



Caring for Every Child's Mental Health

IN DYER NEED OF HOPE

Interview and article by Traci Castles

At six years old, Jeromy Dyer was an angry child who was aggressive and oppositional. In school, his grades were falling and he did not get along with teachers. His parents took him to several child psychiatrists. Eventually, Jeromy was diagnosed with ADHD. Then, a doctor they had driven to in the Oklahoma City area told them, "Don't bother making another appointment if the meds don't help. There is nothing else you can do." During another visit, Jeromy remembers the doctor telling him that he was a "worthless cause"... and at the time, he believed it. He and his family were slowly losing hope.

By the time Jeromy was thirteen years old, he was in trouble with the law. His probation officer told his family about Oklahoma Systems of Care. The court mandated that Jeromy participate in Wraparound through Great Plains Systems of Care.

What Jeromy Says about Oklahoma Systems of Care

"When I got into Systems of Care, I started to believe in myself again. It wasn't just the same old thing. If one thing didn't work, they would think of something else for me to try until I succeeded. They never lost hope. There were times some (psychiatrists, teachers) lost hope in me. Systems of Care never did. They didn't just tell me and my family what to do. They listened and helped us. They were always there for me and my family. Systems of Care never stops trying to help kids. They don't give up on you even when so many others have."

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Jeromy, Lisa, Bo & Tiffany Dyer

The Dyer Family Today

Today, Jeromy attends high school and has a 3.0 GPA. He is enrolled at Western Technology Center (WTC), is a volunteer firefighter, and has a good job. After high school, he plans to graduate from WTC and attend OSU-Okmulgee.

The Dyer family enjoys socializing with friends, going to the lake, camping and fishing. They agree that their family is stronger because of Oklahoma Systems of Care.

THE RESTORING HARMONY POWWOW

By Tamara Newcomb, PhD, IHCRC Project Director and
Tim Shadlow, IHCRC Indian Youth Programs Coordinator

On Saturday, May 8th, the Tulsa Indian Community Advisory Team (TICAT) along with the Indian Health Care Resource Center of Tulsa's (IHCRC) Gathering Strength & Restoring Harmony (GSRH) and Strengthening Our Native Youth (SONY) programs presented the 3rd Annual Restoring Harmony Powwow at the Westside YMCA. The Restoring Harmony Powwow is an annual celebration to promote National Children's Mental Health Awareness Day.

More than 800 people attended the event, including spectators, dancers, singers, volunteers, arts and crafts vendors and exhibitors. The powwow was a great success, thanks to the community support and involvement. We could not have asked for a better day and location for our children and their families to be together around the arena.

Emcees provided the energy necessary for a successful powwow. IHCRC would like to thank our masters of ceremonies, Mr. Mark Wilson and Mr. Robby Boston. We also want to thank Mr. Rob Anquoe, arena director, for keeping the arena in rhythm while taking care of the drums, dancers and arena activities. *Aho* (thank you). Additional speakers, including youth, elders, and professionals, emphasized the importance of mental health and wellness. Keynote speakers were Ms. Carrie Slatton-Hodges and Ms. Jackie Shipp from the Oklahoma Department of Mental Health and Substance Abuse Services, and Mr. Jeff Tallent, Executive Director of the Evolution Foundation and consultant for Oklahoma Federation of Families. Messages about mental wellness were posted around the arena on signs created by members of the Native Nations Youth Council.



This special day began with a Wellness Walk led by IHCRC Activity Specialist, Kevin Heeney. Following the walk, Native American sports historian and principal of Owasso High School, Mr. Matt Roberts educated the group and celebrated the history of Native American athletes. The Euchee language program students demonstrated some unique and fun ways to teach their Native language. Following the language program presentation, the ceremonial activities got underway in the arena with gourd dancing.

A powwow is not a powwow without beautiful songs. A thousand *Aho*'s to Mr. Lance Goodfox, head singer and Ryan Goodfox, head youth singer. Mr. Joe Don Waters led the host Northern Drum, Tall Grass, and the Red Land drum group also represented the Northern Drum. Many beautiful songs were sung and members of the Native Nations Youth Council were invited and received the opportunity to sing with these well respected drum groups.

Thank you to the head man and lady dancers, Mr. Jiles T. Pourier and Ms. Claudia Tyner Little Axe, and head boy and girl dancers, Talon Ray Satepauhoodle and Savannah Jo Waters. Last, but certainly not least, thank you to the staff for their tireless and dedicated commitment to the event. Every element of the event went smoothly including morning activities, afternoon gourd dancing, vendor and exhibitor booths, dinner, Grand Entry, and powwow contest dancing.

In closing, we would like to thank everyone who attended and helped us promote mental health issues that affect children, youth, and families. Please walk in Beauty and we'll see you next year...



NEW DATA SHOWS TEEN GIRLS MORE LIKELY TO PERCEIVE BENEFITS IN DRUG AND ALCOHOL USE

By Stephen J. Pasierb, Partnership for a Drug-Free America

Survey data released in June by the Partnership for a Drug-Free America® and MetLife Foundation found that teenage girls are more likely than teenage boys to perceive potential benefits from drug use and drinking, making teen girls more vulnerable to drug and alcohol abuse. According to the research analysis of the 2009 Partnership Attitude Tracking Study (PATS), sponsored by MetLife Foundation:

- Teen girls are more likely to perceive “self-medicating” benefits with drinking and getting high.
- More than two-thirds of teen girls responded positively to the question “using drugs helps kids deal with problems at home” (an 11 percent increase, up from 61 percent in 2008 to 68 percent in 2009).
- More than half reported that drugs help teens forget their troubles (a 10 percent increase, up from 48 percent in 2008 to 53 percent in 2009).

What Can Parents Do?

Take Immediate Action to Safeguard Kids from Drug and Alcohol Use

The Partnership encourages parents of teens who are using drugs or alcohol to take action as soon as they suspect or know their child is using. The Partnership’s Time To Act is a resource that provides parents with free, anonymous access to the most current, research-based information on how to help their child and family take the next steps. It offers step-by-step advice and sympathetic guidance from substance abuse experts, family therapists, scientists and fellow parents to help guide families through the process of understanding substance abuse, confronting a child, setting boundaries and seeking outside help.



Research consistently shows that kids who learn a lot about the dangers of drugs at home are up to 50 percent less likely to use than those who do not get that crucial message at home. Parents and caregivers are encouraged to take charge of the communication with their families, have frequent, ongoing conversations with their pre-teens and teens about the dangers of drugs and alcohol use and to take early action if they think their child is using or might have a problem.

TO LEARN MORE ABOUT TIME TO ACT

To learn more about
and for more information on the
full PATS data results
visit drugfree.org.



Who Can Override an IEP?

Wrightslaw.com. Obtained July 2010.

Question: *The IEP team, including the parents, agreed that a student would receive home based instruction for part of the day for instruction in academic subjects. He would attend vocational courses at the school the rest of the day. The school division superintendent decided to override the IEP team placement. Can he do that?*

Answer: The Individuals with Disabilities Education Act (IDEA) states that all decisions about a child's special education program and placement are made by the IEP team. Period.

The law does not provide for another individual, including a supervisor or superintendent, to overrule decisions made by the IEP team. Despite this, it is not unusual for a principal or superintendent to try to overrule decisions made by the IEP team.

What are the superintendent's objections? Why did he "override" the IEP team? If you know the basis of his objection (fear or concern), you may be able to reassure him.

Meeting the Child's Needs

The IEP should be based on the student's unique needs. If the IEP team decides that the IEP you describe meets this child's unique needs, the child can receive homebound instruction for academics, and attend vocational courses for part of the day.

It sounds like the placement decision by the IEP team was an effort to re-engage the student to return to school to complete his education and receive his IEP diploma.

- Are there specific, measurable goals included in the IEP?
- Is there a plan for the student to return school at a later date?

If the superintendent is successful in overturning the team's plan, I doubt this boy will ever receive a diploma. Perhaps this is why the law does not allow decisions to be made for "administrative convenience."



Wrightslaw Coming to OKC

Wrightslaw Special Education Law & Advocacy Training
December 9, 2010—Oklahoma City, OK

Sponsored by the Oklahoma Disability Law Center and Partners in Education
Advocacy. Speaker: Pete Wright

Stay tuned for more information!



EMPOWER FAMILIES TODAY

Help Them Ask Good Questions

By Traci Castles

Including information obtained from systemsofcare.samhsa.gov. July 2010

Building partnerships among families, individual providers, and service planning teams is hard work. Everyone has to be courteous and honest to gain the respect and confidence of others. Families need to be encouraged to tell service providers and the service planning team what services and supports are needed. They need support in clarifying their family strengths, needs and what they think will help them the most.

As a provider, it's your job to empower families and teach them the skills they need. One way you can do this is by teaching children, youth and families what questions to ask.

When services begin, what questions should families ask?

1. What do I need to know and to do to help my child?
2. What agencies in the community have programs or services that can help my child and other members of my family? How do I get services from them?
3. How will my child's health, growth and development, social interaction, and ability to learn be affected by the problems we face?
4. What has helped other children like mine?

When working with providers, what questions should families ask?

1. How will the services and supports in the plan help my child and family?
2. What are the service providers qualifications? Does he/she have special training and a track record of working with children and families like mine?
3. Can I call service providers at any time or the day or night if there is a crisis?
4. How do I change services or providers if things are not working out as planned?

Regarding family rights, what questions should families ask?

1. How do I review and get copies of my child's and family's records?
2. How is my child's and family's privacy protected, and who has access to our confidential records?
3. How do I get help exercising my rights—especially if I want to file a complaint?

We are all short on time these days. One thing that providers need to be patient about is answering family questions and helping them to frame questions in a way that meets their needs. Thank you for spending time to empower families today! We truly appreciate you.



EMPOWER FAMILIES TODAY!

*“As we look ahead into
the next century,
leaders will be those who
empower others.”*

Bill Gates,
Founder of Microsoft Co.



Mark Your Calendar

CONFERENCES

August 31-Sept 2	Norman	OK Child Abuse and Neglect Conference For more information, go to www.CCANfallconference
September 14	Ponca City	On the Road Family Perspective Conference For more information, call Sally Selvidge at (800)-426-2747
September 15-17	Norman	FSP/CC Team Leadership Conference For more information, email offcmh@aol.com
September 15-16	Norman	Oklahoma Transition Institute For more information and registration, go to http://education.ou.edu/zarrow
September 30-Oct 1	Tulsa	Zarrow Mental Health Symposium For more information, go to www.mhat.org
November 19-20	Norman	Oklahoma Statewide Autism Conference For more information, go to www.okautism.org

TRAINING

September 10	Tulsa	Substance Abuse Training for SOC
September 16-17	OKC	Fundamentals in Wraparound 101
September 23	OKC	Crisis and Safety Planning
October 15	OKC	Family Support Provider Training
October 22	Tulsa	IEP's and 504 Plans
October 29	OKC	Team Building
November 18-19	Tulsa	Fundamentals of Wraparound 101
December 17	Tulsa	Family Support Provider Training

For more information about Oklahoma Systems of Care training, contact Traci Castles at tcastles@odmhsas.org or (405) 522-8019. Online registration is available at www.ok.gov/odmhsas by clicking on "Calendar of Events".

Oklahoma Systems of Care

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