



Exploring Advocacy Resources

Mental Health: Federal Resources

Administration for Children and Families (ACF)

A division of the Department of Health and Human Services. We promote the economic and social well-being of families, children, individuals, and communities with partnerships, funding, guidance, training and technical assistance.

www.acf.hhs.gov

Centers for Disease Control (CDC)

The CDC provides helpful information on mental health related issues and has statistical information about various conditions.

<https://www.cdc.gov/mentalhealth/>

Centers for Medicare & Medicaid Services (CMS)

Offers an array of information about eligibility for benefits, coverage and coordination of services related to Medicare, Medicaid and CHIP (Children's Health Insurance Program).

www.cms.gov

InsureKidsNow.gov

Is a website operated by CMS, providing information about Medicaid and CHIP for:

- families seeking health insurance coverage for children and teens
- families needing help locating a dentist
- organizations interested in getting involved in the Connecting Kids to Coverage National Campaign, an outreach and enrollment initiative.

www.insurekidsnow.gov

National Institute of Mental Health (NIMH)

A division of the National Institute of Health (NIH) has the mission of transforming the understanding and treatment of mental illness.

www.nimh.nih.gov

- **Mental Health Medications**
www.nimh.nih.gov/health/topics/mental-health-medications/index.shtml
- **Treatment of Children with Mental Illness**
<https://www.nimh.nih.gov/health/publications/children-and-mental-health/index.shtml>
- **Recovery After an Initial Schizophrenia Episode (RAISE)**
www.nimh.nih.gov/health/topics/schizophrenia/raise/index.shtml

Social Security Administration

Delivers a broad range of services online and has a network of over 1,400 offices including field offices, teleservice centers, processing centers and hearing offices. SSA also has a presence in U.S. embassies around the globe.

www.ssa.gov

Disability Benefits – Child (under age 18)

www.socialsecurity.gov/disabilityssi/apply-child.html

Substance Abuse and Mental Health Services Administration (SAMHSA)

Is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.

www.samhsa.gov

Center for Mental Health Services (CMHS)

A division of SAMHSA, leads federal efforts to promote the prevention and treatment of mental disorders. CMHS is charged by Congress to bring new hope to adults who have mental illness and children with emotional disorders.

www.samhsa.gov/about-us/who-we-are/offices-centers/cmhs

National Child Traumatic Stress Initiative (NCSTI)

Provides parents, caregivers, educators and professionals resources on recognition, understanding and treatment of traumatic stress in children and adolescents.

www.samhsa.gov/child-trauma/understanding-child-trauma

Mental Health: Mental Health and Advocacy Organizations**American Foundation for Suicide Prevention (AFSP)**

AFSP is a multifaceted organization made up of esteemed scientists, dedicated survivors of suicide loss, people with mental disorders and their families, and an expansive network of business and community leaders. Their mission is to save lives and bring hope to those affected by suicide. AFSP has local chapters in all 50 states with programs and events nationwide

www.afsp.org

Autism Society of America

Provides information and resources on autism spectrum disorders.

www.autism-society.org

Autism Speaks

Is a leading autism science and advocacy organization, dedicated to funding research into the causes, prevention, treatments and a cure for autism; increasing awareness of autism spectrum disorders; and advocating for the needs of individuals with autism and their families.

www.autismspeaks.org

Center for Practice Innovations at Columbia Psychiatry New York State Psychiatric Institute

Supports the New York State Office of Mental Health's mission to promote the widespread availability of evidence-based practices to improve mental health services, ensure accountability, and promote recovery-oriented outcomes for consumers and families.

<http://practiceinnovations.org/Home/tabid/165/Default.aspx>

Child Welfare League of America (CWLA)

Is a powerful coalition of hundreds of private and public agencies serving vulnerable children and families. Their expertise, leadership and innovation on policies, programs, and practices help improve the lives of millions of children across the country.

www.cwla.org

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)

Is a membership organization, produces the bi-monthly Attention magazine (for members) and sponsors an annual conference. Contact information for all local chapters is available online through CHADD's Resource Directory.

www.chadd.org

Children's Defense Fund (CDF)

Is a non-profit child advocacy organization that has worked relentlessly for more than 40 years to ensure a level playing field for all children. They champion policies and programs that lift children out of poverty; protect them from abuse and neglect; and ensure their access to health care, quality education and a moral and spiritual foundation. Supported by foundation and corporate grants and individual donations, CDF advocates nationwide on behalf of children to ensure children are always a priority.

www.childrendefense.org

Children's Mental Health Network (CMHN)

Provides weekly news and unbiased analysis of key issues focused on children, youth and families' mental health and wellbeing. CMHN distills the high volume of information about issues that impact children and youth with emotional and behavioral challenges and their families in a way that makes sense in its most simplified form, focusing on the key elements requiring action and involvement.

www.cmhnetwork.org

Council for Exceptional Children (CEC)

Is the largest international professional organization dedicated to improving the educational success of individuals with disabilities and/or gifts and talents. CEC advocates for appropriate governmental

policies, sets professional standards, provides professional development, advocates for individuals with exceptionalities and helps professionals obtain conditions and resources necessary for effective professional practice.

www.cec.sped.org

Council for Children with Behavioral Disorders (CCBD)

Is the official division of the Council for Exceptional Children (CEC) committed to providing support for children with unique behavioral needs. Services include effective classroom management strategies, how to work with students with emotional and behavioral disorders (EBD), Autism Spectrum Disorders (ASD), Attention Deficit Hyperactivity Disorder (ADHD) and more, supporting students in the juvenile justice system, teaching core curriculum to students with challenging behavior, and more.

www.ccbd.net

Mental Health: Professional Organizations

American Academy of Child & Adolescent Psychiatry (AACAP)

www.aacap.org

Facts for Families

Fact sheets provide concise and up-to-date information on issues that affect children, teenagers and their families. AACAP provides this important information as a public service and the Facts for Families may be duplicated and distributed free of charge as long as the American Academy of Child and Adolescent Psychiatry is properly credited and no profit is gained from their use. The materials are available in English and Spanish.

https://www.aacap.org/aacap/families_and_youth/facts_for_families/fff-guide/fff-guide-home.aspx

American Academy of Pediatrics

<https://www.aap.org>

American Psychiatric Association (APA)

www.psychiatry.org

American Psychological Association

www.apa.org

National Association of Social Workers

www.socialworkers.org

National Association of School Psychologists (NASP)

www.nasponline.org

Mental Health: Academic Centers

NYU Langone Health Child Study Center

Is dedicated to improving the treatment of child psychiatric disorders through scientific practice, research, and education, and to eliminate the stigma of being or having a child with a psychiatric disorder.

<https://nyulangone.org/locations/child-study-center>

Center for School Mental Health (CSMH)

Housed in the University of Maryland School of Medicine, has as its mission to strengthen policies and programs in school mental health to improve learning and promote success in America's youth.

<https://csmh.umaryland.edu>

Institute for Innovation and Implementation

Housed in the University of Maryland School of Social Work, provides support around workforce development for leadership, practitioners, parents, youth, and stakeholders working within the child, youth, and family serving systems.

<https://theinstitute.umaryland.edu>

Kids Mental Health Informational Portal

Provides information on a variety of mental health conditions including diagnosis and treatment issues.

www.kidsmentalhealth.org

Georgetown University Child Development Center -- National Technical Assistance Center for Children's Mental Health

Is dedicated to increase the capacity of communities, states, tribes and territories, to improve, sustain and expand Systems of Care and the services and supports provided within them to improve the lives of children, youth and young adults with or at risk for mental health challenges and their families. The TA Center assists a range of audiences in planning for and understanding their role in change processes as well as in designing effective service systems and implementing effective practices for children, youth and young adults. TA Center faculty and consultants have expertise with multiple populations with mental health needs including infants and toddlers, children and youth with co-occurring developmental disabilities or substance abuse, youth transitioning into adulthood, and families from diverse cultural backgrounds.

<http://gucchdtacenter.georgetown.edu/about.html>

Kids in the House

Is the largest parenting video library in the world. This educational website aims to help parents and caregivers become better at parenting by educating, inspiring and entertaining. This resource contains over 8,000 videos from 450 leading parenting experts, including doctors, pediatricians, psychologists, educators, bestselling authors, celebrities and parents themselves.

www.kidsinthehouse.com

Portland Research and Training Center, Portland State University

Promotes effective community-based, culturally competent, family-centered services for families and their children who are, or may be affected by mental, emotional or behavioral disorders.

<https://pathwaysrtc.pdx.edu/>

RTC for Pathways to Positive Futures

Aims to improve the lives of youth and young adults with serious mental health conditions through rigorous research and effective training and dissemination. Their work is guided by the perspectives of young people and their families, and based in a positive development framework.

www.pathwaysrtc.pdx.edu/resources

Transitions ACR

Housed in the University of Massachusetts Medical School, promotes the full participation in socially valued roles of transition-age youth and young adults (ages 14-30) with serious mental health conditions. They use the tools of research and knowledge translation in partnership with this at risk population to achieve this mission.

<https://www.umassmed.edu/TransitionsACR/>

Yale Child Study Center

Serves children and families from birth through adolescence. At our core is the mission to improve the lives of children and families through research, service and training. They serve as the Department of Child Psychiatry for the Yale School of Medicine and Yale New Haven Hospital; a center for basic neurodevelopment research on the earliest neurodevelopment and behavioral problems troubling children; and are engaged in our community with many clinical services in clinic and community settings as well as in homes and pediatric practices.

<http://childstudycenter.yale.edu/>

Mental Health: Websites**CopeCareDeal.org**

Is a mental health web site for teens with age-appropriate, helpful information.

<https://www.annenbergpublicpolicycenter.org/ahrci/adolescent-mental-health-initiative-book-series/>

KidsHealth

Has separate areas for children, teens and parents. Each of these sections includes its own design, age-appropriate content and tone. There are many in-depth features, articles, animations, games and resources developed by experts in the health of children and teens. For information for teen mental health, click on "teens" and then click on "Your Mind" to access a broad array of resources for teens.

www.kidshealth.org

Reach Out!

This Australian-based website contains valuable information for any teenager to help improve their mental health and wellbeing during the transition-age years. The interactive site includes coping tips, forums, fact sheets, personal stories and resources regarding mental illness, school, employment and

relationships.

<http://au.reachout.com/>

Lives in the Balance

Child Psychologist Ross Greene, PhD is the founding director of this organization whose vision is to "foster collaboration and empathy, transform lives, and inspire change for all children (especially the most vulnerable), to heighten awareness of the detrimental and counterproductive effects of punitive interventions, and to address the systemic issues that impede our progress."

<https://www.livesinthebalance.org/>

Education: Federal Resources

IDEA: Individuals with Disabilities Education Act

Is a law ensuring services to children with disabilities throughout the nation. IDEA governs how states and public agencies provide early intervention, special education and related services to more than 6.5 million eligible infants, toddlers, children and youth with disabilities. Infants and toddlers with disabilities (birth-2) and their families receive early intervention services under IDEA Part C. Children and youth (ages 3-21) receive special education and related services under IDEA Part B.

<http://idea.ed.gov>

Office of Special Education and Rehabilitative Services (OSERS)

Is committed to improving results and outcomes for people with disabilities of all ages. OSERS supports programs that serve millions of children, youth and adults with disabilities.

<http://www2.ed.gov/about/offices/list/osers/index.html>

Section 504: Protecting Students with Disabilities

Is an anti-discrimination, civil rights statute that requires the needs of students with disabilities to be met as adequately as the needs of the non-disabled are met. Information available includes interrelationships between IDEA and Section 504, protected students, evaluations, placements, procedural safeguards and terminology.

<http://www2.ed.gov/about/offices/list/ocr/504faq.html>

Education: Mental Health and Advocacy Organizations

Center for Parent Information and Resources (CPIR)

Serves as a central resource of information and products to the community of Parent Training Information (PTI) Centers and the Community Parent Resource Centers (CPRCs), so that they can focus their efforts on serving families of children with disabilities.

www.parentcenterhub.org

School Mental Health Project (SMHP)

Pursues theory, research, practice and training related to addressing mental health and psychosocial concerns through school-based interventions. SMHP works closely with school districts, local and state agencies, special initiatives, and organizations and colleagues across the country. In 1995 the project established its national Center for Mental Health in Schools. In 2015, the Center established the National Initiative for Transforming Student and Learning Supports. Information available includes: resources, toolkits, research articles and much more.

<http://smhp.psych.ucla.edu>

Wrightslaw: Special Education Law

This website is designed for families, advocates, educators and attorneys looking for accurate, up-to-date information about special education law and advocacy for children with disabilities, including those with mental health conditions. Emphasis on IDEA, Free and Appropriate Public Education (FAPE) and Individualized Education Programs (IEPs).

www.wrightslaw.com

Education: Professional Organizations

American School Counselors Association (ASCA)

<https://www.schoolcounselor.org/>

American School Health Association (ASHA)

<http://www.ashaweb.org>

Legal: Federal Resources

Office of Juvenile Justice and Delinquency Prevention (OJJDP)

A component of the Office of Justice Programs, U.S. Department of Justice. OJJDP collaborates with professionals from diverse disciplines to improve juvenile justice policies and practices. They accomplish this mission by supporting states, local communities and tribal jurisdictions in their efforts to develop and implement effective programs for juveniles. Information available includes: research, program, training initiatives, juvenile justice issues and more.

www.ojjdp.gov

Legal: Mental Health and Advocacy Organizations

Bazelon Center for Mental Health Law

Works on a broad array of children's mental health issues. The website includes publications related to children's mental health and related policy issues.

www.bazelon.org

National Center for Mental Health and Juvenile Justice (NCMHJJ)

Provides a national focal point aimed at improving policies and programs for youth with mental health disorders in contact with the juvenile justice system. NCMHJJ collects, develops and disseminates information and resources on youth with behavioral health needs in contact with the juvenile justice system; guides and influences practice in select jurisdictions to bring about improved services for youth through training and technical assistance; and informs and improves public policy at national, state, and local levels that reflects the best available research and practice.

www.ncmhjj.com

Youth Law Center

Works to eliminate abuse and neglect of children, to reduce out of home placements and incarceration and to assure that those who are removed are held in safe, humane conditions. YLC takes action to ensure that the legal rights of vulnerable children are protected and that they receive the support and services they need to become healthy and productive adults.

www.ylc.org

Spanish Resources: Federal Resources

Salud mental del niño

MedlinePlus

www.nlm.nih.gov/medlineplus/spanish/childmentalhealth.html

The ALLIANCE National Parent Technical Assistance Center (NPTAC)

<https://www.parentcenterhub.org/national-ptacs/>

Healthfinder.gov en español

www.healthfinder.gov/espanol

InsureKidsNow.gov en español

<http://espanol.insurekidsnow.gov>

Kids Health from Nemours

<http://kidshealth.org>

Mental Health America en español

www.nmha.org/go/en-espanol

Parent Center Hub (Formerly NICHCY) en español

<https://www.parentcenterhub.org/recursos-en-espanol/>