 on Instagram and through 339 views of the ACMH YouTube Channel. Recent website updates included the creation of Social Justice and Covid-19 Resources pages and updated website polls and Ask the Expert sections. ACMH continues work to increase utilization of ACMH online resources as a means to raise awareness about children's mental health and increase access to real time virtual support.

ACMH is proud of this year accomplishments and will continue to work to identify the best strategies to utilize our capacity to serve all families of children and youth with mental health challenges and the communities who support them across our state. We appreciate the ongoing support of our work and look forward to continuing our work toward the goals and mission of ACMH would like to offer a special thank you to all of our FY 2019-2020 funders: The Ethel and James Flinn Foundation, Gerstacker Foundation; Michigan Department of Health and Human Services, MDHHS, Family Action Project; MDHHS Parent Support Partner & Youth Peer Support Projects; MDHHS Fostering Healthy Partnerships; MDHHS Healthy Transitions Project; Shiawassee County Community Mental Health; and SAMHSA Substance Abuse and Mental Health Services Administration.