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NewsBlast

Essential News for You and Your Family



IDAHO FEDERATION OF
Families
FOR CHILDREN'S MENTAL HEALTH

Idaho Federation of Families NewsBlast

November 2016



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Steve's Space

Steve says **"GO CUBS!"**
and **"HAPPY THANKSGIVING!"**

Board of Directors

Kathie Garrett
Jennifer Griffis
Kim Hokanson
Rick Huber
Fred Kirn
Morgan Knab
Jonathan Morgan
Vanessa Morgan
Cheryl Mulvihill
Payton Nelson
Kateri Ray

Office Staff

Stephen Graci,
Executive
Director



PARENT WEBINARS

SAVE THESE DATES!
**Announcing our Winter Webinar
Series**

Saturday, December 10th at 10:00 AM
**"What Youth Want Parents to Know about
Their Mental Health"**
A group discussion with Youth MOVE members-

We will focus on how parents can assist and support their youth in

Carol Dixon,
Family Support
Coordinator

Susan Delyea,
Youth Specialist

Mike Canavan,
Communications
& Tech Support

Cindy Shotton,
Administrative
Assistant /
NewsBlast Editor

Family Support Specialists

Region I
Kelly Bryant

Region II
Tabitha Shears

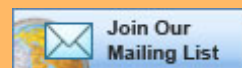
Region III
Carol Dixon

Region IV
Carol Dixon

Region V
Jamie Price

Region VI
Kathy Gneiting

Region VII
Kathy Gneiting



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regards to balancing school with other aspects of their lives. We will touch on public schooling, bullying, homeschool socialization, and balancing extracurricular activities, like sports and clubs. Our group thinks this is an important topic because parental support is instrumental in youth education, and our hope is that they will be better able to understand their youths' struggles in life, as well as be better able to help them navigate it. There will be four panelists and various other people performing tasks such as directing and running two trainings for those working on this project.



Thursday, January 5th at 10:00 AM

"Good Enough Parenting Is Great Parenting: Introduction to Attachment Theory for Parenting"

Presented by Janelle Stauffer, LCSW

Thursday, February 2nd at 10:00 AM

"Emotion Regulation and Bonding"

Presented by Dr. Roger Olson, PsyD

Mark your calendars now! More information and registration links coming soon!

PARENTS - Check Out Our Online Library of Archived Webinars!

Through a collaborative effort with community professionals, the Federation hosts a monthly Parent Webinar Series. The presentations are on a variety of topics related to children's mental health. The webinars are archived so parents can browse through the topics and watch a presentation at a time of their choosing. The feedback has been very positive - Check out our library at <http://idahofederation.org/archived-parent-webinar-presentations/>

**Important Parent Webinar for All Parents of a Child
with SED!**

Our November 17th webinar was outstanding! Presented by Teresa Heald, parent and LCSW, "Parents' Crucial Role: Engaging in Your Child's Mental Health Treatment" is a MUST SEE! It lasts 65 minutes. View it here: [Parents' Crucial Role](#)

Pictures from a Recent In-Person Board Meeting.....



Board Secretary Jonathan Morgan and sweet baby Cora



L-R Payton Nelson; Susan Delyea; Rick Huber; Jennifer Griffis

Children's Mental Health Reform (CMHR) Project

To read information on the ongoing collaborative effort to implement a new system of care for Idaho children and youth with Serious Emotional Disturbance (SED), check out the website below:

The link for the Y.E.S. (Youth Empowerment Services) website is www.YES.idaho.gov



Idaho Parents Unlimited, Inc
Assisting Families of Children with Disabilities
and/or Special Health Care Needs
Serving Idaho Families Since 1985

Check out IPUL's upcoming November 29th webinar "Parent and Professional Collaboration"

Follow this link: <http://campaign.r20.constantcontact.com/render?m=1102855888262&ca=2688ca10-2c05-4129-8e0c-a883b1acc342>

and another event on December 14th:
"How to Effectively Advocate for Your Child's Health Care Needs"

<http://campaign.r20.constantcontact.com/render?m=1102855888262&ca=c1bee762-e936-464a-809e-a73df8f2ee7b>