

Annual Report 2020-2021



ACMH Board of Directors

- Kelly Gluszewski, President
- Amber Rochester, Secretary
- Beverly Schumer, Treasurer
- Tina Colpean
- Don Dejong
- Melissa Judis
- Susan Manser
- Richard Osburn
- Robert Pettaway
- Arianna Saldana
- Sheila Sears
- Brina Williams

ACMH Statewide Staff

- Jane Shank, Executive Director
- Mary Porter, Business Manager
- Terri Henrizi, Education Coordinator
- Krissy Dristy, PSP/YPS Program Manager
- Sara Reynolds, YPS Statewide Coordinator
- Kelly Bailey, PSP Statewide Coordinator
- Carrie Thompson, PSP Trainer
- Cecilia Nguyen, Healthy Transitions Coord.
- RJ Cach, Family Resources/Peer Trainer
- Lori Hooker, Administrative Assistant

ACMH State Office

6017 W. St Joe Highway
 Suite 200
 Lansing, MI 48917

ACMH is Michigan’s statewide, non-profit family- run organization dedicated to providing advocacy, peer support, education and information to families raising children and youth 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 remained a steadfast source of information, support, advocacy, training, resources and especially help and hope for families of children and youth with mental health challenges across Michigan even as our work and most importantly how we delivered it continued to be challenged by the pandemic. Fiscal year 2020-2021 began much like the previous year ended, with a continued need to cancel, re-schedule or re-imagine many pre-planned training activities and events including two of ACMH's biggest Children's Mental Health Awareness Day and the ACMH Annual Conference along with other key family, partner and community training opportunities.

ACMH staff more than rose to the occasion through their dedication, creativity and flexibility and as a result barely skipped a beat as they continued providing quality support and services. Parent Support Partner and Youth Peer Support statewide certification training and coaching activities were quickly and successfully shifted to online venues. Community and partner based trainings were adapted as virtual opportunities, reimaged or created to support the current needs of families and community partners. Examples of new trainings include: *Supporting Our Kids Mental Health Needs and Our Own As We Navigate Covid-19 and Changing School Environments* workshops facilitated for families and school staff from across Michigan and *Covid-19 - Its Effects on the Mental Health of Children, Youth, Families - Tips to Support Mental Health/Wellness and School Success* created to help the statewide staff of Michigan Alliance for Families better support the families they serve. Multiple live training sessions were held and recordings of new and existing trainings remain available online including a previously recorded *Mental Health in Education* webinar which had over 200 views in the first quarter alone. Other workshops and technical assistance included informational sessions on topics such as: ACMH services and supports, peer roles, the benefits of formal and informal Parent and Youth Peer Support services, family-driven, youth-guided care and building collaborative relationships between youth, families and professionals facilitated for groups such as MC3 Connect, Child and Family Mental Health Services Administrators, local CMHSPs and Healthy Transitions and Juvenile Justice/Mental Health pilot sites.

As the Statewide Coordinating and Training Partner for both Parent Support Partner (PSP) and Youth Peer Support (YPSS), ACMH provided ongoing

training, coaching and technical assistance for PSPs, YPSSs and the communities that employ them across Michigan. This fiscal ACMH provided eight 2-part PSP and YPSS certification training sessions, one accelerated provisional certification training for new PSPs and Medicaid Enhancement trainings for all existing and new YPSSs. In addition, ACMH provided ongoing professional development and technical assistance for both projects through monthly coaching calls, Quarterly Professional Development Meetings including two joint professional development learning opportunities for for both certifying and certified PSP's and YPSS's. ACMH also provided six New Supervisor Trainings and hosted quarterly PSP and YPS Supervisor Roundtables. 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 monthly technical assistance and support to the communities that offer the services. Ongoing updates and efforts to ensure family voice informs continuous improvement efforts for the model, services and evaluation of both projects continue. Recent examples include: Meeting with the YPSS Program Manager, Juvenile Justice Consultant, Court Referee, and Healthy Transitions staff to discuss expanding YPS training to include information to support young adults in navigating the adult justice system; Working with MDHHS and Healthy Transitions leadership to discuss Medicaid language around lived experience necessary for YPS providers in order to properly fulfill their roles and supporting the development of the recently completed outcome tool for Youth Peer Support currently being piloted in three communities. ACMH has been instrumental in the continued growth and success of Michigan's Youth and Parent Peer Support Medicaid services and to date has trained the 105 PSP's and 46 YPSS's providing peer support across our state. ACMH also provided training and technical assistance to other peer support initiatives in an effort to to enhance or enrich the peer continuum; ensure access to quality peer support across the state; increase state-wide understanding of various peer roles and support and improve the role and acceptance of youth and parent peers.

ACMH remained focused on the core work of developing and supporting youth and family leaders in our state; Providing ongoing training, leadership and networking opportunities including a Summer 2020 Youth and December 2020 Parent Leadership Camps, followed by a two-part Youth Leadership Series in

Winter 2021. Each of these events were a huge success and the virtual atmosphere certainly did not dampen youth and families engagement and enthusiasm! In April, ACMH hosted a *Strategic Storytelling and Social Media Workshop* for youth, young adults and families to support them in sharing their mental health journey and expertise using social media. ACMH also shared Family Leadership materials, resources and information including the *ACMH Family Support Group Toolkit* which was recently enhanced to include tips for facilitating online groups with several groups across the state including: Michigan Alliance for Families Parent Mentors, teachers, Advocacy Services for Kids and a Parent Group from Ottawa County's System of Care.

ACMH also provided ongoing technical assistance and support to other local, state and national family leaders, groups and organizations. Sharing information about Youth Peer Support and youth advisory work with Detroit Disability Power; Supporting Michigan Family Voices with family leadership and networking efforts; Sharing information about MI's Parent Support Partner model and training, TIP Models and Healthy Transitions with North Carolina Families United and NCDHHS, Advocacy Services for Kids and Wisconsin Ties to name a few examples. ACMH also participated MDHHS's statewide family and advocacy organizations meetings providing technical assistance, support and resources to help enhance statewide family support.

ACMH remained a constant force and direct source of support, information, referral, advocacy and sense of 'community' for families raising a child with mental health needs and youth and young adults who experience them. As the year progressed and the nation turned to the internet for information and support many new families and community partners from across the state, nation and world also discovered ACMH and reached out for information and support. This fiscal year, ACMH responded to 195+ direct requests for information and support from families and countless contacts from community partners. In addition to responding to calls and website inquiries, ACMH worked to empower families by sharing targeted information and resources to help them navigate current and ongoing challenges including difficulty accessing mental health and crisis services, changing school, community and mental health treatment environments due to covid-19. Examples of new ACMH resources include several tools to support families to share their voice

of experience on social media and documents/tip-sheets including: *Back to School Resources to Support Your Child and Family's Mental Health; Tips to Set Your Kids Up For Success During Remote or In-Person Learning; and, What Families Can Do - Supporting Mental Health and Wellness Now and Throughout the Pandemic.*

Even in our new virtual world, ACMH engaged in ongoing outreach to raise awareness about the importance of children's mental health, the needs and issues of youth and families, as well as, initiatives and policies that best support them. In December ACMH co-facilitated *Youth Suicide Prevention - Community Conversation* in partnership with the Mental Health Association of Michigan. This virtual event featured members of the ACMH Statewide Youth Advisory Committee who shared their experience, suggestions about supporting young people experiencing suicidal thoughts and information about their Stop the Stigma Campaign. Another awareness event highlight was *#Creative Conversations* a virtual Children's Mental Health Awareness hashtag event designed to support youth and families to highlight issues that are important to them or share messages of hope and resiliency through creative mediums which were then shared on social media throughout the month of May. Many of the works were also later highlighted in the FFCMH National Gallery of Children's Mental Health and the ACMH video collage shared on YouTube gained 249 new viewers! Other awareness activities included several interviews with local tv stations to discuss children's mental health prior and a Children's Mental Health Podcast which was used to increase public awareness and outreach across Northern Michigan. Ongoing information about the current issues affecting children and youth with mental health challenges and their families was also shared throughout ACMH networks and quarterly ACMH newsletters.

ACMH remains dedicated to strengthening the capacity and skills of ACMH staff, community partners and service providers in an effort to create a strong statewide infrastructure able to better support youth and families and move us all closer to ACMH's vision of "*Ensuring that ALL children and youth with mental health challenges live in welcoming communities with access to needed services and supports*" One highlight that enhanced the statewide capacity and of service providers across Michigan was partnering with MC3 Connect to create "*Engaging With Parents in the Primary Care Setting- Words Matter*" an

educational video designed to help train Primary Care Physicians to better support and engage youth with mental health challenges and their families. ACMH helped guide content and connected members of the Statewide Parent and Youth Advisory Committees to share their feedback and voice of experience throughout the production process. Other work to enhance statewide capacity focused on helping others to better understand and adhere to Family Driven-Youth Guided principles. Examples this fiscal year include: meeting with the MI Association of Community Mental Health Boards and others to create a more family-driven youth-guided focus and environments on statewide boards and committees; Working with Advocate Coalition to help shape Person Centered planning language documents to better reflect children, youth and families, and partnering with MDHHS to discuss FDYG Policy Revision and statewide implementation. In addition, ACMH continued work to enhance our network of highly qualified family member staff by providing initial and ongoing training, coaching, supervision and mentoring. This fiscal year 189 individual and 48 joint supervision meetings were held along with 7 all staff meetings. In addition, ACMH hosted staff retreats, including a *New Year, Same Mission* themed retreat dedicated to reviewing ACMH core values, ethics, mission, vision, and the work of family organizations. We also continued work to support staff to better understand and implement the National Clas Standards and enhance cultural competence which included a *Diversity and Inclusion* spring staff retreat training facilitated by Lakeshore Ethnic Diversity Alliance. This training was the first of a series dedicated to ensuring staff are knowledgeable about current challenges facing diverse Michigan families and supporting a awareness of how systemic racism and bias affect children, youth and their families in our state; and how discrimination and social identities impact health outcomes including mental health. ACMH also supported staff to participate in ongoing professional development opportunities to support them in their roles. Examples include: *Rethinking Diversity, Equity and Inclusion*; *Peer Informed Models for Peer Support*; *The Value of Youth Peers Serving on Community Boards*; *Tips and Tricks to Developing and Sustaining a Family Advisory Board*; *Helping Kids and Families Overcome Anxiety and Build Resilience*; and Certified Behavioral Health Clinic Training. ACMH also supported staff to attend trainings to help them support youth, families and family peer support providers during the pandemic including: *A Conversation on In-Home Behavioral Health: Supporting Children, Youth and Families*

during COVID-19; The Pandemic and other Adverse Childhood Experiences; Helping Youth and Caregivers Survive and Grow During Difficult Times; Trauma and Resilience; Anxiety in the Classroom; FFCMH Effects of Covid on Families; and Flexibility & Creativity: Using Technology to Support Youth Advocacy and Engagement during COVID-19. In addition, ACMH staff participated in MDHHS 2021 Priorities and New CSA Leadership Presentation; Foster Care Review Board and FREDLA Annual Meetings; MHAM Town Hall on Mental Health and the National Federation of Families Virtual Conference.

Another highlight and area of intense focus this year has been ACMH's role in keeping the needs of youth with SED and their families in the forefront as Michigan continues work to integrate physical and mental health and re-envision mental health care in our state, as well as, provide family input as state leaders work to address ongoing capacity and access issues that continue to challenge Michigan youth, families and service providers. ACMH also engaged in extensive work with the Advocate Coalition and others on a variety of additional mental health policy issues including efforts to improve crisis services, MiCal Planning, Tele-health and Psychiatric Bed Recommendation and Psychiatric Medication Review advisory work.

ACMH remained a key statewide partner working to ensure the needs of youth with SED and their families are considered in service, policy, advocacy discussions and decisions and participated in multiple mental health advisory boards and collaborative groups including: the Advocate Coalition, Behavioral Health Advisory Committee; MI Health Endowment Fund Advisory; Partners in Crisis; MI Family Voices; MI Association for Community Health Board Children Issues and Telehealth Advisory Committees; Psychiatric Medication Review and Bed Recommendation Advisory Groups; Youth at Risk for Suicide Prevention; MI Mental Health Association Board and Public Policy Committees; Disability Rights of Michigan Board, Advisory and Public Policy Committees; MI Alliance for Families Parent Training and Information Center Board; MC3 Connect Advisory; MHEF Suicide Prevention Workgroup; MiCal Planning Committee; Foster Care Review Board Advisory; CIP SW Task Force; MI F2F Health Information and Education Center Advisory Board; Joint YPS/PSP Advisory Committee; Healthy Transitions Leadership Team and the Great Lakes Mental Health Technology and Transfer Center Advisory.

ACMH expertise continued to be sought out by local, state and national partners alike. Examples include participating on the Governor's Behavioral Health Re-Opening Advisory Committee, working with the National Federation of Families and 10 statewide family organizations to create recommendations for President Biden and the Psychological Association to help create a national definition of Integrated Care. ACMH continued to strengthen partnerships with family and state leaders, advocacy groups and policymakers and participated in a variety of collaborative activities sharing information, resources and/or advocacy efforts. Examples this year included: Meeting with the Behavioral Health Advisory sub-committees to discuss what is and isn't working in public mental health, PIHP redesign and MiCal, MI's Statewide Crisis, Information and Referral line; the Community Mental Health Board Association to discuss telemedicine, peer support, staff furloughing concerns, integration models and youth and family advocacy needs; Disability Rights of Michigan regarding the provision of services to children with SED and settlement implications for youth and families; the Mental Health Association of MI to discuss mental health integration, legislative priorities and child/family advocacy needs; State Legislators and Advocates to discuss children's mental needs, advocacy priorities, integration efforts, legislative proposals and a recent settlement; MI Health Endowment Fund to collaborate on suicide prevention efforts and Partners In Crisis to discuss using general fund dollars for jail services.

Another highlight of this fiscal year has been the continued growth of family and youth leadership, involvement and advocacy. ACMH continued to connect families to ACMH's Statewide Youth or Parent Advisory Committees or other opportunities to share their voice of experience or participate in system reform or redesign efforts and worked to create new venues for youth/family voices and experiences to shape and inform mental health services, supports or policies. One example was the creation of the *ACMH Youth, Young Adult and Family Telehealth Survey* as a venue to gather youth and family experiences to help policymakers better understand how tele-health services benefit or affect real people in the community. We had a great response to the survey and the expertise of over 50 youth and families were shared with the Telehealth Advisory Committee and other groups as they examined the benefits of tele-health and looked to possibly expand its use in the future. In addition, ACMH supported Statewide Youth and Parent Advisory members to share feedback on

several issues and initiatives this year including the creation of Juvenile Justice Diversion Program family outreach materials and the MDHHS Caseworker Visit Toolkit. Members were also supported to help facilitate events such as the *Youth Suicide - Community Conversation* and ACMH's *#WalkInMyShoes* Strategic Storytelling and Social Media Workshops.

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 made to grow and enhance ACMH's interactive community this year and growth was exciting across all web and social media networks which now include 3821 registered website users, 2004 followers on Facebook, 414 on Twitter, 114 on Instagram and 13 subscribers on the ACMH YouTube Channel which had 590 views of 6 newly added videos this year. ACMH newly created TikTok account already has 17 followers and had 1909 views of 14 newly added videos in April alone!

ACMH is proud of this year accomplishments and will continue work to identify the best strategies to utilize our capacity to serve all families of children and youth with mental health challenges across our state and the communities who support them. We would like to offer a special thank you to all of our FY 2020-2021 funders including the Ethel and James Flinn Foundation; Gerstacker Foundation; Michigan Department of Health and Human Services Family Action Project; Michigan Department of Health and Human Services Parent Support Partner; Michigan Department of Health and Human Services Youth Peer Support Projects; Michigan Department of Health and Human Services Fostering Healthy Partnerships and the Substance Abuse and Mental Health Services Administration. We appreciate your ongoing support of our work and look forward to continuing our work toward the goals and mission of ACMH!