

***National Federation of Families for Children's Mental Health  
20th Anniversary Conference!!***

**Families at the Forefront of Promoting Positive Mental Health From Birth to Adulthood**

**December 4 – 6, 2009**  
*(Policy Day on December 3<sup>rd</sup>!)*

The National Federation of Families for Children's Mental Health announces "**Children's Mental Health Matters**" as the theme for its 20th anniversary conference, a celebration of family involvement, expansion of the Federation of Families and two decades of committed individuals, families, and communities. We strongly believe that the most effective way to support youth and families is to focus on total health and well-being. The time to promote health and eradicate stigma and bias is now. The message "Children's Mental Health Matters" allows us all to focus on promoting positive mental health from birth onward. There is no health without mental health. This conference will focus on how families and their partners are successfully keeping the theme of "Children's Mental Health Matters" at the forefront to impact services, policy and the development of a stronger family voice in transforming children's mental health.



**Who should attend this conference?**

The National Federation of Families conference draws one of the most diverse audiences of any conference you will attend this year... or any other! **The National Federation welcomes all.** Of primary importance to the Federation are **families and youth who have personal experience with the mental health service delivery system.** We are an organization that is based on fervent advocacy for families who have youth with emotional challenges. We are also most welcoming of **professionals in the human services field.** Without the support of professionals and their continued advocacy for a family-driven, youth-guided approach to providing services the Federation would not be as successful as it is today.

So join us, one and all, and be a part of making change for youth with emotional challenges and their families.

Enjoy reading through the preliminary agenda. We are continuing to add wonderful content as we get closer to the conference so check our website frequently for updates – <http://www.ffcmh.org>

**Sandra Spencer**, Executive Director  
National Federation of Families for Children's Mental Health

## **Agenda at a Glance**

### **Wednesday, December 2, 2009**

8:30 a.m. – 5:00 p.m. ~ Families as Strategic Leaders for Transformation Change ~ *Limited to the first 40 who sign up!*  
[http://ffcmh.org/wp-content/uploads/2009/pdffiles/leadership\\_flyer2009.pdf](http://ffcmh.org/wp-content/uploads/2009/pdffiles/leadership_flyer2009.pdf)

### **Thursday, December 3, 2009**

7:00 a.m. – 12:00 p.m. / 4:00 p.m. – 9:00 p.m. ~ Early Conference Registration ~

9:00 a.m. – 12:00 p.m. ~ Policy Day sessions ~ (pre-registration required)

1:00 pm – 4:00 p.m. ~ Visits on Capitol Hill

### **Friday, December 4**

7:00 a.m. – 7:00 p.m. ~ Registration & Information Fair open ~

8:30 a.m. – 11:30 a.m. Pre-Conference Sessions

12:30 p.m. – 2:30 p.m. ~ Welcome Luncheon & Plenary Presentation by Holly Robinson Peete~

3:00 p.m. – 4:00 p.m. ~ Concurrent Workshops – 3:00 p.m. – 4:00 p.m.

4:30 p.m. – 5:30 p.m. ~ Concurrent Workshops – 4.30 p.m. – 5.30 p.m.

5:45 p.m. – 7:15 p.m. ~ Poster Session (*Silent Auction begins*)

Dinner on your own

### **Saturday, December 5**

7:00 a.m. – 5:00 p.m. ~ Registration & Information Fair~

8:30 a.m. – 10:00 a.m. ~ Plenary Session ~ details coming soon!

10:30 a.m. – 12:00 p.m. ~ Concurrent Workshops

12:30 p.m. – 2:00 p.m. ~ Luncheon ~ Celebrating 20 years of advocacy for children and families by local chapters, state organizations and the National Federation of Families for Children's Mental Health!

2:30 p.m. – 4:00 p.m. ~ Concurrent Workshops

4:30 p.m. – 6:00 p.m. ~ Special Sessions

Dinner on your own / Silent Auction ends at 6:30 p.m.

8:00 p.m. – 10:00 p.m. – You choose what's right for you!

Dance Party! / Movie Night Double Feature!!

### **Sunday, December 6**

7:30 a.m. – 8:15 am

Business meeting

8:30 a.m. – 12:00 p.m. ~ Closing Session

12:00 p.m. ~ Conference Adjourns

## **Wednesday, December 2, 2009**

8:30 a.m. – 5:00 p.m.

~ Families as Strategic Leaders for Transformation Change ~ *Limited to the first 40 who sign up!*  
[http://ffcmh.org/wp-content/uploads/2009/pdffiles/leadership\\_flyer2009.pdf](http://ffcmh.org/wp-content/uploads/2009/pdffiles/leadership_flyer2009.pdf)

Presenters: Gary M. Blau, Child Adolescent & Family Branch, SAMHSA, Ellen Kagen, Georgetown University, Marlene Penn, Shannon Crossbear, National Federation of Families for Children's Mental Health

## **Thursday, December 3, 2009**

7:00 a.m. – 12:00 p.m. / 4:00 p.m. – 9:00 p.m.

~ Early Conference Registration ~

7:30 a.m. – 8:15 am

9:00 a.m. – 12:00 p.m.

~ Policy Day sessions ~ (pre-registration required)

### ***Policy Day***

#### **December 3, 2009**

In the midst of health care reform and budget crises, how do we ensure accessible, effective, family-driven, youth-guided and culturally competent services and supports for our children and youth with mental health needs and their families? Your work at the local and state level and our collective work at the federal level are needed now more than ever. We must work hard and we must work smart. And, we must be consistent in our coordinated efforts to get our issues heard and attended to. Policy Day 2009 will set in motion a series of connected events and communications leading up to Children's Mental Health Week 2010 that are designed to maximize our collective impact.

The National Federation intends to help you (1) make your voices heard in Washington DC on December 3rd; (2) keep your visit and your message in front of your legislators after the Congressional Recess; and (3) get your legislators' support locally and nationally for Children's Mental Health Week in May 2010.

A dynamic plenary presentation will bring you up to date on the most pressing federal policy issues. Your choice of a workshop will introduce you to legislative advocacy, present a proven advocacy agenda model, or provide youth with tools for advancing their policy agenda. Following these morning activities, each preregistered participant will receive a personalized packet of information and a map for their afternoon trip to the Hill. Registered participants will also receive blue scarves to highlight their National Federation representation while they are visiting their legislators.

Participants will check in at the National Federation's Policy Day Debriefing Table after their visit to Capitol Hill to collaborationensure our ongoing collaboration.

## **Thursday, December 3, 2009 ~ continued**

### ***Policy Day***

#### **AGENDA:**

8:00 a.m. to 9:00 a.m. ~ Breakfast

9:00 a.m. to 10:30 a.m. ~ Plenary Presentation

10:45 a.m. to 11:45 a.m. ~ Workshops

11:45 a.m. to 5:00 p.m. ~ Policy Day Technical Assistance Room is open for you to:

- Receive your packet, map and scarf for you Hill visit
- Receive any coaching, technical assistance, or peer support needed
- Debrief after you visit and detail our follow-up with your legislators

#### **DO TODAY:**

1. Register for Policy Day 2009.
2. Call your legislators and make appointments for the afternoon of December 3rd.  
“Hello, my name is [name] and I am [Senator/Representative name]’s constituent from [hometown], [state]. I will be in town December 3rd and would like to set up a meeting with someone to speak about children’s mental health, specifically about [elaborate if you like, but no more than a sentence].”
3. Email Andrea Barnes at [ABarnes@ffcmh.org](mailto:ABarnes@ffcmh.org) with
  - a. Who you will visit and at what time
  - b. What your agenda for that visit will be
  - c. What support you need from the National Federation prior to that visit

#### **TO FIND THE PHONE NUMBER OF YOUR CONGRESSPERSON IN THE U.S. HOUSE OF REPRESENTATIVES, PLEASE VISIT:**

<https://writerep.house.gov/writerep/welcome.shtml>

#### **TO THE FIND THE PHONE NUMBER OF YOUR SENATOR, PLEASE VISIT:**

[http://senate.gov/general/contact\\_information/senators\\_cfm.cfm](http://senate.gov/general/contact_information/senators_cfm.cfm)

1:00 pm – 4:00 p.m.

~ Visits on Capitol Hill ~

## **Friday, December 4**

7:00 a.m. – 7:00 p.m.

~ Registration & Information Fair open ~

### ***Friday Pre-Conference Sessions***

8:30 a.m. – 11:30 a.m.

#### **What IDEA Says about Discipline**

Dixie Jordan, Riverton, WY, National FFCMH Board

Parents are often at a disadvantage when their child does not follow the rules in place for all students. They may feel disempowered because they are embarrassed by their child's behaviors, may not know how to tie a request for disciplinary accommodations to their child's needs, or may not understand their child's rights.

This pre-conference intensive session will cover the new requirements of IDEA as well as the new tools that are available for families to ensure that their children are appropriately served during any disciplinary period. Dixie Jordan is one of the nation's foremost experts in understanding the reauthorization of IDEA. She has developed a practical training that offers specific techniques for developing positive Individualized Education Plans for children and youth with mental health needs.

#### **IDEA Resource Room**

Got a question about IDEA? Dixie Jordan will be available throughout the conference to answer questions, share information, and offer workable strategies tailored to your specific situation.

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#### **Evidence as Co-Pilot: Data-Informed and Family-Driven**

Kameisha Bennett, Marie Niarhos, National FFCMH, Rockville, MD, Alyce (Tisha) Tucker, ICF MACRO, Atlanta, GA

Being family-driven means families have a primary decision making role in the care of their own child, as well as the policies and procedures governing care for all the children in their community, state, tribe or territory. To do this effectively, family leaders need to know how to find, assess the quality and make use of good information to support their input at decision tables. This interactive workshop explores ways to make informed, data-based and family-driven decisions. With a workbook provided to each participant; this session aims to increase your capacity for data-based decision making through discussion, exercises and networking. Here's a great way to start building capacity!

Non-evaluators and no previous experience needed. Come with questions, leave informed!

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## **Friday, December 4**

### *Friday Pre-Conference Sessions ~ continued*

8:30 a.m. – 11:30 a.m.

#### **Comprehensive Framework for a Public Health Approach to Children's Mental Health**

Joyce Sibian, National Technical Assistance Center for Children's Mental Health, Georgetown University, Washington, DC, Shannon Crossbear, National Federation of Families for Children's Mental Health

This session will present a Comprehensive Framework for a Public Health Approach to Children's Mental Health that includes a new intervention model focusing on promotion, prevention, treatment and re/claiming. Presenters will engage participants in considering the opportunities of new and broader partnerships for children's mental health. Participants will also discuss the concept of re/claiming and explore how re/claiming can shift the focuses of services and supports towards optimizing mental health outcomes while considering mental health problems.

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#### **Fathers Roundtable ~ The Power of Dads – Engaging Fathers**

Frank Rider, National Federation of Families for Children's Mental Health, Joseph Turner, Circle of HOPE, St. Joseph MO, David Osher and Roger Osher (father and son), Bradley Norman, Geraldine Rodrigues, Family Partnership Institute, EMQ Families First, Campbell, CA

Family-driven systems of care should be a family affair, but national data indicate that our developing systems of care have failed to harness the power of fathers to participate as effective planners and supports for their own children, and as shapers of the systems intended to serve them. Rather than excluding fathers, blaming and shaming them, a new initiative is beginning to examine and address the societal, systemic and personal factors that have contributed to their lack of involvement. This pre-conference session will illustrate the positive Power of Dads through family examples, and describe successful strategies that focus on fathers' strengths, and ways to positively reach out to, engage, relate to and promote leadership among fathers in family-driven systems of care.

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#### **Youth Orientation**

The Youth Orientation is an interactive session for youth to get to know each other and to better understand the Federation conference and all it has to offer young participants. Youth will have the opportunity to ask questions, receive support and information to assist them in choosing workshops that will best fit their needs. Join us and gain insight that will enhance your conference experience. See you there!

## **Friday, December 4**

12:30 p.m. – 2:30 p.m.

~ Welcome Luncheon & Plenary Presentation by Holly Robinson Peete

### ***Opening Keynote ~ Holly Robinson Peete***

Holly Robinson Peete is the mother of an autistic child, who uses her celebrity and that of her husband, retired NFL star Rodney Peete, to fight for those whose voices may not be heard. Through hollyrod4kids — an initiative of the couples' HollyRod Foundation founded in 1996 — Holly has dedicated her life to helping find medical, financial and emotional support for children, most especially those with autism.



For more than two decades, Holly Robinson Peete has been a television star with high-profile roles that cross over between comedy and drama. Snagging her first acting gig on the award-winning children's show Sesame Street at the age of four, she knew her heart belonged to showbiz at an early age but opted to place her education first. Upon graduating college, Peete landed the role of "Officer Judy Hoffs" on the hit series 21 Jump Street. From there, her career soared to admirable heights with starring roles on long-running sitcoms Hangin' with Mr. Cooper, For Your Love and One on One.

Through hollyrod4kids and her family's personal experiences, Robinson Peete has become an advocate for consistent and reliable education, treatment and support for families affected by autism. Peete believes profoundly in the "power" of philanthropy and lives by the motto "Service is the rent you pay for living."

In 2008, Peete and her husband Rodney debuted Meet the Peetes a new talk show on XM Radio's Oprah & Friends that covers topics on family, relationships and raising kids. Actress, singer, wife, mother, philanthropist, child advocate, and author, Peete is a virtual "renaissance woman."

Don't miss her inspiring presentation at our 20th anniversary conference!

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## **Friday, December 4**

### *Concurrent Workshops*

3:00 p.m. – 4:00 p.m.

#### **YOUTH TRACK:**

Playback Workshop Theatre – VIVA VOX – Part 1  
Jackie Masei, Viva Vox, St. Louis, MO

Playback offers audiences the opportunity to tell and watch their own true stories come to life. Playback Theatre is an interactive improvisational performance in which audience members tell true stories from their lives and watch them be brought to artistic life through movement, music and theater. Playback performances focus on themes that reflect the needs, current issues and goals of the community served. Participants will be invited to engage in story telling among their peers and then get an opportunity to come up on stage, tell their stories and have them “Played Back” right before their eyes and the eyes and ears of the audience.

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#### **YOUTH TRACK:**

Lets Do Something About It – Advocate!  
Lindsey Reiter, Dubuque, IA

Elevate, a youth group for youth who have experienced the foster care system, would like to host a workshop highlighting the major struggles that youth in the child welfare system with mental health concerns have, the negative effects of stereotyping, and how elevate (and you too!) advocates for themselves and other youth involved in the ‘system’. The youth group elevate has advocated on the local, state, and national level for children/youth involved in the child welfare and mental health systems.

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#### **“When Momma Ain’t Happy...”**

Ramona Deshield, Tammie Harrison, Cheri Villines, Dana McCrary Coleman, Decatur, GA

This workshop asks the question “who is caring for the caregivers?” Raising children with mental health issues is very hard work, and now that families are moving into the work force as supporters for other families, the burdens can become overwhelming. The presenters will share specific strategies to help ease the burden and to make our work place more “family friendly.”

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## **Friday, December 4**

### *Concurrent Workshops*

3:00 p.m. – 4:00 p.m.

#### **Helping Families Navigate the Transition Years**

Ann Geddes, Columbia, MD

In forums held across Maryland, families overwhelmingly reported that one of the greatest difficulties they had helping their youth make a successful transition to adulthood was the lack of one place of coordinated information. To address this need, the Coalition developed a six week course. The course covered the various transition domains and explained processes, available supports, and how to access supports. The workshop will detail the course curriculum.

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#### **Off the Charts: Parents Using Data in their Communities**

Aurelia Carter, Tara Evans, Sarah Thurston, Pittsburgh, PA

Off the Charts (OTC) a hands-on, interactive parent training program about using data and evaluation to advocate effectively in the community, was developed from the ideas and interests expressed by caregivers of children with mental health needs. This workshop will discuss the 6 training sessions and a parent will present how she designed, implemented and evaluated a community project that was part of the training requirements.

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#### **Development of a Family- Professional Evaluation Partnership in a Provider Agency**

Denise Baker, Matt Pierce, Tempe, AZ

A Direct Support Provider agency will present a proprietary evaluation entitled “Partnership Reviews.” Family feedback through evaluation is the cornerstone of the Partnership Reviews. A parent and a Clinical Director will share how a multi-pronged evaluation process is sustainable within an agency, how families are involved in the process both as participants and as paid evaluators, how to fund their roles, and how this type of a 360 process has created energy throughout the agency and strongly influenced family-driven programs. Finally, you will see a database design that collects, compares and reports all family response data over the past three years, and hear how this data influences internal processes such as hiring, training, supervision and daily work with children, youth and families.

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## **Friday, December 4**

### *Concurrent Workshops*

3:00 p.m. – 4:00 p.m.

#### **State Policy Review Using Guiding Principles to Family-Driven Care**

Diane Flashnick, Kennard DuBose, Crystal Bivens, Columbia, SC

The Federation of Families of South Carolina in partnership with SCDMH and SC Drug and Alcohol agency have come together on a SAMHSA SIG grant and have developed a tool to review child service agency state level policies and procedures based on the Guiding Principles of Family Driven Care. We would like to share the process and tools developed.

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#### **Cultivation of Partnerships Integral to Sustainability of Family Organization**

Diane Shaffer, Kathy Howard, Kalamazoo, MI

Advocacy Services for Kids (ASK) staff propose to present an overview of developing and sustaining a family organization by 1) Introducing ASK as a family organization the Family Support Partner model and 2) discussing the importance of collaborating with local service providers to effectively reach families through co-location of Family Support Partners in various child-serving systems.

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#### **Multiple Funding Streams Maximize A Stable Framework for Family Support**

Gloria Klinefelter, Linda Van Natta, Deb Samson, Dubuque, IA

In the state of Iowa we have been able to utilize funding from several sources to develop a comprehensive family support network. We will share the specifics of how funding from our Title V Block Grant, our IDEA Special Education Funding, SAMHSA System of Care Funds, and Iowa Medicaid all work together to provide a wide array of family support for families with children with mental health needs.

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## **Friday, December 4**

### *Concurrent Workshops*

3:00 p.m. – 4:00 p.m.

#### **Children’s Mental Health Matters in Arizona**

Joe Anne Hust, Jane Kallal, Brian Lensink, Phoenix, AZ

Arizona has developed a Children’s System of Care presented through a Theory of Change Model that has been developed to describe all aspects of the System of Care. This system, from local providers to state office was developed with the full involvement of families. This presentation will describe the System of Care, family run organization, and the many family roles that have been developed at the provider, network, and state levels.

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#### **Parent-to-Parent Support~ Three Local Programs and Models**

Amy Winans, Terri Henrizi, Kim Hunt, Carolyn Gammicchia, Lansing, MI

Come learn how three Michigan communities provide family-to-family peer support programs through partnerships between the statewide family organization, ACMH, and one or more local community partners; including Community Mental Health, Juvenile Justice, Child Welfare, and others. Each site (ACMH SW Detroit, ACMH Saginaw, ACMH Oakland) will present an overview of their local model, including; history and description of the local partnership; services and supports provided; funding sources, Including Medicaid; and strategies for building successful local partnerships.

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## **Friday, December 4**

### ***Concurrent Workshops***

4:30 p.m. – 5:30 p.m.

#### **YOUTH TRACK:**

Playback Workshop Theatre – VIVA VOX Part 2  
Jackie Masei, Viva Vox, St. Louis, MO

Playback offers audiences the opportunity to tell and watch their own true stories come to life. Playback Theatre is an interactive improvisational performance in which audience members tell true stories from their lives and watch them be brought to artistic life through movement, music and theater. Playback performances focus on themes that reflect the needs, current issues, and goals of the community served. Participants will be invited to engage in story telling among their peers and then get an opportunity to come up on stage, tell their stories and have them “Played Back” right before their eyes and the eyes and ears of the audience.

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#### **YOUTH TRACK:**

Youth Involvement Transforms Lives and Systems of Care  
Greg Dicharry, Phoenix, AZ

MY LIFE (Magellen Youth Leaders Inspiring Future Empowerment) will demonstrate the benefits associated with youth involvement for youth living with behavioral health challenges and the system will serve them. An overview of this innovative youth leadership program will be given, including personal stories, video highlights and outcomes related to their tremendous success. MY LIFE will demonstrate how they are helping transform youth health care systems and attendees will learn how they can lead similar efforts in their communities.

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#### **Seeing Ourselves in the Face of Others**

Kim Foy, Wendi Hayden, Phoenix, AZ

This presentation will share ideas that have been successfully implemented in providing Peer Parent Support Services. Wendi Hayden with MIKID in rural Northern Arizona and Kim Foy with Southwest Network in Phoenix will share successes and challenges with supporting Parents as Professionals in public Behavioral Health. Participants will receive information on how to encourage and support parents in sharing their experiences to help guide and direct policy making in local, state, and tribal communities.

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## **Friday, December 4**

### *Concurrent Workshops*

4:30 p.m. – 5:30 p.m.

#### **The Heart of the Matter II: Supporting Families through Kinship Care**

Patricia Hunt, Steven Winderbaum, Turner, ME

A program in Brevard County, Florida has made a profound difference with children who are involved with the child welfare system and their families. The innovative program has improved outcomes and prevented children from needing to enter foster care. 100% of children remained in the care of their families. 100% of caregivers reported a high level of confidence in their ability to be an effective caregiver after receiving services.

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#### **Help Their Brain Catch Their Strengths**

Mary-Therese Edgerle, Sue Smith, Anigua, Guam

Discover how using local cultural images to promote “Catching Their Strengths” and choosing visual images of the brain to promote how the brain affects behavior as a winning combination aroused great interest and support from in the community with judges, public defenders, police, schools, colleges, businesses and more to want to know more about Children’s mental health. Entire staff in schools participated, public defenders requested it for all lawyers, and the police department requested it. People listened to a parent driven by passion, overcoming fear to help children have a better life experience.

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#### **What Does Adoption Have To Do With It?**

Marie Niarhos, Rockville, MD

Parenting our children who joined our family through adoption or foster care means we must take time to think about how that experience has influenced and impacted our children and our family. Using the Seven Core Issues of Adoption (Silverstein and Kaplan, 1982) as a basis for the discussion, participants will have an opportunity to explore and share how adoption or foster care may impact reactions to every day events.

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## **Friday, December 4**

### *Concurrent Workshops*

4:30 p.m. – 5:30 p.m.

#### **The Phenomenon of Laughter in Recovery**

Grace Sweet, Ventura, CA

This workshop includes the multi-dimensional health benefits of laughter, exercises, discussion, and a colorful presentation illustrating how and why laughter heals, highlighted by an interactive laughter session. The theme is unconditional laughter, in a controlled setting, consistently with intention. The learning objectives are: what happens in the body when we laugh; the value of laughter as a therapeutic tool; life applications for growth and healing; recovery and sustained well being.

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#### **Pathways Connects Students with Services**

Deborah Parsons, Janet Furnari, Lisa Lambert

Pathway is a partnership between public and private providers, state agencies and most important, parents to develop innovative approaches that connect public school students with high quality mental health care. Through interagency collaboration, state-of-the-art videoconferencing, simplified referral procedures and comprehensive training for school personnel, Pathways seeks to build the capacity of schools to identify children in need of services sooner, provide access to services earlier, and promote the mental health of all students school-wide.

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#### **Youth at the Research Wheel: A Glimpse at the Differences Between Caregiver and Youth Perceptions**

Naemah Carter, Antonio Wilson, Hillary Groves, Rockville, MD

Two youth presenters, members of an advisory group to the CMHI national evaluation called YADA (Youth Advisors Driving Action), will present on the differences between caregiver and youth perceptions of issues related to mental health such as presenting problems and medication use. During this session, presenters will share their experiences both in driving the initial secondary data analysis research question development process, and in working to understand the results of the analysis.

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## **Friday, December 4**

### *Concurrent Workshops*

4:30 p.m. – 5:30 p.m.

#### **Getting To Outcomes in Family Organizations**

Sheila Wall-Hill, Charlotte, NC, Jennifer Dewey, Atlanta, GA, Jody Levison-Johnson, Rochester, NY

This session will explore how Getting To Outcomes (GTO) can improve family-run organizations, emphasizing performance and quality. An empowerment approach, GTO's 10 accountability questions address needs and resources, goals and objectives, focus population, best practices and fit, planning, fidelity, evidence of outcomes, continuous quality improvement, and sustainability. Partners from the national evaluation and a family organization will share experiences and highlight the applicability and benefits of the GTO framework for family organizations.

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#### **Tempo Rocks!**

Bonny Saulnier, Aaron Everette, Brandon Ekhaton, Jarrod Johnson, Yolanda Ortiz, Framingham, MA

The Tempo Young Adult Recourse Center is a one-stop resource center for young adults with complex needs who are aging out of state systems. Guided by the Young Adult Advisory Council, Tempo is: available, comprehensive, collaborative, and unconditional. Young adults actively shape Tempo, participating in governance, advocacy, leadership development, and internships. Young adults say of Tempo: "They don't have programs like this is the real world" and "Tempo rocks!"

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## **Friday, December 4**

### ***Poster Session***

5:45 p.m. – 7:15 p.m.

#### **Illinois Statewide Family Leadership Alliance**

Kim Miller, Merle Siefken, Linda Delimata, Peoria, IL

This poster session will showcase the comprehensive work of the Family Support Organizations in NJ for families of children with emotional/ behavioral challenges to achieve measurable outcomes in the quality of life of their children/families.

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#### **Children's Mental Health Matters in NJ**

Susan Benedetto Goetz, Madeline Lozowski, Kathy Birmingham, Deedra Eckhoff, Philipsburg, NJ

The Illinois Statewide Support Family Leadership Alliance is a collaboration among four statewide agencies. The alliance integrates current parent leadership initiatives that empower and meet the needs of families at the state, regional, and local level during this difficult economic time. The alliance provides professional, developmental and technical assistance to families and professionals regarding family, school and community engagement. Come to our poster session and see the process and strategies we use to integrate statewide family development initiatives.

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#### **Positive Youth Development**

Mackenzie Hunter, Kalamazoo, MI

This poster session will focus on the importance of positive youth development. We will offer some strategies for ways to engage, educate, and empower youth to become leaders, along with briefly talking about a year long leadership development project that we have been utilizing.

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## **Friday, December 4**

### ***Poster Session***

5:45 p.m. – 7:15 p.m.

### **Shifting the Mental Health Care Paradigm from Silence to Advocacy... One Voice at a Time**

Jon Hart, Mike Kriner, Chester Heights, PA

“Shifting the Mental Health Care Paradigm from Silence to Advocacy...One Voice at a Time”, as well as Lies In Silence™, is an inside view of multi-generational mental illness based on a true story. It is the details of one family’s daily saga of three generations, ages 3-47, living with bipolar disorder and co-occurring disorders, and the varied manifestations of one debilitating illness. The story is illustrated best in this concise description: One persistently questioning voice, describes in heart wrenching and revealing details; a compelling and incomprehensible journey searching for answers; in an exhausting attempt to understand the catastrophic suffering of three generations in one family; while desperately warning of an emerging epidemic of Lies In Silence™.

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### **Celebrating Success/Examining the Indicators**

Patricia Hunt, Nancy Craig, Pam Marshall, Fran Purdy, Turner, ME

Family leaders will discuss the results and lessons learned from a study comparing organization outcomes for peer-to-peer support; services offered families, measures to evaluate impact, and the influence of funding sources on outcomes/services/measures. Presenters will discuss the process, comparison of similar and different outcomes, and how funding source influences the service and reporting. Participants will share the comparison grid and invite audience members to nominate their programs for inclusion in this national outcomes project.

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### **Our Children’s Mental Health and Wellness!**

Amy Winans, Terri Henrizi, Jessica West, Lansing, MI

What are the hopes, dreams, and concerns of families with children who have serious emotional disorders? How can a family-run statewide organization help families inform communities about their needs and the importance of family-driven care? This workshop highlights strategies for using technology to increase public awareness, inform key state leaders, and promote family and youth involvement.

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## **Friday, December 4**

### ***Poster Session***

5:45 p.m. – 7:15 p.m.

#### **Disaster Preparedness; a Family and Community Health and Well Being Issue**

Carol Tiernan, Laurie Cavanaugh, Cindy Seekins, Augusta, ME

When disaster strikes will you be ready? This workshop focuses on the reactions and needs of adolescents and children in times of unexpected disaster. Families and youth will learn how to plan and prepare for an emergency evacuation and learn strategies to make the unforeseen event more bearable and less traumatic.

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#### **Moving Parents and Professionals from Concept to Partnership**

Joe Anne Hust, Shawn Thiele, Phoenix, AZ

The Parent-Professional team will discuss how Family Involvement Center in Arizona has been an evolutionary driver toward parent-professional partnerships. The trainers will discuss the mechanics and approaches used throughout their phases of change. One example that will be discussed is an experimental learning day that involved parent leaders and their professional partners from local and state agencies. The trainers will demonstrate how building this foundation of partnership continues to improve outcomes for children and families.

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#### **From Rhetoric to Reality: Applying a Family Driven Paradigm to Research and Evaluation**

Katheryne Byrnes, Sarah Davis-Groves, Lawrence, KS

Family wisdom is a driving force behind research being conducted on a statewide model of a professional parent-to-parent support. A panel of parents and researchers will describe how participatory action research approach maximizes meaningful parent involvement and supports a strong parent-researcher partnership in children's mental health services research. Participants will gain concrete tools for developing these strategic alliances and learn about a feedback process that assures the effort is relevant to families and communities.

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## **Friday, December 4**

### ***Poster Session***

5:45 p.m. – 7:15 p.m.

#### **Factors that Support or Impede Family Voice in Policy Making Decisions for Youth and Families**

Joe Russell, Drew Brazier, Tiffany Johnson, Marjorie Grimsley

Discussion of Colorado legislation designed to support family involvement at the policy-making level of county service organizations. Presentation of research with key stakeholders to identify factors supporting or impeding implementation of state goals. Findings point to the importance of collaborative system of care, leadership with clear commitment and vision, ongoing training and education, adequate resourcing, and support of strategies to include family voice from their point of entry into system services through policy making decisions.

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#### **Does Your System Need an Extreme Makeover? Families, Youth, and Professionals Build Partnerships from the Ground Up.**

Michael Robles, Dana Edgull, Juan Estrada, Salinas, CA

In Monterey County we have successfully developed partnerships between youth, family members, professionals, and community stakeholders. We have found that the key to sustaining the family driven/youth guided approach is by identifying and developing strategic allies and by empowering family members and youth within the System of Care. We have used social marketing and communication tools in accomplishing this goal because we believe that “Children’s Mental Health Matters.”

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#### **“Who We Are, What We Do, Why We Do It” Parents Changing Their Communities One Decision At A Time**

Mike Cornelius, Tampa, FL

A brief historical synopsis, coupled with the governance structure and design of a family driven care model determined to be a community change agent. A familial collection of different ideas and experiences providing a strong unified voice, family perspective, and solutions for Children’s Future Hillsborough, a large 22 organization System of Care in Hillsborough County, Florida.

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## **Friday, December 4**

### ***Poster Session***

5:45 p.m. – 7:15 p.m.

### **Northern Arizona Children’s Council- Family Professional Partnership**

Sherry Candelaria, Maureen Rehak, Paula Lupo, Phoenix, AZ

Northern Arizona Children’s Council (NACC) has developed a unique partnership with families, family-run organizations, community partners and providers across northern Arizona, as families co-chair the committee and are an integral part of its operation. NACC has more than doubled family involvement in this past year alone. In a region larger than the state of North Carolina, the NACC has been successful region wide in linking families, providers and community resources in this most difficult economic time.

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### **5th Anniversary of Awareness Day**

On Thursday, May 6, 2010, Awareness Day will mark its 5th anniversary, as well as the first time the national event will focus on young children. Don’t miss this great opportunity to load up on technical support on strategies to employ Awareness Day as a partnership outreach tool in local communities.

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### **Head Up-Bounce Back = Resilience in Youth**

Randy Alexander, Philadelphia, PA

An interactive workshop developed and facilitated by youth members from the Philadelphia Compact Youth Committee. It is designed for a youth audience (or youth workers) between the ages of 13 to 21 with the focus of defining and offering examples of youth resilience.

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## **Friday, December 4**

### ***Poster Session***

5:45 p.m. – 7:15 p.m.

#### **The Family Involvement Enhancement Project**

Nakina Eugene, Verlyn Lewis-Boyd, Valerie Wajda-Jonston, Melanie Stephens, New Orleans, LA

The Family Involvement Enhancement Project (FIEP) is a collaborative between LA-Y.E.S., the Louisiana Federation of Families, and the Louisiana Children’s Museum. The workshop includes a brief overview of the Project’s purpose, goal, and objectives. The presentation focuses on the utilization of non-traditional venues and partnerships to reduce stigma, effectiveness of parental leadership training, and involvement of youth from a variety of ages and backgrounds. The presentation also includes parent testimonials and evaluation outcome data.

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#### **Creating a Youth Clubhouse**

Ryan Oelrich, Spokane, WA

Participants will learn the nuts and bolts of creating and sustaining a youth-driven clubhouse. This presentation will feature: program structure, youth empowerment, community collaboration, fundraising and facility layout. Presenter has over ten years of experience and has created four award-winning youth programs.

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#### **Parent-Provider Training That Works (We’ve done it more than 25 times!)**

Cathy Cave, Michael Johan, Delmar, NY

This workshop addresses stigma by teaching a “fishbowl” experiential activity as an effective training method that helps participants “feel” the information shared, thereby increasing the likelihood that it will be remembered. We will teach the skills necessary to interview for family strengths. Utilizing a parent’s knowledge and lived experience, participants will experience and reflect on the core concepts of respectful partnering, cultural competence, strength-based interviewing, activity debriefing, and strategies to incorporate experiential components into training.

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## **Friday, December 4**

### ***Poster Session***

5:45 p.m. – 7:15 p.m.

#### **Evaluating the Family-Driven Principles In Systems of Care**

Susan Drilla, Kurt Moore, Barbara Perry, Rockville, MD

This workshop will present findings from the national evaluation of CMHI systems of care from both the family and evaluation perspectives. A family representative will share personal experiences. Evaluation data include: caregiver reports of their service providers' explanations about the evidence and clinical experiences supporting the services provided; data from the Caregiver Strain Questionnaire and caregiver satisfaction; and community-level ratings on how families are integrated into systems of care infrastructure and service delivery.

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#### **Utilizing a Theory of Change to Sustain Youth Voice**

Brianne Masselli, Raphaelle Richardson, T.J. Curtis

Youth MOVE National will share their progress of utilizing a theory of change approach to map out how they coordinate and support local communities with integrated approaches to sustain authentic youth engagement. The presentation will demonstrate how the logic modeling project has been used as a framework to engage youth. It will also outline strategies to assist communities in achieving goals, track progress and the importance of inclusion of youth voice in system transformation.

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#### **B'More LEADers: Urban, Underserved, and Unbelievably Powerful!**

Tonia Lewis, Kenya Lee, Columbia, MD

This workshop provides hands-on, practical, action-oriented research-based effective strategies to engage, educate and empower urban parents of children with disabilities and special healthcare needs to advocate for their own children/families and participate in school and Healthcare System changes.

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## **Friday, December 4**

### ***Poster Session***

5:45 p.m. – 7:15 p.m.

#### **Telemedicine as a Portal for School-Based Mental Health**

John F. Thomas, Galveston, Texas

University of Texas Medical Branch has held a family-driven, multi-disciplinary, school-based mental health access program in collaboration with the local school district, family advocates, the local non-profit community providers to increase access to care and improve mental health outcomes. A diversified stream of funding has been received that includes local, county, philanthropic and school district funds – which will help maintain services and demonstrate sustainability. We received over 3,800 visits this year!

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#### **Creating Your Own Children’s Mental Health Program**

Ryan Oelrich, Lesley Tremblay, Spokane, WA

Participants will learn the nuts and bolts of creating a quality support program in their agency for children and adolescents with mental health concerns and the impact such a program can have on development. The presentation will include the following: program mission and focus, program structure, volunteer recruitment, advertising your program, providing normalizing social experiences, and cultivating positive child-parent interaction.

The program presenter, Ryan Oelrich, will share from over ten years of experiences founding and directing four different award-winning youth programs.

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#### **Dinner on your own**

## **Saturday, December 5**

6:15 a.m. – 7:00 a.m.

7:00 a.m. – 5:00 p.m.

~ Registration & Information Fair~

8:30 a.m. – 10:00 a.m.

~ Plenary Session ~ details coming soon!

10:30 a.m. – 12:00 p.m.

### ***Concurrent Workshops***

10:30 am – 12:00 pm

### **YOUTH TRACK:**

Photography – VIVA VOX – Part 1

Jeane Vogel, Viva Vox, St. Louis, MO

In this three part workshop participants will learn the proper use of a camera, composition of photos, professional photo mounting, and gallery style display and have opportunity write their own artists statement.

Part I will consist of location shooting on the Mall of Washington, D.C. in the morning. During lunch the photos will be developed and prepared for Part II.

Part II will begin after lunch. Participants will mount their photos “story board” style and be encouraged to tell a story with their art. After the photos are mounted each person will create their individual artists statement where they can then embellish the story that the artwork will emulate.

Part III will be scheduled for Friday morning. The final stage of professional photography.....Hanging the artwork in a gallery! The “gallery” will be located in the lobby by the main ball where everyone attending the conference may view the work.

At the end of the conference participants may take their work home.

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## **Saturday, December 5**

### *Concurrent Workshops*

10:30 am – 12:00 pm

#### **YOUTH TRACK:**

How to Choose a Provider that Fits You – Developing a Tip Sheet for Youth  
Jill Kluesner, Youth MOVE National

Youth MOVE National recognizes how difficult it can be to find a counselor, therapist, or mental health provider that ‘gets you’. During this workshop, youth participants will join together with national youth advocates from Youth MOVE National to develop a ‘How to Choose a Provider that Fits You’ tip sheet for youth. Join Youth MOVE National and learn about our organization while working with us to develop this youth advocacy tool that will be distributed to hundreds of youth across the nation!

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#### **Infants’ Mental Health Matters Too: Listening to Families of Children Birth-5**

Fran Goldfarb, Lorena Samora, Los Angeles, CA

To some, the concept of infant mental health seems confusing; babies in therapy, psychoanalysis before you can talk. The stigma associated with mental health services for their children may make parents reluctant to share concerns, questions and preferences. Project ABC supports parents in participating on the individual, program and systems level. This workshop will explore barriers unique to families of very young children and provide a developmental approach to increasing family voice.

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#### **Celebrating Success – Moving the Research Base Forward to Inform Family Support as a Practice**

Jane Adams, David Osher, Eric Bruns, Nancy Craig, Topeka, KS

Family leaders and researchers will offer a dialogue about the process of designing and delivering studies that inform the day to day practice of providing parent-to-parent information, support, and training to families of children with serious emotional disabilities. Panelists will describe the use of dashboard indices to keep track of organizational outcomes, strategies to capture the research questions that improve quality of services and methods to communicate results to audiences with differing interests.

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## **Saturday, December 5**

### *Concurrent Workshops*

10:30 am – 12:00 pm

#### **Transparency Management: A Link to Organization Sustainability**

Toni Issadore, Pamela Brotman, Robin Trush

Participatory family voice is essential when defining metrics and evaluating organizations and Systems of Care. Using evaluative data effectively and managing change with transparency, requires leadership to also address beliefs and behavior. Facilitated by a family member and a Fortune 500 healthcare administrator, this session will help to uncover the underlying barrier impacting the integration of data for process improvement and sustainability in both family-run organizations and other Systems of Care entities.

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#### **Your Point Is???**

Jane Tobler, Barbara Huff, Washington, DC

Family members play a vital role in persuading people at a local, state, tribal, territorial and/or national level that children's mental health does matter. The Your Point Is??? workshop will enhance families story-telling abilities and help them incorporate important messages in their outreach. These messages will include: mental health is essential to overall health and well-being; serious emotional and mental health disorders in children and youth are real and treatable; children and youth with mental health challenges and their families deserve access to excellent services and supports that are family-driven, youth-guided and culturally appropriate; and the importance of social inclusion. The workshop will help develop a stronger family voice by teaching families to segment out audiences of importance and help family members deliver their "point."

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#### **Releasing the Genie from the Bottle –A Grassroot Family, Youth & Community initiative**

Malena Albo, Lonnie Rubio Jones, Marissa Castro, Tempe, AZ

Learn how the zip code with the highest number of Latino youth in Phoenix created their own coalition to outreach to Latino youth & families about behavioral health. Through community 'Promotoras' families are being linked in to by services; kids have created their own information 'highway' that includes "photo novellas" they star in!

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## **Saturday, December 5**

### ***Concurrent Workshops***

10:30 am – 12:00 pm

#### **FAMILY INVOLMENT IN SYSTEM OF CARE: THE NEW ORLEANS EXPERIENCE**

Verilyn Boyd, Baton Rouge, LA

Bringing families together in the Systems of Care project in New Orleans post-Katrina was a major challenge and an exercise in ingenuity and collaboration. The end result was the birth of the LA-Y.E.S. Family Involvement and Enhancement Project (FIEP), a collaboration and partnership program with the Louisiana Federation of Families for Children Mental Health and the Louisiana Children's Museum. Results FIEP has been implemented by the LA-Y.E.S. project that successfully combined parent training in the system of care principles, mental health advocacy and leadership. The Louisiana Children's Museum provided the location for both the parents' training and discussions with Federation of Families trainers while the children work on art play projects that complement the parent topic of the day. Families and children involved in the project will present their experience, lessons learned, and their plans for the future.

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#### **Sustaining and Furthering Family Voice in Maine Systems**

Carol Tiernan, Bev Baker, Sue Henri-Mackenzie, Brenda Bennett, Augusta, ME

This Workshop is presented by leaders of four separate family organizations in Maine. The session will start as a didactic story of the Journey in Maine to form an Association of Family Organizations with strategies and real world lessons learned along the way.

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#### **Using Sibshops to Support Siblings in an Early Childhood System of Care**

Rachel Smolinski, Reanna Smolenski, Heidi Maderia, Frankie Maderia, New London, CT

Sibshop is an interactive workshop designed for siblings (8-13) of children with special needs. An overview of what a Sibshop workshop looks like will be provided. Participants will be introduced to the planning process and learn the benefits for both participants and families. Success stories from attendees and caregivers will be shared. Young adult siblings will discuss their role on the facilitation team and how they foster peer-to-peer support during the group.

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## **Saturday, December 5**

### *Concurrent Workshops*

10:30 am – 12:00 pm

### **Applying Logic Models for Family Organization, Sustainability, and Growth**

Rene Anderson, Kathy Lazear, Tampa, FL

This workshop will provide family leaders the opportunity to engage in preliminary work for their organization's strategic growth and sustainability utilizing theory of change logic model development. Learn how this tool can assist you and your organization in planning, implementation, evaluation, and continuous quality improvement.

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12:30 p.m. – 2:00 p.m.

**Luncheon ~ Celebrating 20 years of advocacy for children and families by local chapters, state organizations and the National Federation of Families for Children's Mental Health!**

## **Saturday, December 5**

### ***Concurrent Workshops***

2:30 p.m. – 4:00 p.m.

### **YOUTH TRACK:**

Photography – VIVA VOX – Part 2  
Jeane Vogel, Viva Vox, St. Louis, MO

In this three part workshop participants will learn the proper use of a camera, composition of photos, professional photo mounting, and gallery style display and have opportunity write their own artists statement.

Part I will consist of location shooting on the Mall of Washington, D.C. in the morning. During lunch the photos will be developed and prepared for Part II.

Part II will begin after lunch. Participants will mount their photos “story board” style and be encouraged to tell a story with their art. After the photos are mounted each person will create their individual artists statement where they can then embellish the story that the artwork will emulate.

Part III will be scheduled for Friday morning. The final stage of professional photography....Hanging the artwork in a gallery! The “gallery” will be located in the lobby by the main ball where everyone attending the conference may view the work.

At the end of the conference participants may take their work home.

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### **Parent/Provider Partnership Training: Lessons over the past 22 years**

Richard Donner, Barbara Huff, Marlene Penn, Bill Reay, Amanda Lautenschlager, Topeka, KS

This workshop will highlight a comparison of the data collected during the trainings at three different points in time- 1988, 2001, and 2009, and in three different states- Kansas, New Jersey, and South Dakota. The presenters will compare the data collected from the training. They will share their perspectives on the successes and lessons learned from executing the trainings. They will offer a training sequence for Systems of Care sites that incorporate the lessons learned over the last 22 years.

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## **Saturday, December 5**

### ***Concurrent Workshops***

2:30 p.m. – 4:00 p.m.

#### **Collaborative Problem Solving: A Peer to Peer Approach**

Kristen Anderson, Salem, OR

This workshop introduces Collaborative Problem Solving (CPS), from *The Explosive Child* by Dr Ross Greene. Materials in the presentation are from Oregon Family Support Network's (OFSN) book guide – developed by a former secondary teacher and family member. OFSN operates peer to peer CPS book clubs for caregivers of challenging kids. Also included will be an overview of other peer to peer programs, sustainability efforts, and how these same materials and programs are being adapted for youth/young adult peer to peer support.

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#### **Transitional Youth Peer Center**

Angela Nelson, Atlanta, GA

Youth ages 17-25 present in a panel format their experiences transitioning from the child and adolescent system into adulthood. Their unique perspective will highlight trials, tribulations, and success with educational, vocational, and mental health goals. They will share what has helped them, what hasn't, and what is needed.

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#### **Getting From Words to Action: Certification of Parent Professionals in Tennessee**

Millie Sweeney, Monica Causey, Nashville, TN

Statewide Family Network Grantees work to transform the mental health service delivery system into one that is youth and family-driven. Tennessee Voices for Children collaborating with The Tennessee Department of Mental Health and Developmental Disabilities and NAMI Tennessee have developed a certification program and professional competencies training for parent/caregivers as Family Support Specialists. This opens up viable possibilities for funding and use of parent professionals to effectively address the needs of families of children with emotional, behavioral, and mental health disorders.

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## **Saturday, December 5**

### ***Concurrent Workshops***

2:30 p.m. – 4:00 p.m.

#### **“CATCHing Kids Early” A Comprehensive Approach**

Peggy Stypula, Elena Mirsazapora, Robin Crawley, Steve Frutos, Alexandria, VA

Alexandria Community Services Board, and Departments of Health and Social Services have partnered for 3 years formatting “CATCH.” We implemented a comprehensive approach that recognizes developmental delays, mental health/behavioral challenges, and social/emotional needs that present with significant prevalence with high-risk populations. The quality of children and families lives can be significantly improved, when we realize the importance of developmental and mental health treatment for optimal future outcomes. Learn first hand our success with our community partnership.

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#### **The Outcomes Roundtable for Children and Families**

Carol Obrochta, Kameisha Bennett, Vanessa Fuentes, Joan Kernan, Bruno Anthony, Joe Anne Hust, Jane Kahlil, Susan Boehler, Sheila Allen, Leighann Rozzell

The Outcomes Roundtable for Children and Families (ORCF) Family to Family Peer Support subcommittee members will discuss the importance of documenting measurable outcomes in sustaining family peer support. Financing, training, supervision, core competencies and evaluating methodology in three models (Family organizations, within agencies, and blended).

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#### **Anti-Stigma: Breaking the Barriers of Mental Illness**

Brad Luthe, Sherri Luthe, Wichita, KS

Stigma is one of the most significant barriers keeping youth and families from accessing resources that promote mental health and well-being. A 18-year old youth leader from Kansas has touched many lives through a powerful, emotionally evocative anti-stigma presentation he developed in 2006. Come see him in this uplifting, interactive workshop that will transform your life with the inspirational message that one can not only survive but can thrive in spite of living with mental illness.

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## **Saturday, December 5**

### *Concurrent Workshops*

2:30 p.m. – 4:00 p.m.

#### **Involving Youth in the Planning, Decision-Making and Evaluation of Services and Programs**

Laura Rariden, Marvin Alexander, Eugene, OR

Youth MOVE National seeks to help prepare youth and professionals to work together on committees, boards and councils at the local, regional, state, and federal level. This presentation covers the benefits and strengths of youth involvement, successful strategies for youth engagement and how to create effective youth/adult partnerships. We will provide helpful hints, active discussion and role modeling of a successful and fulfilling youth/adult partnership by the trainers.

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#### **Building a Youth Guided Network**

Kate Tilton, Brad Williams, Carmilla Ratliff, Allie Rigsby, Frankfort, KY

Kentucky Partnership for Families and Children, Inc. (KPFC) is working to build a youth-guided System of Care by creating a youth network that is able to make significant contributions at the state, regional, and individual levels. KPFC's youth members are changing the way youth voice is heard. This session will focus on the activities of KPFC's Statewide Youth Council including the establishment of regional youth councils. It will also include a look at KPFC's Leadership Academy which includes parents and youth as participants and trainers.

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## **Saturday, December 5**

### *Special Sessions*

4:30 p.m. – 6:00 p.m.

#### **YOUTH TRACK:**

West African Dance – VIVA VOX

JDiadié Bathily from the Ivory Coast, Viva Vox, St. Louis, MO

High energy and fun filled taught by professional dancer and instructor Diadié Bathily, this workshop introduces students to the basic movement of West African dance. Through African dance, participants will develop coordination and concentration, and build an understanding of African culture. Participants will learn authentic African dance, gain an understanding of West Africa, and learn some of the languages and customs of Mali and the Ivory Coast. The history and cultural importance of the dance is taught to participants as they are learning the steps. Live Djembe drum accompaniment provided as part of the workshop.

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#### **YOUTH TRACK:**

Educating the Community About Early Childhood Social Emotional Wellness through a Youth Variety Show

Reanne Smolenski, Frankie Maderia, New London, CT

Participants will learn about Voicing Our Inner Creative Energy (VOICE), a youth guided leadership group. Discussion will be focused on the process, community involvement and work included in creating an Early Childhood Mental Health Variety Show. Youth facilitators will talk about the strategies they used to market, organize, and evaluate the event. Participants will hear about the positive outcomes through feedback from local representatives, providers, and families that attended the event to make it a success.

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#### **YOUTH TRACK:**

Youth Photovoice Project

Diane Flashnick, Savanna Bivens, Chelsey Bivens, Jenah Cason, Columbia, SC

A local Youth Support Network of the FFSC acquired a Dare to Dream grant to conduct a Youth Photovoice project. Photovoice is a great anti-stigma tool that uses the power of photography to educate society about the truth about everyday mental health challenges.

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## **Saturday, December 5**

### *Special Sessions*

4:30 p.m. – 6:00 p.m.

#### **Transforming Child Welfare Case Practice into Family-Centered, Community Based Systems of Care**

Patricia Nellius, Angel Silva, Tracy Little, Melbourne, FL

Through system transformation efforts, the local Brevard County, Florida community designed a comprehensive system of care to meet the unique needs of children and families utilizing an aggressive front-end prevention and diversion wraparound program. Out of that vision, the Brevard C.A.R.E.S. outcomes are gaining national attention. The number of children in care has decreased from 1,530 to fewer than 800 today, improving child safety by nearly 50%.

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#### **Family and Youth Together Promoting Excellence in Children’s Mental Health**

Stewart Joseph, Maria Mejia, Celeste Hunter, Donna Ewing Marto, San Diego, CA

This workshop takes participants through the journey of one system of care site’s development of independent Family or Youth voice that evolved into a Family and Youth led self sustaining organization. Featured Topics:

- Bridging the gaps
  - Learning from each other
  - Challenging each other
  - Building our partnership
  - Building Strategic Alliances together
  - Promoting each other to become recognizes as a united force.
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#### **Fidgety Fairy Tales- The Mental Health Musical**

Matt Jenson, Marya Hart and others, St. Paul, MN

Fidgety Fairy Tales- The Mental Health Musical re-imagines familiar storybook characters to raise awareness about AD/HD, depression, and anxiety. The 40-minute musical, performed by youth ages 8 – 18, has opened up dialogues among students, families, and professionals throughout Minnesota. Workshop includes: a presentation by the creators, a performance of FFT, and a question answer session with the cast.

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## **Saturday, December 5**

### *Special Sessions*

4:30 p.m. – 6:00 p.m.

#### **“So You Want to Collaborate with the Police and Other First Responders?” Successes and Lessons Learned from the “Police Pocket Guide: Responding to Youth with Mental Health Needs”**

Stephany Melton, Meri Viano, Boston, MA

The Parent/Professional Advocacy League (PAL) has created a resource guide and training for police and other first responders on how to respond to youth with mental health needs. We have distributed the guide and presented the training to numerous groups, including police, school professionals, probation officers, and child welfare workers. This workshop will highlight the guide and training and discuss our strategies for reaching out and collaborating with these various groups and the successes and lessons learned.

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#### **The Remarkable Resilience of Aging Out Youth**

David Dan, Richelle Gunther, Shannon Shorter, Shante Curie, Philadelphia, PA

In this workshop we will hear from young adults with considerable experience in residential programs, who are currently being served through Resources for Human Development. A short film – created by, with, and about for of these young women- will be shown and discussed. We will then explore elements of programming that support, independence, empowerment, and skill building.

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#### **Making Family Informed Trauma Treatment Culturally Relevant Through Partnerships**

Sarah Gardner, Angela Vagnlee, Trish Gurley, Kay Connors, Baltimore, MD

Panel will present on strategies used by multiagency partnership to make family focused trauma treatments accessible, relevant, and useful. Will include discussion of alliance building, focus groups, and sharing resources.

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## **Saturday, December 5**

### *Special Sessions*

4:30 p.m. – 6:00 p.m.

#### **Making a Difference; a Choice and Partnership Approach for Working with Children and Families in the UK**

Karen Davies, Milo Milne, Elizabeth Jacobs, Southampton, UK

Saucepans North Central, located in the United Kingdom, offers children and families an innovative, culturally competent approach when working with children and families. This award winning service provides family based interventions which include approaches for increasing access to mental health care thereby destigmatizing mental health. This innovative service has led to a partnership approach and has provided youth led projects which have resulted in positive outcomes for young people and their families.

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#### **Embracing Conflict: An Opportunity for Growth**

Sheryl Schrepf, Rachel Lopez

Conflict is inherent in system's change work. Partners join with different missions, values, cultures, and perspectives. This workshop will focus on normalizing conflict and identifying strategies to resolve it.

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#### **“Meditation for Young Children” and Parents**

Tiffany Vance, Brian Rholes, Antioch, TN

Tools and structure hoe meditation is useful if not necessary to successfully informing a positive mental health. During the session we will provide materials examples and success stories on the lasting affects on mediation on mental health.

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## **Saturday, December 5**

### ***Special Sessions***

4:30 p.m. – 6:00 p.m.

#### **Arizona Practice Protocol for Family and Youth Involvement**

Teri Hollaway, Valerie VanAuker, Phoenix, AZ

We will tell how the Arizona Practice Protocol for Family and Youth Involvement was developed. Involvement of families from across Arizona in partnership with state, regional and local behavior health personnel brought about this development, the first of its kind guidance document. Presentation will include a candid discussion on the triumphs and challenges to creating this lasting foundation for sustainable family involvement in Arizona.

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#### **Intergenerational Trauma and Resiliency: What to do with this legacy?**

Arabella Perez, Brianne Masselli, Carol Tiernan, Sarah Goan, Lewiston, ME

Thrive, Maine's Trauma Informed System of Care, will share study results of trauma among children and families. The prevalence of trauma experiences and symptoms among participants is high among both children and their caregivers. The implications of these findings are discussed by Thrive's evaluator, director, youth coordinator and local Family Director. They will share their own experiences of trauma and resiliency and how a Trauma Informed approach challenges all of us to think differently about services and the legacy of trauma.

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#### **Dinner on your own**

**Silent Auction ends at 6:30 p.m.**

**8:00 p.m. – 10:00 p.m. – You choose what's right for you!**

#### ***Dance Party!***

You bring the moves, we will bring the music. This is a family event, so bring your entire crew and join the fun! Be sure not to miss the 50/50 drawing at 9:00 p.m.!

#### ***Movie Night***

A great relaxing way to enjoy a Saturday evening. Movie picks posted soon!

## **Sunday, December 6**

7:30 a.m. – 8:15 am  
Business Meeting

8:30 a.m. – 12:00 p.m.

### ***Closing Session***

#### **Going Back to Authentic Parent-to-Parent Support**

We are going back to the authentic meaning of parent-to-parent support and ensuring it is family-led! The National Federation will unveil a new initiative to secure parent-to-parent support as a well recognized, highly valued and evidence based component of the children's mental health workforce. A diverse panel will present successful strategies undertaken by family-run organizations to divert threats to true parent-to-parent support. These threats, growing still today, were outlined in a 2008 document published by the National Federation, "Family Peer-to-Peer Support Programs in Children's Mental Health: A Critical Issues Guide."

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#### **Celebration of Youth!**

As the Federation celebrates it's 20th anniversary we will also be celebrating the amazing work that Federation chapters and state organizations have done in supporting youth leadership and advocacy efforts. Join us in celebrating the grassroots youth advocacy that our Chapters helped pioneer. Hear directly from young people the impact that participation in Federation youth groups has had on their lives.

But wait!! That's not all! Youth who participated in the Viva Vox workshops will share the visionary art the created as well as amaze you with performing an African dance. So stick around and get ready to celebrate!

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12:00 p.m.

**Conference Adjourns ~ *See you next year!***