

Caring Connections



A Rogers County Success Story

For all appearances, Johnny is a typical teenage boy. In another setting, one might guess that the Rogers County high school student making a presentation to a group of Rogers County health care and social services professionals was there because he'd been selected as student of the month or some such honor. And today, Johnny is an honor student, but that wasn't always the case. Johnny could just as easily have ended up serving time in a Juvenile Detention Center instead of making a Power Point presentation. His is a success story of Wraparound.

Johnny had anger issues. He was not violent, but he admits to stealing and poor impulse control. When he got in trouble at school, he and his family were referred to Wraparound, a program administered through Grand Lake Mental Health Center.

Johnny said the MVPs of his Wraparound team included his school counselor and principal, a counselor from Grand Lake Mental Health, and members of his family. Johnny's entire family became involved in the solution. His counselors say this is important because most times the entire family is part of the problem. Weekly meetings were conducted at Johnny's home and included the family. He also met with the counselor at school. The focus was on strengths and positives. Johnny said he and his family learned to stand united and treat one another with respect. The difference is night and day. Johnny no longer gets into fights. He is self-motivated and receives passing grades. He is on the honor roll. Factors that made the difference for Johnny include learning integrity. "Do it, don't say it," said Johnny. "Show, don't tell."

Johnny said he and his family are no longer strangers. They go out for fun as a family. They talk and make compromises for one another. "There's more trust," said Johnny. "I'm not lying anymore." Johnny and his family had to be willing to admit there was a problem and to receive help. He said he learned to be less defensive. The family learned to work together to put forth the effort to change. They expressed care for each other, stuck with the lengthy program, and set realistic goals.

He has won multiple school awards and is very involved in high school activities now. He feels more popular and is no longer bullied at school. Best of all, he said he feels more confident. "I'm comfortable in my own skin," he said. With the help of his family, Johnny survived a few "bumps" along the road to obtain the success he's experiencing in his life today.

*Factors that made the difference for Johnny...
learning
Integrity.*

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Bring Hope

By Gerri Mullendore

According to Wikipedia, *Hope is a belief in a positive outcome related to events and circumstances in one's life.* Hope is the feeling that what is wanted can be had, and that events will turn out for the best. To hope is to wish for something *with the expectation that wish will be fulfilled.* Sadly, we have too often seen, instead, a sense of hopelessness in our children, families and communities. Robert Louis Stephenson said, "Winning in life is not so much a matter of holding good cards, but of playing a poor hand well. Many people are dealt poor hands, but those who have real hope often win anyway." You know that Family Involvement is not only required, but a vital and necessary role not only in Child and Family Teams, but equally in our Systems of Care. Many times, family members may want to be more involved with their community Systems of Care, but either they have not been invited, or worry that they may not have enough to give or make a difference. As we invite family members to attend our Community Coalition meetings, remember that we are giving them an opportunity to learn and be supported as an equal partner of the team. One aspect of their learning is by giving them opportunities to attend conferences, workshops, and build skills that they can more effectively provide quality levels of family involvement. I've seen families who have no idea the assets they bring to the table, but with support, education, and the opportunity to apply new skills, they grow in self confidence to their abilities. They learn how to give hope to others and bring powerful synergy to their teams. Of course, we start providing those opportunities when we support and empower families through the Wraparound process. Another layer of support is promoting and facilitating a family group that will open up opportunities for peer to peer connections. Below are the Key Concepts for Family Support Groups which bring families hope, opportunities to learn and grow skills that can be fostered to a whole new level of family involvement.

Family Support Group

Key Concepts



- * Provide participants the recognition that they are not alone.
- * Provide participants with mutual support from their peers.
- * Offer a safe place for telling their stories/disclosure.
- * Empower personal responsibility and a place to learn advocacy skills.
- * Help participants develop new skills.
- * Help participants develop new informal supports.
- * Provide participants new information.
- * Provide participants with an outlet to become an active member of their community.
- * Act as a family-focus group for their community.



Building Leadership in Oklahoma

Oklahoma Federation of Families will be facilitating two Consumer & Family Leadership Academies in five counties for a total of ten.

Today, service providers and policymakers are listening more than ever to consumers and their families. Consumers and their families are at the forefront of our state’s mental health care transformation efforts because they are knowledgeable about how to improve access to services for those in need, treatment plans of service providers and recovery outcomes. However, it is common knowledge that trained leaders are more effective than untrained leaders.

The Oklahoma Federation of Families, NAMI Oklahoma, and People Inc. are partnering to offer free leadership training workshops throughout Oklahoma.

This exciting interactive six-session workshop will teach consumers and their families how to get their voices heard, work in partnerships with service providers, and help further transformation of Oklahoma’s mental health systems.

The leadership academy includes the following workshops:

- * Orientation to Leadership
- * Telling Your Story
- * The Consumer and Family Voice
- * Understanding Financial Data
- * Meeting Basics
- * Consumer and Family Involvement in Advocacy

2010 Leadership Academy Locations:

February 19-20	Custer County
March 19-20	Choctaw County
April 2-3	Okfuskee County
April 16-17	Comanche County
May 28-29	Texas County
July 16-17	Choctaw County
August 20-21	Comanche County
August 27-28	Okfuskee County
September 17-18	Texas County
September 24-25	Custer County

Times
 Friday 6:30pm—9pm
 and Saturday 9am—3pm

**For more information, contact the
 Oklahoma Federation of Families**
 405-364-8879 or
 Toll free 866-837-9122
 Email: info@okfederation.org



One in Five Teens Share Their Prescription Drugs with Friends

A survey of 12- to 17-year-olds in the U.S. has found that about 20 percent said they have given prescription drugs like OxyContin and Darvocet to friends or obtained drugs the same way.

Allergy drugs, narcotic pain relievers, antibiotics, acne medications, antidepressants, and anti-anxiety medications were the most commonly shared.

Three-quarters of those who borrowed drugs from friends said they did so in lieu of visiting a doctor. About one-third of those who borrowed medications said they had experienced an allergic reaction or other negative side-effects as a result.

Past research has shown that 40 percent of adults also share their medications. The study was published online in August 2009 in the Journal of Adolescent Health.



Supporting Recovery



Recent assessments find that more than 40% of the youth who need mental health services and 80% of youth who need substance abuse services are not receiving them. If we are to impact the high rates of untreated mental health and substance abuse and the resulting negative consequences, then we must focus on early intervention and prevention targeting Oklahoma youth.

According to one study, 66% of boys and almost 75% of girls in juvenile detention have at least one mental health disorder. Likewise, substance abuse is also a significant contributor to juvenile crime. Oklahoma's Office of Juvenile Affairs estimates that 30% of the children in their custody are in need of mental health treatment and an estimated **79% of children and adolescents in OJA group homes have substance abuse problems.**

For many families, finding appropriate services for their children is like piecing together a jigsaw puzzle. Various program locations, requirements and funding issues can be intimidating and frustrating for parents trying to locate help for their child. For more information about substance abuse services for children and adolescents, contact:

Doris Wolfe-Klinger
Substance Abuse Field Service Coordinator
(405) 522-4121
dwolfe-klinger@odmhsas.org

Teresa Shuck
Substance Abuse Field Service Coordinator
(405) 522-2689
tshuck@odmhsas.org

Young Adults in Transition Support Line

Pilot Program with Oklahoma Department of Mental Health and Substance Abuse Services

Traversing the adult world can often be difficult, and for this reason ODMHSAS is launching a pilot program to help with healthy transitioning. Young Adults in Transition Support Line has been created to link resources and support to those transitioning to adulthood, ages 18 through 25.

This free service will be offered over the phone and online. The program will provide Transitional Advisors who will work with these young adults to find resources and support in their local communities. Advisors will act as liaisons between the transitional young adults and the resource contacts. The online services will provide blogs about various transitional topics such as careers, college, GED, living on your own and money management. The Young Adults in Transition Blog can be accessed 24/7.

This program is scheduled to launch January 4th, 2010. The hours of operation will be 2pm-6pm Monday through Friday. Transitional Advisors can be reached at (OKC metro) 405-522-8336 or (Toll free) 800-522-8336.

~Blog/Phone Topics will include~

- * Career Search Assistance
- * College, Applications
- * Housing
- * Money Management
- * Locating Services
- * Living on your own
- * Resume enhancement

And much, much more....

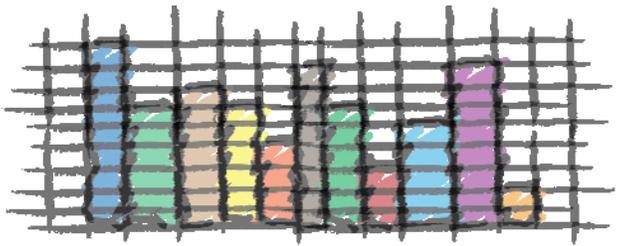


Our vision is to connect young adults with local resources and support as they transition into the adult world.

Please call or email with any questions or comments

Amanda Powders

(405) 522-3834 or apowers@odmhsas.org

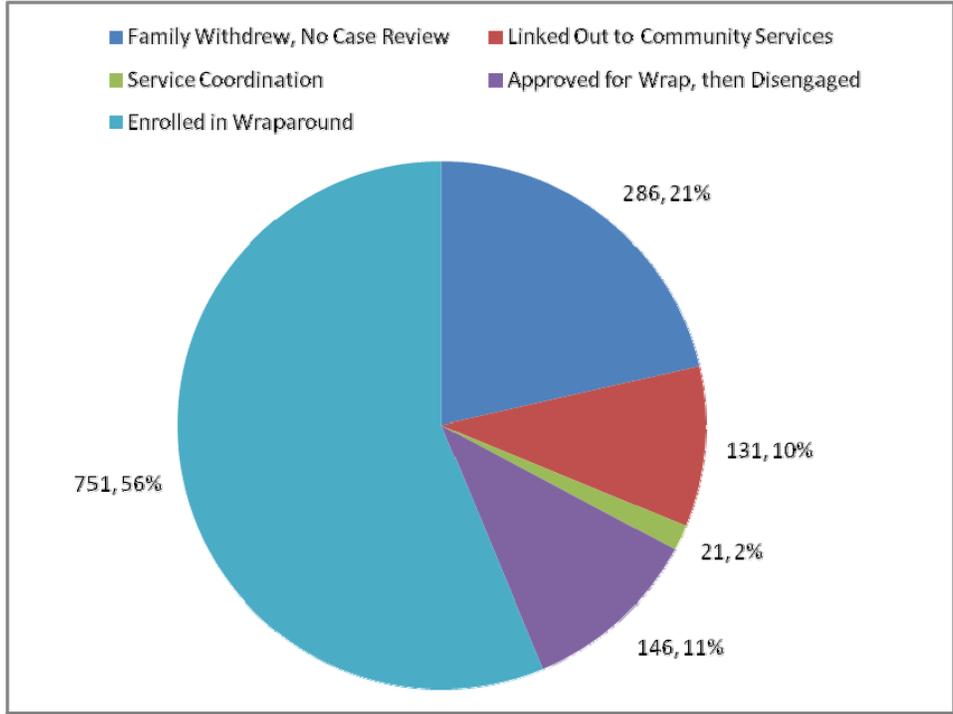


The E-TEAM at the University of Oklahoma serves as the evaluator for Oklahoma Systems of Care (OSOC). OSOC is committed to using data to inform decision-making and quality improvement in pursuit of ever better outcomes for families. Join us each month in this space as we examine trends, accomplishments, and challenges as revealed by your data.

TRENDz



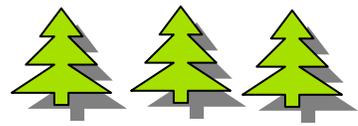
The two charts below illustrate referral outcomes for Oklahoma Systems of Care sites from FY2009 and FY2010.



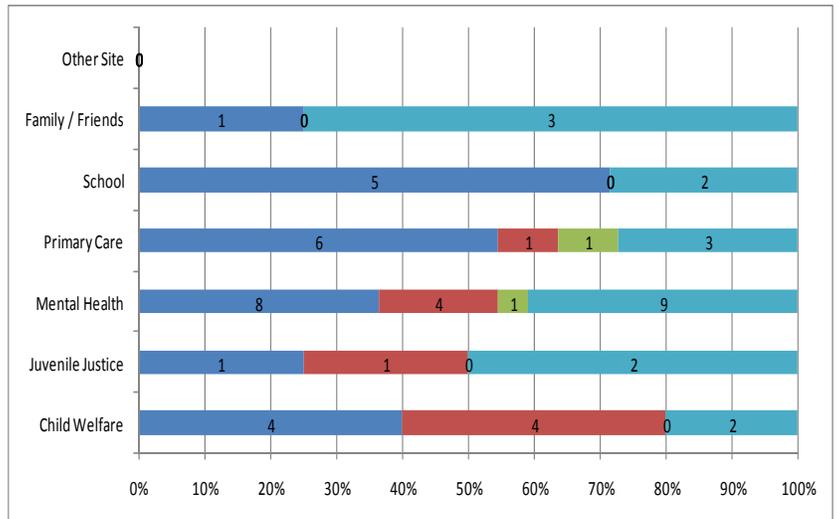
OSOC Referral Outcomes*

- The majority of referrals—56%—were enrolled in Wraparound.
- 16% of families approved for Wraparound don't complete enrollment.
- Because the Service Coordination category is very new –with data for only a few months—expect it to grow in the upcoming months.
- A little more than 1/5 of families referred withdrew before the case was reviewed. How much is this impacted by the timing of referral team meetings and/or crisis management for the family?
- A little more than a 1/10 of families were approved for Wraparound then disengaged. As the Service Coordination category grows, this category may decrease as families are provided with services that may better suit them.

OSOC Referral Outcomes*



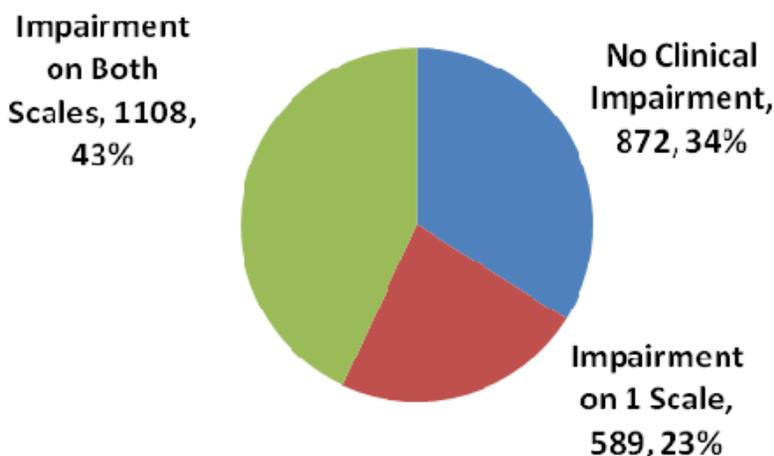
- Families referred from School, Juvenile Justice, and Child Welfare are more likely than from other referral sources to withdraw from Wraparound.
- In addition, families referred from School, Juvenile Justice, and Child Welfare are more likely than from other referral sources to disengage after approval.
- Roughly only 50% of both Child Welfare and School Referrals end up in Wraparound.
- Increasing numbers of families going into Service Coordination may positively impact withdrawal numbers.



About the Ohio Scales

- Used by State of Ohio, State of Texas as general youth behavioral health measures. Widely used nationally in the Systems of Care community.
- 20-item scale scores – Problems and Functioning – range from 0 to 100.
- Lower Problem scores indicate improvement; higher scores on Functioning scale are better.
- Validated by Texas to identify levels on each scale reflecting evidence of clinical impairment. Impairment levels are: Problems score of 25 or higher; Functioning score of 44 or lower.
- Administered at intake (baseline) and every 6 months thereafter to youth in the Oklahoma Systems of Care (OSOC) wraparound program since 2004.

Level of Clinical Impairment across OSOC

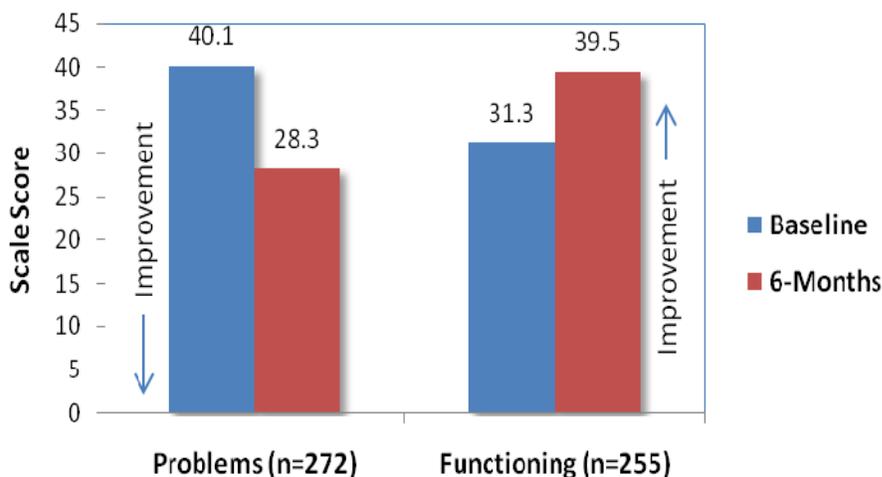


Since 2004, 66% of OSOC wraparound youth (1697 of 2569) have scored in the ‘Clinically Impaired’ range on at least 1 scale.

Improvement among Youth Presenting with Critical Impairment

Scale scores of youth across OSOC who show evidence of clinical impairment at baseline improve significantly at 6 months. The data below cover 6-month scores since 7/1/2008.

Averages Problems scores drop (improve) by 11.8 points; Functioning improves by 8.2. Both these values are clinically significant.



Online Resources You Just Gotta Have

ODMHSAS Children, Youth and Family Services Website

www.ok.gov/odmhsas

In the left navigation pane, click on:

Consumer Services

Children, Youth and Family Services

What's available online?

Systems of Care

- OSOC Community Sites & PD Listing
- SOC Forms and Resources 
- Training
- SOC Project Director Resources
- Family Involvement Resources
- Youth Involvement Resources
- Cultural Competency Resources
- Tribal State Relations
- State Advisory Team
- Behavioral Health Development Team
- Oklahoma Systems of Care Evaluation Team

- Care Coordinator Credentialing Forms
- CC / FSP / BHA Forms to Use with Families
- Cultural & Linguistic Competency Assessments
- General Reference Tools
- SOC Community Development and Review
- SOC Job Description Samples
- SOC Marketing, Publicity & Caring Connections Newsletters
- SOC Policies and Associated Forms
- Youth Information System (YIS) Forms
- Downloadable copy of the SOC Toolkit

Children's Substance Abuse Services

- Resources for Parents, Children and Adolescents
- Resources for Clinicians and Providers
- Oklahoma Resources by County (directs to OSOC Community Sites & PD Listing)

Training

- OSOC Course Descriptions
- FY2010 Training Schedule
- *** Click on "Calendar of Events" in black menu bar to register for a class ***

Access to Children's Services

- Downloadable copy of the "Oklahoma Children's Referrals and Resources" Guide

Resource Toolbox for Families

- Education, Support and Advocacy
- Employment and Rehabilitation Services
- Frequently Used Abbreviations, Terms and Acronyms
- Health
- Hotlines and Help lines
- Juvenile Legal Resources
- National-Level Resources for Families and Providers
- Oklahoma Child-Serving State Agencies
- Social Services and Financial Support
- Substance Abuse and Co-Occurring Resources

Calendar of Events

- Will contain current Marketing activities
- 17th Annual Conference Information
- 16th Annual Conference hand-outs

Contact State Staff – list of all state staff employees

**Questions
about the website?**
Contact Amy McAlister
(405) 522-3659
amcalister@odmhsas.org



It's here... The SOC Toolkit Online!

Need a handy reference on many aspects of Systems of Care?
Visit the ODMHSAS website!

Click this link to download the toolkit and have it for easy reference on your PC.

[SOC Forms and Resources](#)



Questions
about the website?

Contact

Amy McAlister

(405) 522-3659

amcalister@odmhsas.org



ODMHSAS Resource Center

The ODMHSAS Prevention Resource Center is available online at www.odmhsas.org/resourcecenter. You can order free materials and download them onto your PC.

The Prevention Resource Center has printed publications, brochures, posters and lots more. Materials are free; but may be limited. So, don't hesitate...check it out online today!

For information or assistance
on ordering materials online, contact

Raven D. Smith

(405) 522-2140

rdsmith@odmhsas.org



Caring for Every Child's Mental Health

For information about this newsletter,
contact Traci Castles
(405)522-8019
tcastles@odmhsas.org



The Motivators

FFSOC Youth Community Team, "The Motivators" have decided to meet the 2nd and the 4th Tuesday of every month. The group is interested in service opportunities. They are working on some ideas for fund raisers and creating awareness about Systems of Care in their community. It is their goal to help with local community projects and to become involved with SOC and OFF events on a state level. The Motivators are excited about getting involved and making a difference in their community and state. If you have any questions or would like to get involved, you can call MeLinda Anthony at (405) 573-6482.

What Does an Access Specialist Do?

Hello, my name is Bryan Hiel and I am the Access Specialist for the Oklahoma Department of Mental Health and Substance Abuse Services.

'What does an "Access Specialist" do?,' you may ask. Well, I assist you and/or those we serve in getting access to the services they need. Sometimes that is getting them websites, phone numbers and/or addresses. Sometimes it is calling around and developing resources that they can use to get to their needs met. Sometimes it is brainstorming with a family to find different ways to get a need met, until we can get a system set up to accommodate the special needs of our families. My predominant focus is setting up and removing barriers to access for the services ODMHSAS already has to offer. However, when what we traditionally offer is not present or sufficient, I help find alternatives while working with the family and/or individual.

To tell a little about myself, I have both a Master of Arts degree in Marriage/Family Counseling and one in Education from Southwestern Baptist Theological Seminary in Fort Worth, Texas. I am a Licensed Professional Counselor. I have an undergraduate degree from Oklahoma State University in News Editorial Journalism. I have over 10 years of experience working with the most severe of mental health situations in most outpatient genres, including rural/urban outpatient; PACT; residential; private/public; and state/non-profit and for-profit arenas. I am married and have two sons, ages 3 and 9. (They would also have me list the dog, two cats and two fish – eventually a snake if my 9-year-old can swing it, but mom is staunchly and radically opposed.)

In an economy of increasing financial, and sometimes service limitations; I see our jobs demanding ever-increasing creativity and constant individualized service. When you or those you serve come to one of those limitations or any need of services just contact me. I may not always have the answer, but we can definitely search and find options together."

Bryan Hiel, Access Specialist
(405) 522-2359 or BHiel@odmhsas.org

