

## FED EXPRESS Winter 2003 - 2004

### From the President

Welcome to the first newsletter of our (risen from the ashes) statewide family organization, The Idaho Federation of Families for Children's Mental Health (IFFCMH). As the President of the IFFCMH Board of Directors, I hope to use this format to stay in touch with all families, across Idaho, who have children with an emotional, behavioral, and/or mental disability...as well as those who work with these same families and their children.

With this first issue I simply wanted to say "hello" and to put in a plug that we are looking for Board members, especially in Regions I (Coeur d'Alene area) and VI (Pocatello and vicinity). If you are interested in being a member of the IFFCMH board or would like to ask questions of me or any board member please feel free to contact us (our office address and telephone numbers are listed in the box to the left). I am looking forward to our work together on behalf of all of our children.

My very best wishes to you and yours for a blessed and peaceful holiday season! -  
- *Kathy Berg*

### New Look-New Staff-Same Great Services

The Federation experienced an all new look and new staff last June when the new Administrative Director, Marlyss Meyer, came on board. After the previous Director went into private practice and packed everything away in storage, the IFFCMH opened its doors at 3173 N. Cole Road in Boise. After some begging and pleading, the Federation received some great furniture and we are proud to invite any and all to visit us at the new location. Telephone numbers and websites did not change, and the services to families remains first and foremost.

### Federation Membership and Outreach

The IFFCMH is updating its membership list. Have you joined? Have you renewed your membership? If not, please get your information in so we can ensure you are part of the team. Also, tell your friends and other families you might know who need our services to [JOIN UP NOW](#).

We are also looking to develop a strong mentoring system throughout the state. If you would like to be a Family Advocate and help others in need, please check our website or call Jessica at (208)433-8845 to find out more how you can help others in your community. Sometimes all that is needed is a friendly voice – won't you be that voice? Please call and be part of the Team Idaho helping families and youth learn how to succeed in working with a child with an SED.

### IFFCMH and Department of Health and Welfare Partner

The IFFCMH entered into a statewide contract with DHW, Children's Mental Health to enjoin the DHW in providing training for family advocacy for parents, providers and DHW staff. Part of the partnership also incorporates a small portion of the System of Care cooperative agreement between the State of Idaho (DHW) and SAMHSA. The IFFCMH will oversee the Key Family Contact, Ms. Jessica Ruehrwein and the Youth Coordinator, Ms. Amanda Lee, to recruit and retain family and youth involvement and alliance in developing systems, services, and

peer mentoring. This a one-year contract and the IFFCMH hopes to renew the contract with DHW after the first year.

This is a very exciting agreement because the focus is on family/parent involvement in service provision. Ensuring the parent voice in the decision making is key to success in working with youth with an SED. The uniqueness of this project is that it is focused on a statewide basis rather than just a regional basis. Idaho offers a huge amount of diversity in areas of culture, geography, service availability, and more. This diversity will serve as both opportunities and challenges in the implementation of the System of Care project.

## Happy Holidays

Tree



The Holidays are a time for families and a time to gather loved ones together for making happy times and happy memories. However, this time of year can also be one of the most stressful for families and youth. By establishing a few simple rules for families and children, the stress factor can be reduced significantly. Here are four simple stress reducers to get you through the Holidays:

Keep things simple. It's not about the money – its about the love.

Reduce the caffeine and sugars. Now is not the time to overload.

Before you feel like screaming, stop, ask everyone to take three to five deep breaths (yes, even the little ones). This stops the moment, relaxes and allows a moment of clear thinking.

Get some exercise. Turn off the TV and take a walk. You will be amazed what a ten-minute walk around the block can do. Or, send the kids out to play and go outside with them for a breath of fresh air. You'll be glad you did.

Remember – these are the times memories are made. Make them good ones for all.

## Up-Coming Events

Mark your calendar for the first week of May in Boise. The Statewide Children's Mental Health Conference will be here soon. Planning teams are busy setting up the agenda and we will keep you posted as to the details. Check [www.idffcmh.org](http://www.idffcmh.org) for more information.

Idaho Parents Unlimited, Inc. (IPUL) is also planning a conference for March 11-12, 2004 in Boise. IPUL is a statewide organization founded to provide support, information and technical assistance to parents of children and youth with disabilities. Their conference will include speakers and presenters which will be of interest to families of people with disabilities. For more information, check their website at [www.ipulidaho.org](http://www.ipulidaho.org) or call them at 342-5884.

Wreathe



**Region I** (vacant)

**Region II**

- Christina Lymberopoulos

**Region III**

- Cheryl Leben  
- Wendy Leben, Youth Representative

**Region IV**

- Susan Hill  
- Marti Wisner  
- Kathleen Berg, President

**Region V**

- Angela Hicks, Vice President

**Region VI** (vacant)

**Region VII**

- Fred Kim

**Marlyss Meyer,**  
Administrative Director

**Jessica Ruehrwein,**  
Key Family Contact

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