WELCOME

A SAMHSA SPONSORED DISCUSSION
PASSING THE TORCH: CHILDREN’S MENTAL HEALTH
ACCEPTANCE WEEK YESTERDAY, TODAY, AND TOMORROW

DR. LYNDA GARGAN
Executive Director
National Federation of Families

LIZ SWEET
Public Health Advisor (Retired)
SAMHSA

CAROL CECIL
Public Health Advisor (Incumbent)
SAMHSA
<table>
<thead>
<tr>
<th>Stage</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>1. PRECONTEMPLATION</strong></td>
<td>No Recognition/Avoidance of Mental Health Challenges: The Days of Parent Shame and Blame</td>
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<td><strong>2. CONTEMPLATION</strong></td>
<td>Awareness then Acceptance of Mental Health Challenges: Embracing the Reality and Accepting the Need for Inclusion and Support</td>
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<td><strong>3. PREPARATION</strong></td>
<td>Making an Advocacy Plan: Creating a World of Equity, Safety, and Opportunity for Everyone in Our Society to Live Meaningful Lives</td>
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<td><strong>4. ACTION</strong></td>
<td>Making a Plan, Moving the Agenda Forward: Creating Change and Course Correcting over Time and with Determination</td>
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<td><strong>5. MAINTENANCE</strong></td>
<td>Achieving Social Justice: Treatment for Mental Health and Substance Use Disabilities is Accessible, Appropriate, and Supported with the Goal of Wellness and Recovery for All.</td>
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<td><strong>6. RELAPSE</strong></td>
<td>Holding Ourselves and Others Accountable: Ensuring Social Justice is Common Practice and Business as Usual</td>
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**The Stages of Change in Children’s Mental Health Acceptance Week**

1992 - 2024
Carry the Torch with Us!
Be a Part of the Change.
Join Us in Orlando, FL | November 7 - 9
National Federation of Families’ 35th Annual Conference

#ACCEPTADVOCATEACT
#SOCIALJUSTICEFORFAMILIES

Learn more at:
www.ffcmh.org/2024-conference