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WINTER 1988

FOCAL POINT™

Portland Hosts
Parent/Professional Collaborative Training Session

Twenty-four parents and professionals from around the country recently attended a training session in Portland, Oregon designed to promote and improve parent/professional collaboration to better serve children with emotional handicaps. The overall training goal was to provide each of the parent/professional teams with materials and skills they could take back to their regions and share through local workshops. The training workshop was held October 5-9, 1987 on the campus of Portland State University, and was hosted by the Research and Training Center to Improve Services for Seriously Emotionally Handicapped Children and Their Families.

As an outgrowth of the regional Families as Allies conferences held throughout the country, ten teams, each composed of a parent and a professional, were selected to attend the training session. Two additional teams were present, one funded by the West Virginia Child and Adolescent Service System Program (CASSP), and the other funded by the northeast Families as Allies conference states. The Research and Training Center will contract with each of the teams to provide training on issues of collaboration in their respective geographic regions.

During the five day training session, the parent/professional teams explored the many facets of effective collaboration, as well as those that create or serve as barriers to parent-professional partnerships. Specific training exercises for use in later local workshops were practiced and evaluated by the participants. Topics such as theories of etiology, advocacy, parent support groups, and communication skills were also presented and discussed in relation to their role in building collaborative relationships. A training handbook containing various exercises and informational materials was used by the participants during the week. It also provides a framework and materials for use in later local training sessions.

The training package, developed by Families as Allies Project Training Coordinator Richard Vosler-Hunter and Research Assistant Kaye Exo, addresses three major goals. The first goal is to provide participants with an overall understanding of the concept of collaboration as well as

Cyndi Sneve, parent member of the Northwest Regional Parent/Professional Training Team. (Photo by Marilyn McManus.)

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with the issues and factors that serve to promote and/or detract from developing collaborative relationships. For professionals, these involve factors of professional training and theoretical approach, policies and procedures of agencies in working with children and their families, and the nature of the direct relationship that professionals establish with families.

Secondly, the training package seeks to provide participants with direct skills in training and working with groups of different sizes, composition and interests. Through participatory exercises, each team planned, practiced, and presented training materials to the larger group. "The skill of each of the teams really showed itself here," noted Vosler-Hunter. "Each team was creative in adapting exercises to fit their personal styles and strengths, and all the teams have solid training skills and abilities."

The third goal is to enable the teams to not only obtain information and training skills, but to also personally experience the exercises and evaluate how the workshop might affect those they would subsequently train. A strong emphasis on interaction and practice characterized the Portland training sessions, as each team developed a working relationship and defined their areas of strengths and weaknesses.

"The training package we presented is not meant to be **the** book on collaboration training," said Vosler-Hunter, "but is meant as a tool for the trainers to adapt and build upon as they train in their regions. Each area of the country has unique qualities of geography, population, resources, and needs that have to be accounted for in training others."

In summing up the experiences of the Portland training session, Vosler-Hunter said, "I think it was an intense learning experience for all of us. The concept of collaboration and the actual how-tos of establishing it are often two different experiences. I believe we all came to understand that real differences and conflicts can and do exist, even in a collaborative relationship. The key, perhaps, is in how we approach those differences and conflicts. If, as parents and professionals, we strive for open and honest communication, mutual respect for our skills, knowledge, and shared planning and

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The Research and Training Center was established in 1984 with funding from the National Institute on Disability and Rehabilitation Research (NIDRR) in collaboration with the National Institute of Mental Health (NIMH)

We invite our audience to submit letters and comments.

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decision making, the conflicts will not necessarily go away, but a working relationship will be established that can only serve to improve services for our children."

Each regional team is now available to provide training on collaboration to interested groups and agencies. Currently, trainers have participated in regional CASSP conferences in Mississippi and Wisconsin, and plans are currently being made to offer training sessions in a number of states in the future.

Individuals interested in obtaining further information about training opportunities are invited to contact Richard Vosler-Hunter at the Research and Training Center.

ELEMENTS OF COLLABORATION

- Mutual respect for skills & knowledge
- Honest & clear communication
- Understanding & empathy
- Mutually agreed upon goals
- Shared planning & decision making
- Open & two way sharing of information
- Accessibility & responsiveness
- Joint evaluation of progress
- Absence of labeling & blaming

Scott Bryant-Comstock (left), professional member of the Southern Regional Parent/Professional Training Team, and Families as Allies Project Training Coordinator Richard Vosler-Hunter. (Photos by Marilyn McManus.)

PROFESSIONAL CHECKLIST

- Do I really believe that parents are my equal and, in fact, are experts on their child?
- Do I show the same respect for the value of parents' time as I do for my own time by educating myself about an individual child's case before appointments or group sessions?
- Do I speak plainly and avoid medical, psychological or social work jargon?
- Do I actively involve parents in the establishment of a plan of action or treatment and continually review, evaluate and revise the plan with parents?
- Do I make appointments and provide services at times and places that are convenient for the family?
- Do I share information with other professionals to insure both that services are not duplicated and that families do not expend unnecessary energy searching for providers and services?

Adapted from Alexander, R. & Tompkins-McGill, P. (1987). Notes to the experts from the parent of a handicapped child. Social Work, 32(4), 361-362.

PARENT CHECKLIST

- Do I believe I am an equal partner with professionals, and accept my share of the responsibility for solving problems and making plans on behalf of my child?
- Do I clearly express my own needs and the needs of my family to professionals in an assertive manner?
- Do I treat each professional as an individual and avoid letting past negative experiences or negative attitudes get in the way of establishing a good working relationship?
- Do I communicate quickly with professionals serving my child when significant changes or notable events occur?
- When I make a commitment to a professional for a plan of action, do I follow through and complete that commitment?
- Do I maintain realistic expectations of professionals, myself and my child?

Families as Allies Activities—State Level

In April 1986 the Portland Research and Training Center hosted the *Western Regional Families as Allies Conference.* The mission of the conference was to promote collaborative working relationships between professionals and parents whose children have serious emotional handicaps. Regional Families as Allies conferences, modeled on the Portland meeting, were subsequently held in the Midwest, Northeast, Southeast and Great Lakes/Appalachia areas in May and June 1987.

Each of the five regional conferences addressed problems of current service delivery systems for children with emotional handicaps and their families, barriers to collaboration between parents and professionals, and strategies to enhance parent/professional partnerships. Participants in each of the regional conferences attended as members of state delegations composed of parents, policy makers, program administrators, and direct service providers.

State delegations at each of the regional conferences met to identify barriers to collaboration and strategies to promote collaboration within their individual states. Members of each state delegation prepared a plan of action for their state. Many of the plans included proposals to improve coordination of advocacy groups, develop parent support groups, develop parent information packets, and offer state level Families as Allies conferences.

The Winter 1987 issue of *Focal Point* featured an update of post-conference activities in the western regional states. Here, we offer an overview of post-conference activities in selected states attending the four recent regional conferences. We also include other family related activities of interest. Subsequent issues of *Focal Point* will continue to highlight activities related to families.

COLORADO

The Colorado Division of Mental Health cosponsored *Sharing Our Caring: Families and Professionals Building Partnerships* on December 4-5, 1987 in Boulder with the Colorado Association of Community Mental Health Centers and Clinics, the Colorado Children's Campaign, the Mental Health Association of Colorado, and the Colorado Alliance for the Mentally Ill. Specific conference goals included: (1) developing a base of knowledge and experience for parent/professional efforts to collaborate on behalf of children and youth; and (2) stimulating planning efforts within local communities for collaborative parent/professional activities. Laurie Flynn, Executive Director of the National Alliance for the Mentally Ill, and Dr. Marsha Gould, Executive Director of the Colorado Children's Campaign, gave keynote addresses.

ILLINOIS

The Illinois delegation to the *Great Lakes/Appalachian Families as Allies Regional Conference* met in August with Illinois Child and Adolescent Service System Program (CASSP) Director Ken Wade and with Linda Avery, Chief of Interagency Coordination at the Department of Children and Family Services, to discuss the objectives and strategies agreed upon by the delegation at the conference. Efforts are currently underway to schedule a workshop for Illinois parents and professionals in early 1988 to be conducted by Wisconsin's Families as Allies parent/professional training team. A parent workshop entitled *Parents as Partners* was conducted in Rockford during the month of September and in Chicago during the months of October and December. The December workshop was conducted in Spanish for an Hispanic audience.

KENTUCKY

Serving Black Children with Emotional/Behavioral Problems and Their Families was the first of three regional conferences sponsored by the Kentucky Child and Adolescent Service System Program (CASSP) project. The October conference was held in Louisville and brought parents and professionals together to address the needs of black children in Kentucky. The topics addressed included: parent/professional collaboration and teamwork, advocacy strategies for parents, and models of effective service delivery for black children and families.

The second regional conference, *Serving the Child with Emotional Problems in Rural Settings (A Focus on Appalachia)*, was held in November in Lexington. Designed for professionals serving families and children with emotional problems, the conference included workshops on parent/professional teamwork, home based services, intercultural skills, volunteer services, and a range of mental health and educational programs and services for rural children and their families.

A third regional conference is currently being planned for Spring, 1988.

MISSISSIPPI

The Mississippi Parent Advocacy Center and the Mississippi Child and Adolescent Service System Program (CASSP) office sponsored a regional *Families as Allies Conference for Seriously Troubled Children and Adolescents* November 14, 1987 in Jackson. Among the presenters were Tessie Schweitzer and Scott Bryant-Comstock, one of the Portland Research and Training Center's parent/professional training teams. They conducted a workshop entitled *Parent Support Groups - Who Benefits?*, which explored the roles and functions of support groups for parents and professionals in improving services.

NEBRASKA FAMILY CONFERENCE

Parents, professionals, policy-makers, and advocates from across Nebraska gathered in Lincoln September 25-27, 1987 at the conference, *The Alliance that Works: Families and Professionals Together*. Keynote speeches were given by Barbara Friesen, addressing the topic, *Parents and Professionals as Allies*, and by Magda Campbell, M.D., who spoke about her research with children who have conduct disorders.

A highlight of the luncheon on Friday was a presentation by Joanne Griesbach, President of Wisconsin Family Ties, a newly formed statewide organization for parents of children with emotional disabilities. Joanne spoke about Wisconsin's experiences organizing support groups for parents, and about her own experiences trying to obtain help for her child.

Workshops on advocacy, parent support groups, legal issues and mental health services planning were available throughout the three day conference. The meeting was sponsored by the Community Support Project (CSP) and the Child and Adolescent Service System Program (CASSP) of the Nebraska Department of Public Institutions, the Alliance for the Mentally Ill of Nebraska and the Greater Omaha Depressive and Manic Depressive Association.

OKLAHOMA

Participants at the *Oklahoma Families as Allies Conference* combined hard work and relaxation when they met at Shangri-La Resort near Tulsa on October 23 and 24, 1987. Joyce Jacobs, an Oklahoma parent, opened the conference. In a moving address, Joyce invited parents and professionals attending the meeting to "share the dream" of Joyce and her husband, Curt, that their son will grow up to live a happy and productive life.

Several panel presentations were featured throughout the conference. First, parents and professionals discussed barriers to collaboration and assisted participants in identifying goals for working together. A second panel focused on special education services and identified problems from both parents' and professionals' perspectives. Panelists also suggested strategies for improving the Individualized Educational Program (IEP) planning process. Panel discussions about advocacy and family-centered services were followed by presentations about plans to develop respite care education and programs in Oklahoma.

A skit written by Rock Richardson and Timothy Creedon dramatized the struggles of a mother whose child has serious emotional disabilities.

In addition to conference scholarships for parents, the conference organizers provided onsite child care, without which many parents could not have attended the conference. The conference was sponsored by the Oklahoma Child and Adolescent Service System Program (CASSP) and Positive Reflection, Inc., a parent organization that works closely with CASSP to improve services for children and their families in Oklahoma. Hats off to Dana Baldridge and Bruce Moran of Positive Reflection and Rock Richardson, Nancy Thompson, Lawrence Hart and Travis Gameson of Oklahoma CASSP!

PENNSYLVANIA

Pennsylvania's parent/professional delegation to the *Northeast Families as Allies Regional Conference* has scheduled a statewide *Families as Allies Conference* which will be held April 27, 28 and 29, 1988 in Grantville, Pennsylvania (near Harrisburg). Pennsylvania has just funded seven new county level Child and Adolescent Service System Program (CASSP) projects. A total of seventeen of Pennsylvania's forty-five counties have now been funded to perform county-level CASSP activities. The local level funding enables each county to hire one fulltime county mental health children's specialist to coordinate the system of care for children with emotional handicaps and their families. A total of 1.55 million dollars has recently been allocated for family based mental health services. Thirty-three counties have applied for the ten family based mental health services projects which will be funded. The state level CASSP office has contracted with the Parents Involved Network to consult with state mental health hospital child and adolescent units, train professionals and assist with the development of parent support groups.

WISCONSIN

A working conference entitled, *These Too are Wisconsin's Children*, was convened November 12th and 13th in Madison, Wisconsin to examine issues in developing a collaborative statewide mental health system. Conferees included child advocates, educators, parents, mental health and social work professionals, policy makers, and public and private service providers. Opening remarks were made by Dr. Robert Friedman, director of the Florida Research and Training Center, on the development of effective systems for serving children with emotional handicaps. Workshop topics included: interagency collaboration and planning, educational programming for children with emotional handicaps, multidisciplinary assessment, and day treatment programming.

Mary Ann Fahl and Maggie Mezera, Wisconsin's Portland trained Families as Allies parent/professional team, had their first opportunity to try out their skills as presenters at a workshop entitled, *Parents and Professionals as Allies*. Strategies for building alliances between parents and professionals were examined. About thirty people attended the workshop and participated in an exercise designed to sensitize them to the negative impact finding fault or blaming others has on developing collaborative relationships.

Editor's Note: An Ohio parent support group coined the phrase "Why Not?" As parents began to move from meeting their needs for mutual support towards advocacy efforts they conducted an advocacy training session. During the session they recognized their desire to blame professionals and point fingers at them. Acknowledging that simply blaming professionals will not promote change, the parents began to ask "Why Not?" "Why not provide mental health services for my child in our own county? Why must we go to another county to obtain services?" "Why not offer case management services for families whose children have emotional handicaps when we offer such services for adults with emotional handicaps?" Susan Ignelzi, Ohio's Child and Adolescent Service System Program Director, now wears a set of "Why Not?" earrings presented to her by an Ohio parent. Subsequent issues of *Focal Point* will regularly feature a "Why Not?" column and readers are invited to submit contributions.

Why Not ?

Therapeutic foster parents need to be paid adequately, appropriately trained, be assured of a wide range of services to meet the needs of their children, get support from professionals and from each other, and have access to respite care to provide relief from the demands and needs of the children in their homes. These services are necessary in order to recruit and keep foster parents, who often "burnout" from the demands of providing twenty-four hour care for children with serious emotional disorders.

Since the children's own families face the same demands and have the same needs as foster families, WHY NOT provide the same services and support for them while the children are still at home? We might prevent the need for out-of-home placement and we certainly would provide much needed help to families.

B.J.F.

Louisiana Meeting Kicks Off Local CASSP Effort

Ideas That Work was the theme of the 1987 Region VI Annual Conference held in New Orleans November 30-December 2, 1987. Sponsored by the National Institute of Mental Health, the Louisiana Office of Mental Health, Community Support Services (CSP), Louisiana Alliance for the Mentally Ill, the Mental Health Association of Louisiana - Louisiana Child and Adolescent Service System Program (CASSP), and Friends Alliance for the Mentally Ill, this conference was the first meeting of local CASSP teams from Louisiana's ten regions. Each team is composed of parents, service providers, and advocates who have agreed to provide regional leadership for CASSP activities.

Regional team members met together with Louisiana CASSP and Office of Mental Health staff at a brunch at which they heard an overview of CASSP plans and activities in Louisiana. The team members attended sessions at the conference that focused on children's issues, among them presentations by Robert Friedman of the Florida Research and Training Center on *Children and Adolescents: The Basic Foundation and Building a System.* Barbara Friesen of the Portland Research and Training Center and Tony Speier, of Louisiana CSP presented *Adolescent to Young Adult -- People In Transition.* Jane Gitz, a Louisiana parent who is a member of the Southern parent/professional training team, joined Dr. Friesen and Richard Vosler-Hunter of the Portland Center in a presentation entitled, *Parents and Professionals Together.* Mr. Vosler-Hunter also conducted a workshop on *Advocacy: Serving People and Impacting Systems.*

Regional CASSP team members, staff members from CASSP and the Louisiana Office of Mental Health, and consultants met together in an all-day session to initiate regional CASSP planning processes and activities. The meeting was planned by the Louisiana CASSP Force in conjunction with CASSP personnel. In a general session at the end of the day, regional teams presented the goals and plans they had developed. Louisiana CASSP Coordinator Jo Pine and Ron Boudreaux, CASSP Director, will be working with the regional CASSP teams to provide information and support for their planning efforts.

Oklahoma Respite Care Meeting

Respite care has been identified by parents and professionals as a much needed service to families caring for children with emotional handicaps. The Child and Adolescent Service System Program (CASSP) directors recognized respite care as a priority at their March 1987 meeting, and in some states work has begun on a range of respite-related issues. These efforts include development of training curricula for respite care providers in both Oklahoma and Kansas, as well as information gathering and participation on planning task forces in the states of Washington and Kentucky.

Rock Richardson, Oklahoma CASSP director, recognized that input was also needed from the most important resource -- parents who would use respite services. In cooperation with the Oklahoma parent advocacy group Positive Reflection, Inc., he arranged for twelve parents from around the country to participate in a respite care workshop. CASSP staff and other professionals interested in respite care also attended the meeting which took place in Oklahoma City on October 25-26, 1987.

Participants shared information on what is currently being done to make respite care services available to the families of children with emotional handicaps. Parents described ways that they currently find respite services, often by having willing friends or relatives care for their children. They also addressed problems related to the lack of adequate respite service, such as isolation of family members, lack of recreational opportunities, and in some cases, out-of-home placement.

During a session led by Terry Butler of the Portland Research and Training Center various locations where respite services can take place were examined. As in-home care, as well as a variety of out-of-home respite services were described, parents indicated that flexibility and accessibility were important in designing any respite care program. Some interesting and innovative ideas were presented, such as providing trained "companions" who would accompany children with emotional or behavioral difficulties to organized sports or other activities -- which would allow children to broaden their experiences and offer parents an occasional break.

Participants also examined the types of skills respite providers need to know in a session facilitated by Richard Donner of Kansas Families Together, Inc. and Dennis Olsen of Washington CASSP. Areas ranging from first aid skills to behavior management to participation in case management were discussed. There was widespread agreement that a variety of skills, characteristics and training levels would be needed in developing effective respite care services.

Respite care was discussed nearly as much outside the formal meetings as in them, as participants shared ideas about directions for planning and implementing respite services. Planning for the development of respite care services will continue as those who attended the Oklahoma meeting carry its results back to their agencies or advocacy groups, and maintain the information exchanges they began among themselves.

CONFERENCES

NATIONAL CONFERENCE ON FAMILY BASED PRACTICE: CALL FOR PAPERS

The 1988 National Conference on Family Based Practice will be held in Boise, Idaho on October 17-19, 1988. Papers, symposia and workshop submissions are welcomed. Presentation topics should focus on trends and policies in family based services, clinical and practice issues, supervision and management issues, and evaluation and research in family based services.

The deadline for the submission of an abstract describing proposed presentations is March 1, 1988. Please direct inquiries concerning the required content of abstracts to: Jody Lubrecht, Ph.D., CASSP-Bureau of Mental Health, 450 West State Street, Boise, Idaho 83720, (208) 334-5531.

CHILDREN'S MENTAL HEALTH SERVICES RESEARCH CONFERENCE

The Florida Research and Training Center for Improved Services for Seriously Emotionally Disturbed Children is sponsoring a research conference on *Children's Mental Health Services and Policy: Building a Research Base*, in Tampa, February 15-17, 1988. The conference is designed to share information both of a substantive and methodological nature on public sector research related to children's mental health services. The conference is intended for individuals conducting studies at the state and local level as well as for academic researchers. Presentations will be made on such topics as:

1. determining service needs;
2. assessing the cost-effectiveness of services;
3. developing information systems; and
4. determining the impact of particular funding strategies on service delivery.

For further information contact: Florida Research and Training Center, University of South Florida, 13301 Bruce B. Downs Blvd., Tampa, Florida 33612-3899, (813) 974-4500.

NATIVE AMERICAN AND FIRST NATIONS CONFERENCE ON CHILDREN WITH EMOTIONAL HANDICAPS

In June 1988 the Oklahoma Child and Adolescent Service System Program (CASSP) office will co-sponsor a Native American and First Nations conference on children with serious emotional handicaps with the University of Oklahoma's American Indian Institute. The conference, entitled *Encircling Our Forgotten*, will be held in Oklahoma City. Bi-national in scope, the conference will include the First Nations in the Canadian Provinces and the Northwest Territories and will be held in conjunction with *Red Earth '88*. Last year's *Red Earth* conference attracted one of the largest gatherings ever of American Indian Tribes and First Nations people. A call for presentations will be issued by the American Indian Institute. For further information contact: Anita Chisholm, American Indian Institute, University of Oklahoma, 555 Constitution, Norman, Oklahoma 73037, (405) 325-4127.

INSTITUTES ON COMMUNITY-BASED ALTERNATIVES

The Child and Adolescent Service System Program (CASSP) Technical Assistance Center at Georgetown University will host the *Institutes on Community-Based Service Alternatives* at the University of Colorado in Boulder July 24-28, 1988. The conference is designed to provide service providers, parents, state level planners and policy makers with information about community-based alternatives to in-patient or residential care for children. The meeting is organized around the following working goals:

1. To inform planners, policy makers, providers and parents about a range of community-based service alternatives for children with serious emotional handicaps and their families;
2. To provide in-depth practical information on how to develop and operate community-based services including in-home, therapeutic foster care, and crisis services; and
3. To provide information on approaches to linking service components into a comprehensive, well coordinated system of care.

For further information call or write: CASSP Technical Assistance Center, Georgetown University Child Development Center, 3800 Reservoir Road, N.W. CG-52 Bles, Washington, D.C. 20007, (202) 625-3895.

NOTES & COMMENTS

REVISION - NATIONAL DIRECTORY OF PARENT ORGANIZATIONS

In July 1986 the Research and Training Center published the *National Directory of Organizations Serving Parents of Seriously Emotionally Handicapped Children and Youth*. A number of new parent-supported advocacy groups have been started since the publication of the directory. The Research and Training Center is preparing to bring the directory up-to-date by revising current directory listings and adding new ones.

Newsletter readers are invited to send information on parent organizations that provide one or more of the following services to parents of children and youth with emotional handicaps:

1. education and information;
2. parent training;
3. advocacy, either at the case or systems level;
4. support groups for parents;
5. transition services;
6. brothers and sisters support groups; or
7. direct assistance such as respite care or transportation.

Nominations should be received by the Research and Training Center on or before February 15, 1988. Each organization will be contacted directly to complete an inventory of its services.

PARENT SURVEY DEADLINE NEARS

Parents from across the country are sharing their experiences living with children who have emotional disorders by participating in our Parent Survey. This information will help parents and professionals know more about the kinds of services and information needed by families, their formal and informal sources of support, and their experiences with seeking and using professional help.

Parents, please return your completed questionnaires by February 15, 1988. If you have not yet received a questionnaire, contact your state Child and Adolescent Service System Program (CASSP) director, or the children's mental health director in your state. Or, of course, we'll be glad to mail you a questionnaire and a stamped return envelope. For further information write or call Katie Yoakum at the Research and Training Center, Regional Research Institute, Portland State University, P.O. Box 751, Portland, Oregon 97207-0751, (503) 464-4040.

NATIONAL SCHOOL STUDY

As we noted in the Spring/Summer 1987 issue of *Focal Point*, Jane Knitzer, author of *Unclaimed Children*, and her colleagues at Bank Street College are conducting a national study of how well schools respond to children with emotional and behavioral difficulties. She received a number of replies to her request for information about individual programs and/or school districts that are particularly responsive to the needs of troubled children and their families and would welcome further information. If you know of such programs or school districts, or wish to share other perspectives on the issue, she would welcome hearing from you. Contact her at: Bank Street College of Education, 610 West 112th Street, New York City, New York 10025, (212) 663-7200.

FALL CASSP PROJECT DIRECTORS' MEETING

Washington, D.C. was the site of the September 1987 Child and Adolescent Service System Program (CASSP) Project Directors' meeting. The meeting opened with a welcome from Ira Lourie, M.D., Director of CASSP, at the National Institute of Mental Health (NIMH). The audience included CASSP project directors and staff, CASSP consultants, State Mental Health Representatives for Children and Youth, and other children's mental health professionals.

The highlight of the meeting was a one day focus on minority concerns. Participants explored methods of refining and incorporating minority goals and objectives into each state's overall CASSP plan. Several panelists discussed minority specific projects underway in New York, Pennsylvania and Alaska. Participants worked in small groups to discuss treatment issues regarding Appalachian, Asian, Black, Hispanic, and Native American children and youth. Luncheon speaker Earl Braxton, Ph.D., of Three Rivers Youth Training and Development Center in Pittsburg, Pennsylvania, discussed *Cross Cultural Training Issues.*

An ad hoc committee composed of persons concerned with strengthening and sustaining CASSP efforts on behalf of minority children and families was formed during the meeting. Committee members emphasized the need to make minority issues integral to all CASSP activities. They urged that future efforts take full advantage of the leadership and wisdom CASSP has cultivated with respect to mental health treatment of minority children and youth.

PARTNERS FOR A CHANGE

Families and Professionals: Partners for a Change was the title of a conference held in Washington, D.C. September 15-17, 1987. Sponsored by the National Alliance for the Mentally Ill (NAMI) and the Virginia Treatment Center for Children, this meeting was the first national meeting designed specifically for parents whose minor children have serious mental or emotional disorders and for professionals from the child-serving system.

Assembled participants were addressed by Madeleine Will, Assistant Secretary, Office of Special Education and Rehabilitative Services, U.S. Department of Education. Mrs. Will identified major areas that need the attention of parents and professionals working together:

- Interagency and intersystem collaboration on behalf of emotionally disabled children and their families;
- Parental involvement in planning, implementing and evaluating services for their children; and
- Appropriate educational programs and related services.

Awards were presented to a number of groups and individuals "that have enabled and empowered parents and families of mentally ill children and adolescents through training, special programs, or other initiatives." Jeannie C. Baliles, Virginia's First Lady, presented awards to:

- John P. Baker, Parents and Children Coping Together, Inc.
- Dana Baldridge & Bruce Moran, Positive Reflection
- Richard Donner, Topeka, Kansas
- Glenda Fine, Parents Involved Network

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Research and Training Center Resource Materials

☐ *Annotated Bibliography. Parents of Emotionally Handicapped Children: Needs, Resources, and Relationships with Professionals.* Covers relationships between professionals and parents, parent self-help, support and advocacy groups, parent participation, parents' problems and guidelines. $3.00 per copy.

☐ *Annotated Bibliography. Youth in Transition: Resources for Program Development and Direct Service Intervention.* Transition needs of adolescents: educational and vocational issues, programs and curriculum, research overviews, interpersonal issues, skills training. One copy free while supplies last.

☐ *Child Advocacy Annotated Bibliography.* Includes selected articles, books, anthology entries and conference papers written since 1970, presented in a manner useful to readers who do not have access to the cited sources. $7.00 per copy.

☐ *Families as Allies Conference Proceedings: Parent-Professional Collaboration Toward Improving Services for Seriously Emotionally Handicapped Children and Their Families.* Held in April 1986 and attended by delegations from thirteen western states. Includes: agenda, presentation transcriptions, biographical sketches, recommendations, worksheets, and evaluations. One copy free while supplies last.

☐ *Gathering and Sharing: An Exploratory Study of Service Delivery to Emotionally Handicapped Indian Children.* Findings from Idaho, Oregon, and Washington, covering current services, successes, service delivery barriers, exemplary programs and innovations. $2.00 per copy.

☐ *Glossary of Acronyms, Laws, and Terms for Parents of Children with Emotional Handicaps.* Glossary is excerpted from the *Taking Charge* parents' handbook. Approximately 150 acronyms, laws, and words and phrases commonly encountered by parents of children with emotional handicaps are explained. $1.00.

☐ *Making the System Work: An Advocacy Workshop for Parents.* A trainers' guide for a one-day workshop designed to introduce the purpose of advocacy, identify sources of power and the chain of command in agencies and school systems, and practice advocacy techniques. $5.00.

☐ *The Multnomah County CAPS Project: An Effort to Coordinate Service Delivery for Children and Youth Considered Seriously Emotionally Disturbed.* A process evaluation of an interagency collaborative effort is reported. The planning process is documented and recommendations are offered. $3.00 per copy.

☐ *National Directory of Organizations Serving Parents of Seriously Emotionally Handicapped Children and Youth.* The U.S. organizations included provide one or more of the following services: education and information, parent training, case and systems level advocacy, support groups, direct assistance such as respite care, transportation and child care. $5.00 per copy.

☐ *Parents' Voices: A Few Speak for Many* (videotape). Three parents of children with emotional handicaps discuss their experiences related to seeking help for their children (45 minutes). A trainers' guide is available to assist in presenting the videotape. Free brochure describes the videotape and trainers' guide and provides purchase or rental information.

☐ *Taking Charge: A Handbook for Parents Whose Children Have Emotional Handicaps.* This self-teaching workbook for parents addresses topics such as parents' feelings about themselves and their children, labels and diagnoses, types of professionals and treatments, and legal issues. Single copies free to parents of children with emotional handicaps while supplies last. All others, $7.00 per copy.

☐ *Working Together: The Parent/Professional Partnership.* A trainers' guide for a one-day workshop for a combined parent/professional audience. Designed to identify perceptions parents and professionals have of each other and obstacles to cooperation; as well as discover the match between parent needs and professional roles, and practice effective listening techniques and team decision making. $5.00.

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NOTES & COMMENTS continued from page 10

- Barbara Friesen, Families as Allies Project
- Carol Howe, Alliance for Mentally Ill Children and Adolescents (AMICA)
- Barbara Huff, Families Together, Inc.
- Mr. & Mrs. Harvey Navarette
- PACER Center, Inc.
- Rebecca Viers, Albuquerque Support Group for Parents of Behaviorally Different Children

Mrs. Baliles was presented with a special leadership award for her efforts in the State of Virginia to improve services for children with emotional disabilities.

In closing, Laurie Flynn of NAMI urged participants to put their new knowledge and skills into practice on behalf of children who are handicapped by serious mental and emotional problems.

CROSS-CULTURAL SKILLS IN INDIAN CHILD WELFARE

As a part of the Portland Research and Training Center's new minority mental health initiative, we alert our readers to the availability of a monograph for non-Indian social service providers working with Indian children and families. *Cross-Cultural Skills in Indian Child Welfare: A Guide for the Non-Indian* is available for $12.50 through the following: Northwest Indian Child Welfare Institute, Regional Research Institute, Portland State University, P.O. Box 751, Portland, OR 97207, (503)464-3038.

PARENT COLUMN

We will be inaugurating a new parent column in the Spring 1988 issue of *Focal Point*. Parents are invited to submit contributions, not exceeding 250 words in length, describing (for example) their:

- experiences parenting a child with emotional handicaps;
- interactions involving or concerning their children with friends, family and professionals;
- frustrations and successes in seeking and obtaining services; or
- expectations and hopes for their children's future.

Parents should include their names, addresses and telephone numbers; however, their contributions may be published anonymously if they so desire.

NEXT ISSUE: FOCUS ON FAMILIES

The Spring 1988 issue of *Focal Point* will feature information about the needs and interests of families whose children have emotional disabilities. A new column containing contributions by parents will be introduced. We will also include preliminary results from our Parent Survey, articles on family support, and additional respite care resources.

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