



Caring *Connections*

What is Your SOC Site Doing for NCMHAD?



May 6, 2010 is National Children's Mental Health Awareness Day (NCMHAD). NCMHAD is a day for communities to promote positive youth development, resilience, recovery, and the transformation of mental health services delivery for children and youth with serious mental health needs and their families. NCMHAD heightens awareness of effective programs for children's mental health needs; demonstrates how children's mental health initiatives promote positive youth development, recovery, and resilience; and shows how children with mental health needs thrive in their communities.

Each Oklahoma Systems of Care site is encouraged to plan a NCMHAD event for

May 6th. A statewide media blitz is being planned to help local sites build awareness not only at the community level, but state-wide as well.

Here are some ideas to consider:

- Resiliency Pow Wow
- School rally or presentation
- Community walk-a-thon or 5k run
- Youth rally or speak out
- Family night celebration

So...what is your SOC site doing for NCMHAD?

For more information or help with planning your site's event, contact Traci Castles at tcastles@odmhsas.org or (405) 522-8019.

Three Levels of Community Referrals

by Lauren Merrell

The Referral Team is the subcommittee of the Community Team that reviews referrals for Wraparound services and decides which level of care the family would benefit most from; community support, service coordination or Wraparound. The Referral Team's membership should be broad and include family representation as well as service providers.



Community Support is a resource available to any family, community member or provider in the community. This level ensures families needing additional support or information have a place to go and explore their options. It is the responsibility of the Referral Team to ensure that any provider, community member or family member receives information, resources and linkages to services and that any actions taken are followed up on and reported back to the Referral Team.

Service Coordination is an adaptive mid-level service between a full term Wraparound process and community support information and referral. It is designed for families that may need two to three short term interventions from Wraparound staff. These may include a Crisis Plan, Strengths, Needs, Culture Discovery, immediate case management or simply a one hour visit in the home. These services may be initiated by a family member, provider, APS or OHCA staff. If longer term services and supports are indicated; then a family should be enrolled in Wraparound Services. It is the responsibility of the Wraparound staff to report back to the Referral Team and referral source and discuss the enrollment of the family in Wraparound.

The high fidelity **Wraparound** process - is a way to help families with complex needs stay connected as a family and to help the child stay in the community. It is all about empowering the child and family to learn how to utilize natural/formal supports and community resources successfully. The Wraparound process is driven by the family and their team of natural and formal supports.

To learn more, attend an upcoming Systems of Care training:

Family Support Training

Feb 22-23 in Tulsa

March 8-9 in OKC

Fundamentals of Wraparound 101

March 29-30 & April 7-8 in OKC

April 19-20 & May 3-4 in Tulsa

To register for a Systems of Care training, to go www.ok.gov/odmhsas and click "Calendar of Events".

Preventing Harmful Restraint and Seclusion in Schools Act: What Does It Mean For Children with Disabilities?

Article by Jessica Butler, Esquire

Across America, children are restrained, confined in seclusion rooms, and subject to aversive interventions. A Government Accountability Office study found “hundreds of cases of alleged abuse and death related to the use of these methods on school children during the past two decades. Examples of these cases include a 7 year old purportedly dying after being held face down for hours by school staff, 5 year olds allegedly being tied to chairs with bungee cords and duct tape by their teacher and suffering broken arms and bloody noses, and a 13 year old reportedly hanging himself in a seclusion room after prolonged confinement.” *GAO, Seclusions and Restraints: Selected Cases of Death and Abuse at Public and Private Schools and Treatment Centers, GAO-09-719T (May 19, 2009).*

In 2009, the Council of Parent Attorneys and Advocates documented nearly 180 reports of school abuse in *Unsafe in the Schoolhouse*. The National Disability Rights Network issued its ground-breaking *School is Not Supposed to Hurt*, reporting on dozens of cases resulting in injury and death.

To protect children from such abuse, the Preventing Harmful Restraint and Seclusion in Schools Act (H.R. 4247) was introduced in Congress on December 9, 2009. It is sponsored by Congressman George Miller (D-CA), Chair of the House Education and Labor Committee and Congresswoman Cathy McMorris Rodgers (R-WA), Vice Chair of the House Republican Conference and Co-Chair of the Congressional Down Syndrome Caucus. Senator Chris Dodd (D-CT) introduced an almost-identical Senate bill, S. 2860. The bill creates a minimum set of protections for children from restraint, seclusion, and aversives. This would be the first Congressional bill on restraint and seclusion in schools and it would make many improvements for children.

The bipartisan House bill will be considered by the full Committee early this year (called “marking up.”) If the Committee votes in favor of the bill, it will go to the full House for a vote.



Wisconsin girl, age 7, who was killed while being secluded and restrained.



Legislative Update...

On January 4, 2010 H.R. 4247 was referred to House subcommittee on Early Childhood, Elementary, and Secondary Education.



Enrollments By Gender

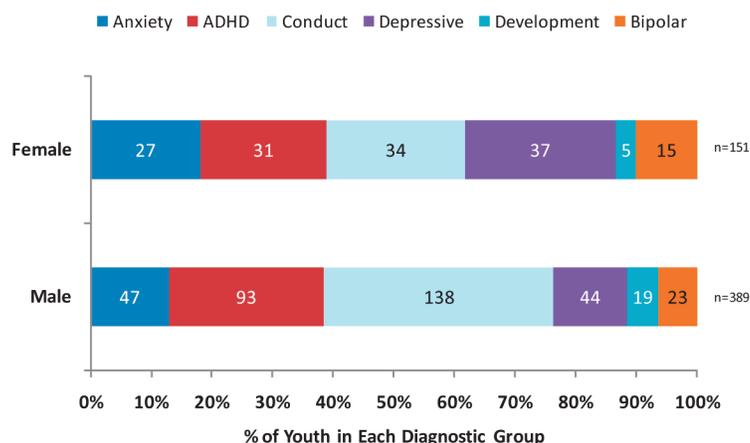
Youth Enrolled FY 2007 - 2009



- The overall year-to-year trend is toward increasing enrollments.
- Enrollments are seasonal with increases in January through March and decreases in April thru June.
- Through FY 2008, enrollments of females increased from approximately 25% of enrollments to 33%. However, this trend seems to have leveled off in FY 2009.

Mental Health Diagnosis By Gender

Youth Served 7/08 - 6/09



- Externalizing disorders (ADHD and/or Conduct Disorders) are characteristic of male enrollees.
- In contrast, females are more likely to present with internalizing disorders (Depression and/or Anxiety).
- The difference shown here between males and females may be attributable to age as much as to gender differences, since females enter the program at consistently higher ages.

A Parent's Perspective: The Gift of Problem-Solving

By Martha Buchanan



The preschool teacher walked into her room; put scissors, string, paper, markers, crayons, cotton balls, colored pompoms, popsicle sticks and glue sticks on the table; and then gave these instructions to the three year old class, "Come get the supplies you need to complete a project." Obediently, the children came to the table and took several items and went to a place on the floor and got to work. Obviously, the kids had done this exercise before.

It was what came next that both surprised and impressed me. When the kids would bring their creation to the teacher, the teacher would respond with praise for the child's imagination. Then the teacher would say, "What else could you make using the supplies here?" The child might select some other objects and toddle back to his/her place on the floor and get busy again.

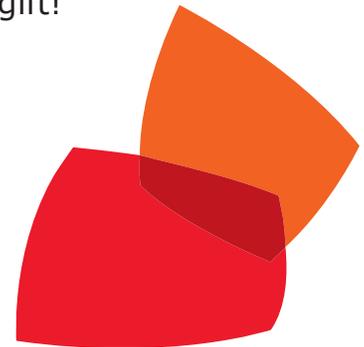
Wow, what a wonderful gift to teach little ones. How much different would the world be if adults had learned that there were many options using the same few supplies! In other words, what an ingenious way to teach kids problem-solving skills – or in the vernacular, "there's more than one way to skin a cat."

When my youngest child was in elementary school, getting into trouble seemed to be a favorite pastime. I soon learned that if I used problem-solving ideas with him, he could learn other options available to him and I didn't have to make us both upset by constantly getting on to him. So when I picked him up in the afternoon, I would ask how the day had gone. If he answered that he had gotten in trouble, I would ask, "What was the problem?" After he told me, I would ask, "What did you do to get into trouble?" When he answered that question, I would ask, "What else could you have done?" You get the idea....

Think about encouraging this skill in your child. It is a life-long gift!

The steps are as follows:

- Name the problem.
- Brainstorm ideas of how to resolve the problem.
- Think about the possible outcomes to each idea.
- Choose the idea that seems to be most beneficial.
- Try that idea.
- Evaluate how the idea worked.



If it worked well, encourage to use the idea again when the opportunity presents itself. If it didn't work well, encourage the child to choose another option and see how that works.

None of us has all the answers! How different would the world, your family, your child be if she/he could use problem-solving skills?

Oklahoma Federation of Families News

Leadership Academy

Oklahoma Federation of Families completed two days of training for the Family Leadership Academy in Custer County and one day in Okfuskee County.

Components of Family Leadership Academy

ORIENTATION TO LEADERSHIP
TELLING YOUR STORY
THE FAMILY VOICE
UNDERSTANDING FINANCIAL DATA
MEETING BASICS
FAMILY INVOLVEMENT IN ADVOCACY

Family Summits

Tulsa Summit was held January 23rd. We would like to give a big thanks to the folks from Canadian County for sharing their success story with us.

Upcoming Events

Leadership Academy in Hugo, January 30th (125-150 youth)
Leadership Academy in Guymon, February 12th
Children's Behavioral Health Conference in Norman, April 29-30th

Family Support Group Meetings

Clinton/Custer County

Family Leadership Trainings (during family support group meetings) begin February 18th and continue on the 3rd Thursday of each month for 6 months.

Watonga/Blaine County

Family Support Meetings occur on the 3rd Monday of each month.

Canadian County

Family Support Group begins February 4th @ 5:30 pm and continues on the 1st Thursday of each month.

Oklahoma County coffee chat February 9th 8:30 am (2nd Fridays)

Tulsa Indian Health Care Resource Center

Family Support Group February 18th 6:30 pm

Kay County

Family Support group
February 1st 6pm





Caring for Every Child's

Mental Health



Mark Your Calendar!

February 14-20: National Children of Alcoholics (COA) Week
(always the week of Valentine's Day)

March 2: On the Road Family Perspective Conference. Moore/Norman Technology Center, 4701 12th Ave NW in Norman. For families and professionals who live or work with an individual with a disability. For more information, call Sally Selvidge at 800-426-2747.

March 5-6: 2010 Couples Conference at the Embassy Suites Hotel and Conference Center in Norman Oklahoma. The speakers are Dr. Laura Marshak and Fran Prezant, the authors of "Married with Special Needs Children". The conference is open to all couples or caregivers of children with special needs. For more information, contact Lori Wathen at president@dsaco.org.

March 25-26: Family Matters Conference in Tulsa. Dr. Robert Brooks will be speaking on "Raising a self-Disciplined Child" in the evening of the 25th and "Challenging Children/ Worried Parents" the next morning on the 26th. For more information, call 580-747-4448.



Save the Date!

April 28-30: Children's Behavioral Health Conference at Embassy Suites in Norman. Special guests include: Karl Dennis, Homeboy Industries, CC Nuckols and many more... For more information, contact Traci Castles at 405-522-8019 or tcastles@odmhsas.org.

June 4: OK-AIMH "Babies Can't Wait" Conference at UCO in Edmond. The focus will be on early childhood trauma and the presenter is Chandra Ghosh Ippen, PhD, Associate Research Director-Child Trauma Research Program, University of California, San Francisco and Early Trauma Treatment Network. For more information, visit www.ok-aimh.org