



U.S. Department of Health and Human Services  
Administration for Children and Families  
Office of Family Assistance

National  
Responsible  
Fatherhood Clearinghouse



## NRFC Webinar Series

### *Let's Talk About Mental Health: February 18, 2015*

## Resources

Taking care of our mental health is just as important as taking care of our physical health. The U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA) estimates that one in five adult Americans (ages 18 and older) will experience a mental health problem this year.

The National Responsible Fatherhood Clearinghouse webinar – [Let's Talk About Mental Health](#) – looked at ways in which fatherhood programs can talk with fathers about mental health issues, address misperceptions about “mental illness,” and encourage prevention, resilience, and recovery.

The following resources were suggested by the webinar presenters and may be helpful for fatherhood programs and fathers.

- The [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#), U.S. Department of Health and Human Services (DHHS), was established by Congress in 1992 to make substance use and mental disorder information, services, and research more accessible. Helpful resources include:
  - [Community Conversations About Mental Health](#) - a toolkit with resources to help promote mental health and access to treatment and recovery services.
  - [Behavioral Health Treatment Services Locator](#) - an online source of information about services and treatment for mental health and substance abuse problems.
  - [Trauma-Informed Care in Behavioral Health Services](#) - includes information on assessment tools and how substance abuse, mental health, and trauma interact.
- The DHSS website [MentalHealth.gov](#) provides information and resources about mental health.
- [Mental Health America](#) provides information, resources, and ways to find help.
- The [National Alliance on Mental Illness \(NAMI\)](#), an association of local affiliates and state organizations, works to raise awareness and provide support for individuals and families affected by mental illness.
- [National Institute of Mental Health \(NIMH\)](#) supports research and provides information to increase understanding of mental illness, including a publication about [Men and Depression](#).
- The [National Child Traumatic Stress Network](#) provides resources for parents and educators.
  - [Facts for Policymakers: The Need for an Integrated System of Care for Youth with Traumatic Stress & Substance Use Disorders](#)

Take Time to Be a Dad Today

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- The [National Center for Post Traumatic Stress Disorder \(NCPTSD\)](#) provides resources for military veterans and their families, as well as helping professionals.

#### Articles and websites

- [Adverse Childhood Experiences Study \(ACES\)](#)
- [Treatment is Prevention: An Argument for Trauma-Informed Mental Health Treatment](#)
- [Trauma & Resilience: An Adolescent Provider Toolkit](#)
- [When Dad Has Postpartum Depression](#)

#### Videos

The following PSAs and videos could be used to “start the conversation” with fathers:

- [2011 PSA with Brandon Marshall of the Denver Broncos](#), from [National Education Alliance for Borderline Personality Disorder](#), an organization with resources for families and professionals.
- [2015 PSA with Brandon Marshall](#), from [Bring Change 2 Mind](#), an organization with educational materials designed to “start the conversation and end the stigma surrounding mental illness.”
- [Mental Health and Black Men](#) – a YouTube video of a presentation by Dr. Sidney Hankerson, Columbia University, at the 2<sup>nd</sup> Annual Forestdale Fatherhood Retreat, Frost Valley, NY, on June 9, 2012 (Filmed and Produced by Fathers Incorporated).

#### Assessment tools

The following assessment tools were developed at Children’s Hospital Los Angeles in the 1980s as a refinement of a system originally developed in 1972 by Dr. Harvey Berman of Seattle. The purpose is to organize the psychosocial history of clients by assessing **H**ome environment, **E**ducation and employment, **E**ating, peer-related **A**ctivities, **D**rugs, **S**exuality, **S**uicide/depression, and **S**afety from injury and violence (HEEADSSS). Although originally intended for work with adolescents, the assessment tools can be adapted for work with other groups.

- [H.E.A.D.S.S. - A Psychosocial Interview For Adolescents](#) (1988)
- [Getting into adolescent heads: An essential update](#) (2004)
- [HEADSSS Assessment: Risk and Protective Factors](#) (2010)