



ACMH Board of Directors

Al Way, President
Kelly Gluszewski, Program Com. Chair
Amber Rochester, Secretary
Kendra Bouknight
Tina Colpean
Janice Hilleary
Sarah Hively
Krisheana "Krissey" Jones
Melissa Judis
Beverly Schumer

ACMH Statewide Staff

Jane Shank, Executive Director
Mary Porter, Business Manager
Terri Henrizi, Education Coordinator
Kelly Bailey, PSP Statewide Coordinator
Krissey Dristy, YPS Statewide Coordinator
Sara Reynolds, YPS Trainer
Cecilia Nguyen Healthy Transitions Youth/
Young Adult Coordinator
Julie Davis, PSP Shiawassee County
Victoria Swan YPS Shiawassee County
Lori Hooker, Administrative Assistant

ACMH State Office

6017 W. St Joe Highway
Suite 200
Lansing, MI 48917
Phone: 517-372-40176
Toll Free: 888-226-4543
Fax: 517-372-4032
www.acmh-mi.org

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!



Association for Children's Mental Health
Annual Report Fiscal Year 2018-2019
(June 1, 2018- May 30, 2019)

Key program highlights and accomplishments this fiscal year:

Once again, a major highlight of this fiscal year has been ACMH's growing 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*". ACMH continues to be 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 policy discussions and mental health, child welfare, juvenile justice and educational reform initiatives across our state. In addition, ACMH remained a constant force and source of support for Michigan families; Providing peer delivered support, education, information and a sense of 'community' for families who experience the challenges of raising a child with mental health needs. This year ACMH responded to direct requests for information and support from over 120 individual families, as well as, fielded countless contacts from community partners on behalf of families. In addition to calls and website inquiries, ACMH provided support, education, information, training, leadership and networking opportunities to hundreds of family members across Michigan through training, events and outreach. In September, ACMH hosted the 2018 Annual Conference *We Are Family* which was a huge success with over 107 participants including youth and families, community partners, advocates, friends and policymakers who joined together as one family concerned about improving outcomes for children & youth with mental health challenges in our state. This year's event was kicked off by state and national family and leaders in mental health and featured nine breakout sessions including an Anti-Bullying Session created by the ACMH Statewide Youth Advisory Committee; A Creative Workshop; A Conversation with MDHHS Leaders; Sessions in Strengthening Voices for Change; and Restorative Justice.

ACMH offered other training opportunities this year including: "*Meeting the Educational Needs of Children & Youth Who Have Experienced Trauma and Those with Mental Health Challenges at School*" in 5 communities across Michigan for 98 parents and professionals from education, mental health and other child & family serving agencies. ACMH also co-facilitated sessions at the Michigan Community Mental Health Board Association and the National Federation of Families Annual Conferences to share information about keys to successful partnerships between family organizations and state partners. ACMH also provided ongoing training about Youth Peer and Parent Support Partner services, the importance of peer support, opportunities for family leadership, voice and choice and the benefits of family driven/youth guided services & supports. ACMH also provided ongoing training, support and technical assistance to other family leaders, groups and organizations, including Statewide Peer Support Networks, Lifesavers Suicide Prevention Workgroup, Youth MOVE Michigan, National Statewide Family Network, FFCMH Leaders, and MYalliance Muskegon County's federally funded System of Care. This fiscal year the ACMH Education Coordinator provided ongoing direct support to MYAlliance lead family staff and the community by providing, training, technical assistance, resources and information as they worked to enhance family engagement and involvement in SOC and local leadership opportunities; as well as partner more effectively with school based Parent Outreach Specialists

and plan and execute family leadership events. ACMH facilitated a Parent Leadership Camp for MYalliance families in November; hosted an informational meeting about enhancing family engagement in October and co-facilitated a Parent Advisory council. ACMH also developed training materials to assist local families to successfully participate on boards and committees. ACMH also remained dedicated to creating new opportunities and resources for family-to-family support across the state and continued work to attract interest in ACMH training, support leadership and networking opportunities, as well as 'Family Support Group Toolkits' designed to support local families/communities interested in developing and/or enhancing support groups.

ACMH also continues to be a statewide leader in the development and expansion of family peer support services and supports and continues its dedication to promoting family-driven youth-guided practices, family involvement, leadership and voice across systems which is highlighted by the following accomplishments: The continued growth and success of Michigan's Youth and Parent Peer Support Medicaid services. To date ACMH has trained, coached and supported over 108 Parent Support Partners and 29 Youth Peer Support Specialists across the state and provided ongoing technical assistance and support to the communities that employ them. ACMH has also taken a lead role in the creation and launch of Michigan's Family-Driven Youth-Guided Statewide Advisory Committee a group made up of youth, parents and community partners tasked with examining and providing suggestions for operationalizing existing policy in order to enhance family-driven/youth/guided services and supports across the state. ACMH hosted the first committee meeting last fall and was instrumental throughout the planning and recruitment process. ACMH also provided technical assistance to enhance family-driven youth-guided care within Michigan's Juvenile Justice/Mental Health Pilot sites and participated in training and technical assistance activities with staff from sites in 14 counties. In addition, ACMH took on advisory and supportive roles in several current children's mental health initiatives, or advisory groups including Healthy Transitions, MC3, MI Child Collaborative Care Connect, and the newly created Great Lakes Mental Health Technology Transfer Center. ACMH also continued work with *Fostering Health Partnerships* to connect and support parents to co-facilitate learning forums for healthcare providers; helped MDHHS to enhance Foster Parent Recruitment for Treatment Foster Care; connected youth voice to the Michigan's Health & Education Partnership Suicide Prevention and other workgroups and partnered with MI Alliance for Families, MI's to plan and host mental health awareness trainings for parents and school personnel across the state.

In addition, ACMH engaged in ongoing outreach to raise public awareness about the importance of children's mental health. A major highlight this year was ACMH's 2019 Children's Mental Health Awareness Day Celebration Luncheon which focused on the importance of mental health in schools – a hot topic that filled our room to capacity with over 150 registered participants! The informational session featured a statewide panel of youth & young adults from across Michigan who shared their lived experience to help illustrate the importance of mental health awareness in schools and shared ideas and strategies on how we might help schools to be more inclusive and supportive of youth. New children's mental health informational materials were created on several topics and were distributed at the luncheon and throughout the state.

ACMH's work as the Statewide Coordinator & Trainer for both the Parent Support Partner (PSP) & Youth Peer Support Service (YPSS) statewide projects continued with ACMH providing ongoing training, coaching and technical assistance, to Peer Support Providers across Michigan.

This fiscal year ACMH by provided: Four - 3-day Part 1 Parent Support Partner Project certification training sessions for 25 new PSP's and four 2-Day Part 2 trainings; 3 Professional Development Meetings 68 certifying PSP's and 4 for 89 Certified PSPs; Two PSP Supervisor Trainings; 82 certifying coaching calls with 256 total participants and 28 re-certification calls for 225 total participants. Three PSP Project Steering Committee and three PSP Supervisor Roundtable Meetings; Three 3-day Youth Peer Support Part 1 Certification Trainings and an accelerated training for a YPSS in the UP; Two 2-day YPS Part 2 Certification Trainings; 106 YPSS monthly certification coaching calls; Four YPS Quarterly Technical Assistance for uncertified YPSS's and three for certified YPSS's including one joint YPS/PSP learning opportunity; One joint YPSS/YPS Supervisor Technical Assistance meeting; 4 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. In July, the YPS Statewide Coordinator and PSP Statewide Coordinator visited 4 CMH sites to provide information about both the YPS and PSP service for over 55 providers; in August the Statewide YPS Coordinator and a youth from St. Clair county visited Lapeer County CMH to share information with their staff; and the YPS Statewide Coordinator visited Wayne County to deliver a presentation at the Countywide Grand Rounds training for seventy-five children's providers in September. Staff also hosted a meeting with West Michigan CMH in May about family-driven/youth guided services and YPS and PSP services and a presentation at the Wraparound conference with a YPSS from Livingston County. Work to create marketing videos about YPS services which will be used in outreach to new sites and training also began this year.

ACMH also continues to strengthen our partnerships with family and state leaders, advocacy groups and policymakers to help ensure that family voice is a present and valued force in critical policy decisions and that the voice and needs of families continue to be in the forefront as Michigan continues work on several important mental health initiatives including the provision of quality crisis and mobile crisis stabilization services across MI; addressing barriers to accessing inpatient psychiatric hospitalization; and the continued statewide initiative to integrate mental and physical health. ACMH is an active member of Michigan's Advocate Coalition who ACMH has partnered with on a number of policy issues this year including: Network 180's Crisis Center Plans; Meeting with the new Governor's Elect's Soft Transition Team to discuss current issues and concerns and providing recommendations; meeting with MACMHB, CEOs of CMHSP's, PIHP's, Michigan Health Plans and MDHHS to discuss critical issues regarding Section 298 pilot sites progress, unenrolled financial/payment options, etc... as well as other legislative issues that arose during the year including Direct Care Worker wages & the lame duck session.

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. Other work with partners included: working with the Family Acceptance Project to support their work and share resources to better support the families we serve; meeting with Wayne State University regarding aging parent support and CLASP to discuss infant and toddler mental health policy issues. ACMH also participated in the following collaborative groups on behalf of families of children & youth with mental health needs: Behavioral Health Advisory Committee, MACMHB

Children's Issue Committee; MDHHS/Family Organizations Meeting; MDHHS Stakeholders Meeting; Family Driven Youth Guided Workgroup; Michigan Family Voices Advisory Board Meeting; Michigan Protection and Advocacy Executive Board and Public Policy Committees; the Michigan Peer Continuum Workgroup; MI Family to Family Health Information/Education Advisory; MI Alliance for Families Board of Director's & Partner Advisory Groups; MC3 Advisory; Michigan School Disparity Workgroup; Michigan Technology Transfer Center Advisory; MI Family to Family Health Information and Education Advisory; Section 298 Facilitation Workgroup; Wraparound Conference Planning Committee; Lifesavers Coalition, National Federation of Families for Children's Mental Health PSP Core Competencies Focus Group; SAMHSA Statewide Family Networks; and Intensive Crisis Stabilization Services Providers Committee and local parent advisory groups, councils, and peer support networks throughout MI. The ACMH Executive Director was also active on the federal level both sharing information and seeking information to better advocate in our state. She met with Statewide Family Network leaders from five states and SAMHSA and SFN Technical Assistance staff to discuss privatization across the nation and BRSS TACS to discuss the national privatization learning community. In addition, she has been one of the few state leaders to successfully partner with our states regional Great Lakes Mental Health Technology Transfer Center.

Another major highlight of this fiscal year has been the continued growth and development of statewide youth engagement and involvement. ACMH expanded youth leadership opportunities, continued support to youth leaders across Michigan and successfully connected youth voices and expertise to system change efforts and collaborative efforts. Examples include the continued success of the ACMH Statewide Youth Advisory Council (YAC) who have been actively involved in several policy and advocacy efforts, including working to inform ACMH and statewide partners about the needs and concerns of young people with mental health challenges. ACMH provides ongoing support to the Youth Advisory Council YAC and its members. This fiscal year, ACMH hosted monthly Youth Advisory Committee meetings; engaged in ongoing outreach to seek new members; hosted a live recruitment event in January and an in-person meeting in April. ACMH also supported YAC members to utilize their voice of experience to educate and advocate – and they took on the task through a variety of activities including highlighting the informational panel session at this year's ACMH Children's Mental Health Awareness Day luncheon at the Capitol where four YAC members shared their experience and made recommendations on how to better support youth in school settings. YAC members also presented a Stop the Stigma Workshop at the Statewide Wraparound Conference and an Anti-Bullying presentation at the ACMH conference. In addition, the Statewide Youth Coordinator collaborated with other state leaders and initiatives to increase opportunity for youth voice in the At-Risk Youth and Lifesavers Suicide Prevention Workgroup and others. YAC members also helped to plan and host this year's ACMH 2-day ACMH Youth Leadership Camp which was a huge success with eleven youth from across Michigan who joined together for a fun filled weekend of learning, networking and leadership opportunities. YAC continues to be a great asset to ACMH, community partners, mental health policy and system improvement activities!

ACMH continued work to enhance our network of highly qualified family member staff by providing initial and ongoing training, supervision, coaching, and mentoring to all staff including Parent Support Partner, Youth Peer Support & Education Project Coordinators, Trainers and Support Staff. This fiscal year over 133 individual and 50 joint supervision meetings were held

and initial training and orientation was provided to 1 new staff member. ACMH also hosted two staff retreats where staff had the opportunity to learn from both national family leader Barbara Huff who shared the history and current challenges of the family movement and the importance of continued advocacy and support of strong family voices; and Justin Tate who provided updates from the Michigan Department of Health and Human Services. In addition, ACMH provided initial training, orientation and support for all new staff member and supported all staff to attend ongoing training needed to be successful in their roles including SAMHSA's Statewide Family Network Grantee Annual Meeting, The University of Maryland Training Institutes, the Research & Policy Conference on Child, Adolescent and Young Adult Behavioral Health, The National Federation of Families for Children's Mental Health Conference, TIP Orientation Training, Michigan Home-based Family Services Workshop, Person Centered Planning Training, Michigan State University Transgender Training, Youth Mental Health First Aid, TF-CBT Training, Motivational Interviewing for Youth and Families, PSP & YPS Training and Technical Assistance Meetings and countless webinars including: Parent Engagement in Juvenile Justice, SAMHSA's Integrated Care and Youth Engagement, Starting a Youth Advisory Board, Sharing Family Stories, Parent Support Partner Ethics, Mental Health Block Grant, Addressing the Needs of Young People with SED through a Comprehensive Continuum of Services and Supports, Art of Persuasive Storytelling, Supporting Rural Communities; Doors to Wellbeing: and Understanding Cultural Inequalities for Mental Health Peer Specialists.

ACMH also continued work to refine and expand social media platforms as a mechanism for outreach, support, and education for families, youth, providers, community partners, and decision makers. One highlight of this reporting period was the successful launch of both the Parent Support Partner and Youth Peer Support Specialist Portals on the ACMH website. These 'private user only' portals were designed as an additional resource for PSP's, YPSS's and their Supervisors and contain important information, documents, forms, training materials and other resources. To date 190 members have access to up to date information they can use to support them in their role. In addition, progress continues to be made to grow ACMH's interactive community especially on social media platforms! This fiscal year 325 posts were made on Facebook, 312 tweets were sent and 13 posts were made to Instagram. In addition, ongoing electronic communication was shared with over 3313 registered website users and 224 Parent Listserv members. ACMH continues to attract new followers on social media platforms and this year our social media users boomed from 1318 to 1574 Facebook friends, 181 to 235 Twitter followers and 16 on Instagram. Registered users on the ACMH website also grew by 383 users adding over 700 new members to our virtual community by year end!

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 2018-2019 funders: The Ethel and James Flinn Foundation, Gerstacker Foundation; HealthWest, Muskegon County CMH; Michigan Department of Health and Human Services 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.