



OKLAHOMA SYSTEMS OF CARE

Caring for Every Child's Mental Health

Oklahoma Department of Mental Health and Substance Abuse Services
Children, Youth and Family Services Division
PHONE: (405) 522-4151
FAX: (405) 522-6809
www.ok.gov/odmhsas

Oklahoma Department of Mental Health
and Substance Abuse Services



CHILDREN'S BEHAVIORAL HEALTH IN OKLAHOMA

EMOTIONAL DISTURBANCES & SUBSTANCE ABUSE AMONG CHILDREN

About 10% of Oklahoma youth have a mental health disorder and an additional 10% have a substance abuse issue. An assessment of children in foster care found that over 85% met the criteria for mental health disorders. 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. Mental health disorders and substance abuse issues cause more health problems for Oklahomans than cardiovascular disease or cancer. Fortunately, poor outcomes for children with mental health and substance abuse needs **can be prevented** with access to appropriate services.

THE IMPORTANCE OF ACCESSING APPROPRIATE MENTAL HEALTH CARE

According to the U.S. Surgeon General, children are best served by early intervention, which can prevent them from being placed in more costly forms of treatment later on, such as inpatient or residential treatment centers. Without early and effective identification and interventions, childhood disorders can persist and lead to school failure, poor employment opportunities, poverty and incarceration in adulthood. Investment in prevention, early intervention and appropriate behavioral health treatment services is **key to a healthier Oklahoma**.

A COSTLY PROBLEM WITH LIVES AT STAKE

Each year, **untreated mental illness and substance abuse costs Oklahoma \$3.2 billion** in direct expenditures and as much as \$4.4 billion in indirect costs attributed to premature death and lost productivity. In Oklahoma, suicide is higher than the national average and the second leading cause of death for youth aged 10-19 (14.8%).

THE LINK BETWEEN BEHAVIORAL HEALTH AND JUVENILE JUSTICE

Children and youth with untreated serious emotional disturbances are the least likely to graduate from high school, to vote, to live on their own and to find a place in the workforce. They are also the most likely to be arrested. The lack of significant investment in early intervention is a **major contributor to future mental health and addiction problem seen in Oklahoma adults**.

WITHOUT PROPER TREATMENT MANY TURN TO SELF MEDICATION

The need for substance abuse prevention and treatment is not limited to adolescents. Sadly, Oklahomans start young. One out of every four high school students reported drinking alcohol before the age of 13 and one in 10 had tried marijuana. Every year, more than 6,500 students drop out of Oklahoma colleges and universities because of problems related to alcohol. This **costs state institutions more than \$11 million** in tuition revenue, a figure that is likely "the tip of the iceberg" in terms of costs for these campuses and surrounding communities. Often, substance abuse is a way to self-medicate or deal with traumatic childhood events or mental health symptoms.

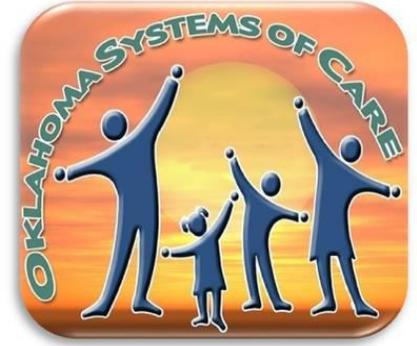
CONSEQUENCES OF DOING NOTHING

The World Health organization indicates that **by the year 2020, childhood neuropsychiatric disorders will rise proportionately by over 50%**, internationally, to become one of the five most common causes of morbidity, mortality and disability among children. Leaving these problems untreated is unacceptable.

We can't afford to do nothing!

WHAT IS OKLAHOMA SYSTEMS OF CARE?

Systems of Care is an organized group of state and local level partners who come together to ensure integrated services for Oklahoma children, especially those with complex behavioral health needs. The mission is to create a **unified support system** that is unique to the culture and linguistic needs of each individual child and their family.



WRAPAROUND

Wraparound is a facilitated team-based process involving the child, his or her family, local service providers and others who are involved in the life of the child. This process results in a strengths-based individualized plan that leads to **achieving positive outcomes**.

COMMUNITY BASED

Systems of Care brings the services to the family's home community. The responsibility for decision making is placed **at the local level**.

YOUTH GUIDED

Youth are experts and considered **equal partners** in creating system change at the individual, state, and national level.

FAMILY DRIVEN

Families have a primary decision making role in the care of their own children as well as the policies and procedures governing care for all children in their community, state, tribe, territory and nation. Systems of Care keeps families together by working with all family members and providing options that **keep the family together!**

CULTURALLY COMPETENT

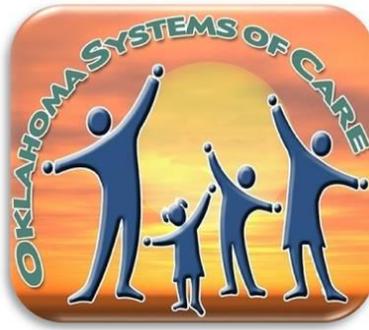
Systems of Care affirms each family's culture which makes the process more effective and meaningful.

STATEWIDE

Oklahoma is one of the few states in the U.S. that is implementing Systems of Care statewide.

There are currently local systems of care serving 58 counties. Statewide expansion to all 77 counties is planned in the upcoming years.





Keeping Families Together

Helps families stay together by working with all family members, building informal community supports, and providing options instead of family separation.

Keeps children in Oklahoma by allowing children with serious mental health issues to be helped in their own communities, instead of being sent to residential facilities, sometimes in other states.

Empowers families and youth to tell their stories and break the stigma of mental illness.

The Bottom Line

Expanding Systems of Care statewide will reinforce Oklahoma's commitment to keeping families together. This will result in more of Oklahoma's at-risk children graduating from high school, getting a job, and gaining hope for their futures as tax-paying, productive citizens.



Making Contact Count

The “2-Minute Punch”

Provided by the Oklahoma Developmental Disabilities Council

1. Organize your thoughts

- What do you want the person to learn?
- What facts do you have to support your message?
- What action do you want the person to take?
- What is your credibility?
- How can acting on your issue be a “win” for the policymaker?

2. Make the introduction

- Write an opening statement that includes who you are, where you live, and what personal and/or professional interests you have in the issue.
- If you speak on behalf of an organization or group, include that information; but only if authorized to do so by the group.

3. “I want you to know...” statement

- Write a statement you can memorize that your audience will hear and remember.
- Keep it short – 20 words or less.
- Jargon- and acronym-free.
- Be positive rather than negative: Instead of “There are not enough caregivers....” consider “Providing seniors with this coverage saves....”

4. Just the facts

- List statistics that prove your statement.
- Cite references.
- Use statistics that relate to the person with whom you are speaking – federal stats for federal policymakers, etc.
- Organize stats, putting the most important first.

5. “I want you to...” statement

- Write a statement you can memorize that explains exactly what you hope the policymaker will do for you.
- Jargon- and acronym-free.
- 20 words or fewer.
- Make sure you’re “asking” at the right level.



6. And the winner is...

- Briefly speak about the advantages of agreeing to take action on your request, such as:
 - Public opinion or support?
 - Cost savings?
 - Voluntary compliance with existing statute or mandate?
 - Always keep these positive – never threaten or hint at negative consequences.

7. Prepare a fact sheet

- Put together a fact sheet that is a single page that includes:
 - Your contact information.
 - Three or fewer facts from your list.
 - The action you want the person to take.
 - Make it stand out by using colored paper, colored ink or by adding a photo that illustrates the constituency involved.

8. Put it all together

- **The flow of your “2 Minute Punch” should go something like this:**
 - I am...
 - I want you to know that...
 - I know this because...
 - I want you to...
 - I believe this will be to your advantage because...
 - I want to provide this information for you...

More Tips on Effective Advocacy

- ❖ Vote – policymakers have the voter list!
- ❖ Get to know them before making a request.
- ❖ Be grateful and acknowledge their good actions.
- ❖ Be respectful and kind to assistants.
- ❖ Personal contact is best and then phone calls. Email is getting better, but still not perfect.
- ❖ Use the local offices of Congressional delegation. They have local connections and can send it up higher, if necessary.

As You Advocate

Please remember the Oklahoma Developmental Disabilities Council (ODDC)

They have lots of information and resources to assist you in the

Justin A. McCurry Library and Resource Center

ODDC is located at:

2401 NW 23rd Street, Suite 74

Oklahoma City, OK 73107



FIND OUT WHO YOUR ELECTED OFFICIALS ARE

- Go to: <http://www.lsb.state.ok.us/>
- Click: "Find Your Legislators" at the bottom of the home page.
- Enter Your Address to Find Your Federal and State Legislators

EFFECTIVE ADVOCACY TIPS

For All Contacts

- Before you contact your elected officials, make sure you are well informed about the issue.
- Identify your concerns by bill number, legislation title or name.
- Identify yourself by name and that you are a constituent.
- Be courteous! Threatening or insulting remarks will not help your cause.
- Be brief and to the point.
- Tell your legislator what you would like him/her to do concerning this issue.
- Ask him/her to explain his/her position on this issue when replying.
- Send a "Thank you" note after your contact.
- Schedule an appointment if you intend to have personal contact.
- Always be prompt.

By Phone

- It is best to call the State Capitol before noon on Monday through Thursday. You can call Congress, County officials or City Hall any time during regular business hours.
- If your elected official cannot come to the telephone, leave a brief message, including your name, phone number, and concern(s).

By Mail/Email

- Write on personal letterhead and include your signature and typed name.
- Address letter to "The Honorable (insert name)" with title (i.e. Dear Senator, Councilman) in the salutation.
- Provide a brief explanation of how the issue affects you. One-page letters are most effective.
- Avoid formats and phrases that give the appearance of a form letter.

