

## IDAHO PARENT NETWORK FOR CHILDREN'S MENTAL HEALTH WORKSHOP

The Idaho Parent Network for Children's Mental Health held its annual workshop in Boise, October 17-19, 2019, with support from the divisions of Behavioral Health, Medicaid, Family and Community Services, the Idaho Federation of Families for Children's Mental Health, Optum, Beacon Health Options, Magellan Healthcare, Portland State University, Boise State University, and the Praed Foundation.

### Who attended

Twenty parents and over 20 industry and government experts collaborated on topics impacting Idaho children with mental health concerns and their families.

### What they discussed

This year, conversations focused on understanding the Wraparound planning process, the caregiver section of the Child and Adolescent Needs and Strengths (CANS) tool, what the results from the recent parent survey facilitated by Boise State University tell us, how the new statewide mental health crisis system is being developed, and how the Adverse Childhood Experiences (ACEs) survey relates to children who have trauma and mental health issues.

### What they learned

Members of the Parent Network from around the state were able to learn from each other, discuss the changes in local mental health services, identify barriers they see in their communities, ask questions from professionals who are responsible for programs that impact their children, and offer suggestions and feedback to systems that are struggling to have positive interactions with families. Special attention was given to discussing children and families who are involved in both the Developmental Disabilities program and the Children's Mental Health program. Additional time was spent understanding the ACEs tool and how it can be appropriately used to help communities provide protective factors to help support their residents.

### What are the next steps?

At the conclusion of the workshop, parents gathered to identify resources that they would like to see added to the Parent Network website. Future resource development will focus on helping families develop natural supports, understanding the impact of attachment issues and trauma on mental health, interacting with police and first responders who deal with children who have mental health concerns, creating a child specific communication plan to assist professionals in understanding the bigger picture when called in during a crisis, and developing action plans to help families work effectively to resolve mental health issues within the home.

The Parent Network can be reached via their website at [www.idahoparentnetwork.org](http://www.idahoparentnetwork.org).

