

Mental Health Services Act Training & Technical Assistance Fiscal Year 2007-08



**CALIFORNIA DEPARTMENT OF
MENTAL HEALTH**





CALIFORNIA DEPARTMENT OF
Mental Health

INTRODUCTION

We are pleased to present this update to the Mental Health Services Act (MHSA) Training and Technical Assistance Catalogue for your use. County mental health programs and their contract agencies have developed their Community Services and Supports (CSS) Plans, and are now facing the enormous challenge of implementing these plans.

The Department of Mental Health is in the process of developing a comprehensive five-year plan for addressing the education and training needs of California's community public mental health workforce. In order to address the immediate needs brought about by implementing these initial CSS Plans we have asked our training experts to expand their capacity in order to provide assistance in implementing services in accordance with the vision and values of the Mental Health Services Act. We have thus added MHSA funding to our existing statewide contracts with trainers and consultants who have a proven track record of providing training and technical assistance as envisioned by the Act.

We plan to incrementally add resources to this catalogue as they become available.

Please feel free to contact the individuals listed. Your input as to responsiveness and quality of training is most welcome.

Warren Hayes, Chief
MHSA Workforce Education and Training
(916) 651-0461
warren.hayes@dmh.ca.gov

January 2008

TABLE OF CONTENTS

	PAGE
CALIFORNIA INSTITUTE FOR MENTAL HEALTH	1
CALIFORNIA NETWORK OF MENTAL HEALTH CLIENTS	5
DEPARTMENT OF MENTAL HEALTH/DEPARTMENT OF REHABILITATION COOPERATIVE PROGRAM TRAININGS	8
NATIONAL ALLIANCE ON MENTAL ILLNESS – CALIFORNIA	15
UNITED ADVOCATES FOR CHILDREN AND FAMILIES	19

CALIFORNIA INSTITUTE FOR MENTAL HEALTH (CiMH)**Summary of Training and Technical Assistance**

CiMH was established in 1993 with a declared mission to "promote excellence in mental health services through training, technical assistance, research and policy development." It was the specific intent of the local mental health directors who founded CiMH that CiMH would work collaboratively with all mental health system stakeholders. The commitment to collaboration is represented on the CiMH Board that includes consumers, family members, and other interested persons representing the public interest.

For clarity and ease of discussion, the term "CMHDA" refers to the California Mental Health Director's Association. The labels "QA/QI" indicate Quality Assurance and Quality Improvement respectively. References to "MHSA" indicate Mental Health Services Act. "DMH" stands for Department of Mental Health. "CASRA" refers to the California Association of Social Rehabilitation Agencies.

If you are interested in receiving further information about CiMH trainings, technical assistance, community development teams and other resources, please contact Vicki Smith at 916-556-3480 ext. 123 or at vsmith@cimh.org.

• Trainings**❖ MHSR Regional Training: Round III, Winter 2008**

The third in a series of regional trainings for County MHSR Planning and Implementation Teams will focus on Community Engagement. The training will be done in the context of PEI for the Communities. Teams will learn frameworks and strategies necessary to engage communities in the PEI stakeholder processes. County teams may include Mental Health Directors, MHSR Coordinators, PEI Coordinators/Consultants, consumers and family members.

CiMH Contact: Beth Conley at 916-556-3480 ext. 138 or bconley@cimh.org

❖ Mental Health Boards and Commissions Regional Trainings, Spring 2008

Four regional trainings for county mental health board and commission members, focusing on MHSR implementation issues, including Prevention and Early Intervention, Workforce Development and Outcomes. Trainings will also include orientation to Mental Health Boards/Commissions for new board and commission members.

CiMH Contact: Ed Diksa at 916-556-3480 ext. 104 or ediksa@cimh.org

- ❖ *Training in Culturally Competent, Recovery/Resiliency-Oriented Assessments and Service Plans, Spring 2008*
In the spring and fall of 2008, CiMH will conduct a train-the-trainers for up to 30 county staff, a twelve-session training in assessments, service plans, documentation, clinical supervision and supervising to outcomes. Trainees will be expected to provide the training(s) in their counties and for staff in contiguous counties.
CiMH Contact: Ed Diska at 916-556-3480 ext. 104 or ediska@cimh.org
- ❖ *Medical Directors and Physicians Leadership Trainings, Spring 2008*
Training technical assistance designed for medical directors and physician managers on helping to develop/promote physician leadership in systems transformation and quality improvement towards a recovery/wellness vision.
CiMH Contact: Khani Gustafson at 916-556-3480 ext.146 or kgustafson@cimh.org
- ❖ *Webcast Trainings*
These are conducted periodically on MHSA burning issues. Previous Webcasts have included information on Evidence-based Practices, Wellness and Recovery, and Employment of Consumers/Family members in the Mental Health System.
- ❖ In the area of Prevention and Early Intervention, Webcasts have been presented on the PEI Guidelines and additional Webcasts are planned on specific PEI strategies and programs for PEI priority populations and key PEI community needs. The previous Webcasts can be accessed online on the CiMH Web site at: <http://www.cimh.org/training/webcasts.cfm>
CiMH Contact: Will Rhett-Mariscal at 916-556-3480 ext. 1147 or wrhettmariscal@cimh.org
- **Technical Assistance**
 - ❖ *Regional Meetings of MHSA Coordinators*, other county/provider staff, and DMH MHSA staff will be facilitated by CiMH. The group will develop agendas around county updates, special needs, and to help identify other MHSA specific trainings.
CiMH Contact: Sheron Wright at 916-556-3480 ext. 159 or swright@cimh.org
 - ❖ *Full Service Partnerships for All Ages Trainings and Technical Assistance*,
The role of FSP Program Supervisor is pivotal in program implementation, day-to-day operation and sustainability and is therefore integral to the issue of transformation. Supervisors will require on-going dialogue, information and support in order to bring their programs to operational maturity. CiMH intends to convene groups of supervisors for FSPs for all age groups (no more than thirty per group) for Round Table discussions that will provide peer-to-peer support and shared problem solving. Each group or Round Table would meet

four to six times annually.

CiMH Contact: Vicki Smith at 916-556-3480 ext. 123 or vsmith@cimh.org

- **Conferences**

- ❖ *Cultural Competence Summit*, March 25 -26, 2008 in San Diego. This conference will focus on outreach and engagement to diverse unserved and underserved communities.
CiMH Contact: Matthew Mock at 916-556-3480 ext. 121 or mmock@cimh.org
- ❖ *Policy Forum*, February 6 – 8, 2008 in Garden Grove. The goal of this policy forum is to inform policy makers about the potential benefits and outcomes of behavioral and primary healthcare integration and to explore possible models for California.
CiMH Contact: Alice Washington at 916-556-3480 ext. 139 or awashington@cimh.org
- ❖ *Integrated Services Conference*, April 15-16, 2008 in Sacramento. The focus of this conference is administration and delivery of components of integrated services for adults. Presentations focus on such things as: recovery, housing, employment, and wellness centers.
CiMH Contact: Beth Conley at 916-556-3480 ext. 138 or bconley@cimh.org

- **Publications**

- ❖ *Wellness & Recovery Resource Manual*
CASRA prepared a manual to assist counties in developing a wellness and recovery-oriented mental health system and programs. It is on the CiMH Web site.
CiMH Contact: Vicki Smith at 916-556-3480 ext. 123 or vsmith@cimh.org
- ❖ *The Successful Employment of Consumers in the Public Mental Health Workforce*
A Web-based resource has been created with helpful information, links and resources. A revision of the June 1997 manual will be available in 2008. Current document is available online at:
<http://www.cimh.org/downloads/ConsumerEmployment.pdf> .
CiMH Contact: Beth Conley at 916-556-3480 ext. 138 or bconley@cimh.org

- **Community Development Teams (CDTs)/Community Learning Collaboratives (CLC)**

- ❖ *Community Development Teams* are comprised of teams for 4 – 6 people per county that are responsible for implementing a specific Evidence-based Practice. The county teams meet together regularly to learn the practice and share implementation, plans, challenges and successful strategies.

Community Learning Collaboratives use the same team model, but are focused on system quality improvement issues rather than specific evidence-based interventions. In addition to the Teams listed below, CiMH can facilitate the development of other CDTs for the implementation of Evidence-based Practices.

CiMH Contact for Children and Youth CDTs: Bill Carter at 916-556-3480 ext. 130 or bcarter@cimh.org

CiMH Contact for Adult/Older Adult CDTs: Vicki Smith at 916-556-3480 ext. 123 or vsmith@cimh.org

- ❖ *Transformational Change Pilot, a Community Learning Collaborative (CLC)*
Several Counties will identify teams to focus on how to transform their system. These teams will meet as a CLC to develop their plans and share implementation challenges and successful strategies. Counties that have been selected will begin the 18-month learning collaborative in Feb. 2008.

CiMH Contact: Beth Conley at 916-556-3480 ext. 138 or bconley@cimh.org

- **Consultation**

- ❖ *Small County Consultation*
Consultation will be conducted via phone, Webcast, video conferencing, and in-person on specific program interventions, fiscal issues, and reporting—by county, region or group of counties. CiMH will recruit a pool of consultants to be available to small counties individually or in groups for specific consultation. CiMH will also facilitate discussions of small counties for sharing of information and expertise. Training and TA needs will be discussed with the CMHDA Small County Committee.

CiMH Contact Person: Vicki Smith at 916-556-3480 ext. 123 or vsmith@cimh.org

- ❖ *Consultants on MHSA-Related Topics*
CiMH has put together a list of consultants who are interested in providing training, technical assistance and consultation for MHSA planning and implementation. This list is available on the CiMH Website at

http://www.cimh.org/trainer_report.cfm

- ❖ CiMH is available to do additional consultation, technical assistance and training on many MHSA issues. For specific requests, contact Vicki Smith at 916-556-3480 ext. 123 or vsmith@cimh.org

CALIFORNIA NETWORK OF MENTAL HEALTH CLIENTS (NETWORK)**Summary of Training and Technical Assistance**

The Network is a statewide non-profit organization for, and by, mental health clients. The Network is a critical participant and stakeholder in all statewide mental health policy processes. One of its primary purposes is: "To empower clients of the mental health system through self-help groups and networking statewide." It fulfills its mission by offering a series of trainings and presentation in the following areas:

- *Self-Help and Mutual Support Groups*
- *Public Education and Policy*
- *Cultural Competency and Sensitivity*
- *Membership Outreach and Networking*
- *Employment and Career Development*

The summary presented below provides a general overview of the Network's activities in these areas.

If you are interested in receiving more information about the Network, please contact Laurel Mildred, Executive Director of the California Network of Mental Health Clients at 916-443-3232 or at laurelmildred@californiaclients.org.

- **Office of Self-Help/Technical Assistance and Support**

Office of Self-Help/Technical Assistance and Support offers trainings, presentations, needs assessment and technical support to client groups, counties, contract agencies and other mental health organizations upon request to support the growth of client-run groups and programs.

Consultation expertise is available in the following areas:

- ❖ History of the client movement and Self-Help/Client-run programs
- ❖ Philosophy/Principles of Self-Help/Client-run programs/groups, including a description of models of Self-Help groups/programs and a discussion of the relationship of Self-Help and the Recovery vision
- ❖ Starting Self-Help/Client-run groups/programs, including leadership development, board composition, staffing, and membership involvement
- ❖ Peer Support, including "Trauma Informed," communication Skills (peer

counseling tools) and self-empowerment plans such as Wellness Recovery Action Plan (WRAP)

- ❖ Advocacy services and supports, including housing, employment, income, social security, other benefits and rights
 - ❖ Financial Management, financial planning, and budgeting, grant writing, fundraising, understanding, building and managing budgets
 - ❖ Governance structures and decision-making models, relationship to fiscal agents, incorporation process and developing bylaws
 - ❖ Program administration and organizational planning, management/personnel issues, conflict resolution and grievance processes
 - ❖ Culturally competent membership outreach and development, including inclusion of special populations: Gay/Lesbian/Bi-sexual/Transgender/Questioning, people of color, homeless and near homeless, veterans, people with multiple disabilities, and others
 - ❖ Information technology for communication, networking, and support
 - ❖ Community and public relations, neighborhood outreach, “Not In My Backyard” (NIMBY-ism), and dealing with the media
 - ❖ Meeting management including facilitation, chairing, community outreach and organizing
- **Special Programs/Presentations**
 - ❖ The Buddy Program—focused on isolation and re-entry into the community
 - ❖ Client Culture Presentation for staff and clients—mandated for counties by the State under Cultural Competency requirements

Network Contact Person: Dave Hosseini, Director of the Office of Self Help/Technical Assistance and Support Center, at 916-443-3232.

Statewide trainings are available on the Mental Health Services Act (MHSA). These trainings and presentations are designed to assist consumers throughout the State have a full understanding of the MHSA and how to become involved in their local area. Also, presentations are available to assist existing staff in understanding the MHSA through the client perspective. Technical assistance is available to ensure that clients are involved in policy-making at every level of implementation of the MHSA.

Network Contact Person: Delphine Brody, Director MHSA Project, at 916-443-3232 or delphinebrody@californiaclients.org.

**DEPARTMENT OF MENTAL HEALTH/DEPARTMENT OF REHABILITATION
COOPERATIVE PROGRAM TRAININGS (COOPERATIVES)**

Summary of Training and Technical Assistance

Mental Health Cooperative programs provide collaborative vocational rehabilitation services to assist persons with psychiatric disabilities enter or re-enter their community workforce. The eleven vocational training topics available support the Mental Health Services Act and recovery principles. Specific topics addressing consumers and family members interested in working in public mental health include:

- *Employers' Capacity to Hire Consumers and Family Members*
- *Leadership/Management in a Recovery- and Rehabilitation-Oriented Setting*
- *The Role of Program/Line Staff in Supporting Employment Seeking*
- *Employment/Business Community's Role in Supportive Employment*
- *Supportive Education as Part of Clients' Goals*
- *Benefits Planning*
- *Connecting Employment with Recovery*
- *The Client's Perspective on Supportive Education and Employment*
- *System/Program Assessment and Planning in an Inter-Agency Context*
- *Transition Age Youth*
- *Job Retention for Clients in Employment*

The summary presented below provides a general overview of the trainings and their intended outcomes. If you are interested in receiving the full Department of Mental Health/Department of Rehabilitation Training Catalogue, please contact Edie Covent at 619-644-8967 or at edie.covent@dmh.ca.gov.

- **Building Employers' Capacity to Hire Consumers and Family Members**
(DMH/DOR Catalogue Title: *Building System/Community/Individual Capacity for Employment*)

This training will focus on developing the skills and resources necessary for supporting healthy working relationships between clients, people engaged in support of clients, and the development of natural community support systems. The training will emphasize promoting the importance of client self-determination in the decision-making process for vocational rehabilitation planning. The training will address the following subject areas:

- ❖ Recovery: What is it, how to measure it, and how to foster it

- ❖ Understanding and demonstrating techniques which identify the skills and strengths of persons seeking employment
- ❖ Assessing and building partnerships between agencies to maximize resources such as referrals, support, and funding
- ❖ Building strong community collaborative relationships

Training Consultants:

- ❖ Community Activators: Bruce Anderson
- ❖ Advocates for Human Potential, Inc.: John Rio, Laura Ware

- **Leadership/Management Training**

(DMH/DOR Catalogue Title: From Vision to Transformation—Management Level Trainings and Organizational Building)

The goal of the training is to teach management-level staff leadership and management skills in a recovery- and rehabilitation-oriented setting. This topic can be presented as a training experience for management-level staff in which community employment partners will fully participate in the operational activities, philosophy, and structures of a recovery/employment-focused program. This training can be delivered either at the trainer's affiliated program sites or brought to the program's community.

Training Consultants:

- ❖ Jane Kow and Associates, Employment and HR Consulting Firm:
Jane Kow, Esq.
- ❖ National Mental Health Association of Greater Los Angeles and Community Activators: Dave Pilon, Ph.D., Bruce Anderson
- ❖ Contra Costa County Adult Mental Health Vocational Services:
John Hollender, MA, CRC

- **The Role of Program/Line Staff in Supporting Employment Seeking**

(DMH/DOR Catalogue Title: Shifting to the Recovery Culture: Program/Line Staff Level Trainings and Cooperative Team Building)

This topic will address the role of cooperative program staff. The focus may be on the following areas:

- ❖ Developing and fostering an overall program/system-wide culture that supports clients' employment goals
- ❖ Mentoring as an integral component of employment supports
- ❖ Self-esteem building as an integral component of employment supports
- ❖ Other internal and external employment resources for clients

Training Consultants:

- ❖ National Mental Health Association of Greater Los Angeles:
Paul Barry, MEd, CPRP
- ❖ Advocates for Human Potential, Inc.: John Rio, Laura Ware
- ❖ Contra Costa County Adult Mental Health Vocational Services:
John Hollender, MA, CRC

- **Employment/Business Community's Role in Supportive Employment**
(DMH/DOR Catalogue Title: *How to Engage the Employment/Business Community*)

This topic will address the specialized service needs of persons with multiple employment issues in addition to a psychiatric disability such as substance abuse, communication barriers, felony history, learning disability, or additional physical disabilities. The focus may be on the following areas:

- ❖ Career development and job placement, including how to access local labor market research trends
- ❖ Addressing the concept of work to include the range of employment options
- ❖ Temporary work situations as a stepping stone to competitive employment
- ❖ Identifying and developing partnerships with all community partners
- ❖ Supporting client employment efforts
- ❖ Working with employers

Training Consultants:

- ❖ Supported Employment Education Designs (SEED): Mindy Oppenheim
- ❖ National Mental Health Association of Greater Los Angeles: Vicky Gonzalez, CPRP and Paul Barry, MEd, CPRP
- ❖ KC Solutions: Kathy Condon and Paula Johnson

- **Supportive Education as Part of Clients' Employment Goals**
(DMH/DOR Catalogue Title: *Utilization of Mainstream Educational Resources in the Design of Your Program*)

This topic will focus on building collaborations with local educational programs to establish best practices in using mainstream educational resources as part of clients' employment goals. The following areas may be addressed:

- ❖ Identifying appropriate local resources for students of all ages
- ❖ Making the shift from high school, GED or college employment, "leaving Mental Illness at the door"
- ❖ Supported education and educational outcomes that lead to employment
- ❖ Overview of rehabilitation principles and practices relevant to learning and education

- ❖ Theoretical framework, concepts and models of supported education
- ❖ Practical techniques for developing educational opportunities to support employment outcomes
- ❖ Working with colleges and their mental health communities to assess and develop programs to meet individualized needs of their partners

Training Consultants:

- ❖ Rick DeGette, Sylvia Thomas, Tim Stringari

- **Benefits Planning**

(DMH/DOR Catalogue Title: Benefits Planning)

This topic will address the information regarding federal and state benefit programs and work incentives as they pertain to individuals with psychiatric disabilities. The following areas may be addressed:

- ❖ Understanding the unique cultural perspectives of CalWORKS and Supplemental Security Income/Social Security Disability Insurance (SSI/SSDI) recipients
- ❖ Systems overviews
- ❖ Creating an individualized toolbox

Training Consultants:

- ❖ Joe Hennen, Carol Bowman
- ❖ Crossroads Diversified Services, Inc.: Dee Gavaldon

- **Connecting Employment with Recovery**

(DMH/DOR Catalogue Title: Connecting Employment with Recovery)

This topic will focus on the effects of psychiatric and other medications, substance use and abuse and how they can affect a person in employment situations. The following areas may be addressed:

- ❖ Recovery: What is it? How to measure it? How to foster it?
- ❖ Addressing client participation and choice in illness management, including medication and proactive self-help techniques, such as behavioral tailoring and relapse prevention, and the critical role of illness management in recovery from mental illness
- ❖ Addressing the factors of medication and substance use that could potentially impact employment
- ❖ Incorporating illness management strategies and supports that promote success
- ❖ Addressing the development of linkages between mental health, Department of Rehabilitation, vocational services providers, and substance abuse

professionals to promote interagency collaborative activities that focus on maximizing the use of available resources from all systems in support of employment

Training Consultants:

- ❖ National Mental Health Association of Greater Los Angeles:
Mark Ragins, MD
- ❖ Professional Growth Consultants: Daniel Raudenbush, PhD,
Les Lucas, LMFT

- **The Client’s Perspective on Supportive Education and Employment**
(*DMH/DOR Catalogue Title: The Client’s Perspective—Supporting Educational and Employment Goals*)

The focus of this topic will be on individuals who have the experience of using mental health services and who can present, speak and/or provide training and technical assistance to support community employment for clients. The following areas may be addressed:

- ❖ System change: changing the culture toward the systemic preparation and proactive support of clients’ educational and employment goals
- ❖ Recovery and wellness strategies that support clients’ educational and employment goals such as Wellness and Recovery Action Plans (WRAP)

Training Consultants:

- ❖ Wellness Recovery Educators: Mertice “Gitane” Williams and Sharon Kuehn
- ❖ National Mental Health Association of Greater Los Angeles:
Catherine Bond, LMFT
- ❖ Crossroads Diversified Services, Inc.: Sheila Boltz, MSW and
Dave Hosseini, CPRP

- **System/Program Assessment and Planning in an Inter-Agency Context**
(*DMH/DOR Catalogue Title: System/Program Assessment, Planning and Development*)

This topic focuses on assessing systems and programs based on the trainers’ comprehensive knowledge of county mental health systems, Department of Rehabilitation, the Mental Health Services Act (MHSA), and current trends within mental health, vocational rehabilitation, and employment fields. The following areas will be discussed:

- ❖ Assessment of current interagency collaborations and partnerships as they relate their common goals, especially surrounding the employment of clients who access several systems

- ❖ Identifying program/system strengths and areas for growth in the implementation of the recovery model, to include employment
- ❖ Planning for improvements to the existing system
- ❖ The special needs and resource issues of rural communities
- ❖ County Mental Health vs. Department of Rehabilitation cultures, philosophies, and expectations
- ❖ Resources for improving the successful employment outcomes of clients receiving services
- ❖ Tools/resources to develop local employment and other outcome tracking for program development
- ❖ Development of a collaborative process: how the puzzle fits together for successful employment outcomes for clients who use several systems

Training Consultants:

- ❖ The Results Group: Steve Ekstrom
- ❖ Allen, Shea and Associates: Bill Allen, PhD and John Shea
- ❖ California Association of Rehabilitation Agencies (CASRA): Betty Dahlquist, MSW, CPRP

- **Transition Age Youth (TAY)**

(DMH/DOR Catalogue Title: Transition Age Youth)

This topic will focus on the Transition Age Youth (TAY) population and on bridging the gap between the youth and adult systems. The following areas may be addressed:

- ❖ Identifying TAY programs
- ❖ Providing education to mental health staff about school programs and ways to provide help to their students
- ❖ Development of a collaborative relationship between mental health, Department of Rehabilitation, and the schools
- ❖ Education resources for TAY in the community
- ❖ Utilizing Transition Partnership Projects (TPP) and Workability Programs for pre-employment skills, job experiences, job training, job development and placement assistance
- ❖ Knowledge of and access to community resources and agency support systems
- ❖ Resources: where to refer clients with learning disabilities for additional help
- ❖ Building the bridge between TAY and Adult Systems—Mental Health, Education and Department of Rehabilitation

Training Consultants:

- ❖ National Mental Health Association of Greater Los Angeles: Wayne Munchel, LCSW

- ❖ Professional Growth Consultants: Daniel Raudenbush, PhD and Les Lucas, LMFT
- **Job Retention for Clients in Employment**
(*DMH/DOR Catalogue Title: Job Retention for Clients in Employment*)

These presentations will focus on the areas that need to be addressed to assist individuals who have obtained employment to have the tools for retaining employment. The following subject areas may be emphasized:

- ❖ Types of support: on-the-job, off-the-job, on-site support systems, fading-out of support, and ongoing support
- ❖ Functional role of the job coach
- ❖ Identifying the role of the job coach within the program

Training Consultants:

- ❖ Crossroads Diversified Services, Inc.: Michele Lewis
- ❖ KC Solutions: Kathy Condon and Paula Johnson

NATIONAL ALLIANCE ON MENTAL ILLNESS - CALIFORNIA (NAMI) – CALIFORNIA**Summary of Training and Technical Assistance**

NAMI-California is a statewide grassroots organization that was established over 28 years ago to educate, inform and support families who have relatives with serious mental illness. Each year NAMI-California continues to educate, inform and support those individuals affected by serious mental illness and their families. NAMI's mission is to advocate for lives of quality and respect without discrimination and stigma, for all of its constituents. NAMI-California provides leadership in advocacy, policy development, education and support throughout California. NAMI's membership includes mentally ill individuals and their families. NAMI-California promotes the empowering of mentally ill people and their families to meet the needs of both.

If you are interested in receiving further information about NAMI-California, please contact Grace McAndrews, Executive Director at 916-567-0163 or at grace.mcandrews@namicalifornia.org.

• Trainings**❖ NAMI Family-to-Family Education**

The course places emphasis on family healing, providing insights into and resolution of the profound distress experienced by families and their close relatives as they struggle to cope with serious and persistent mental illness. The 12-week curriculum offers a wide range of information about mental illness, and assists caregivers in understanding how the experience of living with mental illness affects their family member. (Also available in Spanish)

❖ NAMI Peer-to-Peer Recovery Education

For any person with a mental illness, this course offers information for every participant that will assist them in learning how to “live well with mental illness”. The nine week program uses a combination of lecture, interactive exercises and structured group process to promote awareness, provide information, and offer opportunities to reflect on the impact of mental illness as it expresses itself uniquely through each participant's life. The curriculum includes comprehensive information on the biological bases of mental illness; personal and interpersonal awareness; effectiveness and coping skills; relapse prevention; and information on addictions, spirituality and basic self care. (Coming soon in Spanish)

❖ *NAMI Support Groups*

The NAMI Support Group model offers a set of key structures and group processes for facilitators to use in common support group scenarios. Facilitator training is available. However, affiliates are not required to have this specific training in order to provide support groups at the local level.

❖ *NAMI Provider Education*

This program is designed for mental health service providers and their staff and is taught by consumers, professionals and family members. This 10-week course presents a penetrating, subjective view of family and consumer experiences to providers and line staff at public agencies who work directly with people with severe and persistent mental illness. The course reflects a new knowledge base, the “lived experiences” of coping with mental illness or caring for someone who struggles with this life-long challenge.

❖ *NAMI-C.A.R.E (Consumers Advocating Recovery through Empowerment) Mutual Support*

This ongoing support group for people facing the challenges of recovering from a severe and persistent mental illness provides a forum in which people with mental illness learn from each others' experiences, share coping strategies and offer each other encouragement, understanding and support. Many mental health consumers are isolated by their illnesses. The support group offers a powerful healing process as each individual discovers that they are not alone and that they have peers who understand their experiences and concerns.

❖ *Hand-to-Hand*

This nine-week course is designed to support the families of children and adolescents when their child is newly diagnosed with a mental illness. When a family enters this world they are faced with new professionals, new treatment, new medications, new school programs and even a new language that they must understand in order to assist their child in receiving the best possible services. Hand-to-Hand teaches about the illnesses, the treatments, and the medications. The key for parents is that they learn about local resources and how to utilize those resources in behalf of their child and their family. This course is available in Spanish.

❖ *Hearts and Minds*

Research has demonstrated that people living with severe psychiatric conditions may have an increased risk of heart disease and related conditions. This educational program includes a 13-minute inspirational video

and a 24-page booklet. The program raises awareness and provides information on diabetes, diet, exercise, smoking, addictions, recovery, stigma and treatment. Participants learn about healthy, accessible and affordable lifestyle changes designed to reduce cardiac risk among people with mental illness. The program is designed to inspire people to get moving and to change the things they can change, in order to have a healthier life.

❖ *In Our Own Voice: Living with Mental Illness*

A one-and-a-half-hour interactive, multi-media consumer presentation designed to educate the general public and change attitudes. This program, through two days of training, teaches consumers to make presentations to local community groups. The trained presenters give first-hand experience on what it is like to live with mental illness, as well as convey the NAMI message of treatment, access and recovery. Nothing beats direct personal contact for breaking down barriers, reducing the stigma and mystery surrounding mental illness, and promoting understanding and support for individuals living with mental illness.

❖ *Parents and Teachers as Allies*

The burden of coping with serious mental illness in our youngest and most vulnerable citizens has long been assigned to the home and the school. This educational tool provides a model for dealing with two very different perspectives while advancing mutual understanding and communication between families and school professionals. Only as allies can both sides work together to gain the information and resources necessary for the best interests of the child. The program offers an interactive, grade appropriate, presentation that “teaches” teachers, school administrators, other school staff and parents about the key warning signs of early-onset mental illness, age-related symptoms of mental illness, general information, statistics and available resources.

❖ *NAMI California’s Mental Health, Criminal Justice Community Collaboration Project*

This project is designed to assist regions and local communities as they attempt to deal with the criminalization of the mentally ill and all the consequences thereof. The incarceration of the mentally ill in our prison systems, the increasing numbers of mentally ill in our community jails, the numbers of mentally ill on the streets, and the numbers of mentally ill youth being held in juvenile justice programs for lack of other appropriate placement, are just a few of the consequences. NAMI California facilitates regional seminars throughout the state for community leaders in business, law enforcement, criminal justice, health and mental health, as well as elected officials. These full-day “Project” meetings are designed to provide

information on the many available, cost-effective alternatives. Speakers representing successful alternative programs are featured, information about potential funding opportunities is discussed, and at the end of the day plans for follow up local community meetings are established.

❖ *Mental Illness Awareness Week (MIAW)*

Established in 1990 by Congress, the first week of October is designated as Mental Illness Awareness Week. Every October, this NAMI tradition presents at all levels of the NAMI organization—National, State and Local—through a variety of outreach, educational and advocacy efforts.

UNITED ADVOCATES FOR CHILDREN AND FAMILIES (UACF)**Summary of Training and Technical Assistance**

UACF is a nonprofit advocacy organization that works on behalf of children and youth with serious emotional disturbances and their families. UACF is a family organization. This means the majority of its board and staff are parents of youth who have received services for mental health.

UACF provides training to family/caregivers that are raising a child with an emotional, behavioral, or mental health problem through a program designed especially for family members.

UACF also provides training to both family partners/advocates who have been hired to work within county departments or mental health agencies.

UACF provides training and technical assistance to county departments and providers who are working to enhance their relationships and treatment effectiveness to families and to build family partnership programs.

The summary presented below provides a general overview of UACF's trainings.

If you are interested in receiving further information about UACF, please contact Oscar Wright, Executive Director at 916-643-1530 or at owright@uacf4hope.

- **Educate, Equip & Support: Building Hope**

Educate, Equip and Support: Building Hope (EES) is a 12-week, parent-to-parent education program. The purpose of the course is to:

- ❖ Provide parents with education about symptoms of children's mental health disorders
- ❖ Equip them with information about treatment options, accessing mental health treatment, and local resources available to help address their children's mental health needs
- ❖ Educate them about accessing entitlement programs and the role of child welfare, education, and juvenile justice in the lives of children with serious emotional disturbances
- ❖ Promote the building of natural supports between parents in local communities

- **Workforce Connection**

Workforce Connection (WFC) training provides family members with the knowledge and skills necessary for their roles working in the mental health

system. It also provides the knowledge management staff needs to support and supervise family members and provides information on the positions within the mental health system where family members can be effective employees.

- ❖ Family partners' roles and activities
- ❖ The skills family partners need
- ❖ Family organizations
- ❖ Community resources and supports available for children with serious emotional disorders

Trained individuals will be better prepared to work within the children's mental health systems and family organizations to better serve children and their families. UACF will provide follow-up to certified family partners and trainers of the WFC curriculum to assist them as they begin offering services, supports and training in their local communities. UACF will offer ongoing support and technical assistance to certified family partners and trainers.