



Caring for Every Child's Mental Health

SYSTEMS OF CARE Changing Lives Across the U.S.

My name is Jennifer and I have a 15 year old daughter. My daughter is very smart, but there is one problem: she struggles with emotional and mental problems. At times, her problem can be very difficult to cope with. We have tried several different therapists and doctors but nothing seemed to work; and it becomes very frustrating for me and my daughter.

At the age of 11, my daughter was involved with the juvenile court and was in and out of psychiatric wards. Many days I felt very hopeless, and at night I would scream and cry out, asking "why me?"

One day, I opened up to a friend and shared what I was going through, she told me about a program called Tapestry Systems of Care; and all the things that they had to offer. At that point, I was willing to try anything that could possibly make our lives better.

At first, I thought Tapestry would fix all my problems and that they would perform a miracle on my family. I was assigned a Care Coordinator who came out to my home to meet with me and my daughter. The Care Coordinator met with my daughter at school at least once a week, as well. She always answered her phone whenever I called no matter what time of day it was. The Care Coordinator was patient, consistent and dedicated. Sometimes my daughter would curse at our Care Coordinator, but she never gave up on us.

One day, our Care Coordinator suggested that we attend a parent support group that met every month. I started going to the support group and really enjoyed the meetings. There, I met other parents who were going through similar situations. I appreciated the support the parents gave each other.

Tapestry Systems of Care has played a great role in my life. My daughter is doing a lot better. There are still some days that are rough. Problems still arise; but now, we know how to handle them. My outlook and reactions have changed towards my daughter. She is doing well in school and has a 3.0 grade average. She does well at home for the most part. I am very grateful and humbled by what Systems of Care has done in our lives.

Sincerely,
Jennifer, Parent
Cuyahoga Tapestry Systems of Care Cleveland, OH

This Issue

Changing Lives Across U.S.
Healthy Recipes
Easy Tips for Talking to Kids
Safety in Home Visitation
Resources, Resources...
Mark Your Calendar



LIVE HEALTHY—RECIPES FOR YOUR FAMILY

Crunchy Cornflake Chicken

Ingredients

- 3 cups cornflakes
- 3 tablespoons all-purpose flour
- 1 teaspoon paprika
- 1/2 teaspoon onion powder
- 1/4 teaspoon ground sage
- Salt and pepper
- 1/2 cup milk
- 2 1/2 pounds bone-in chicken parts (breasts, wings, drumsticks, thighs)



Instructions

Heat the oven to 375°. To make the coating, pour the cornflakes into a sealable gallon-size plastic bag and use a rolling pin (or your palms) to crush the cereal. Open the bag and add the flour, paprika, onion powder, and sage. Shake salt and pepper (about 1/8 to 1/4 teaspoon of each, depending on your family's taste) into the bag, reseal, and shake until well combined. Pour the milk into a shallow bowl. Rinse the chicken pieces. Dip one piece in the milk, drop it in the bag of cornflake mix, and shake until the chicken is thoroughly coated. Place the chicken skin-side up in an ungreased baking pan. Repeat until all the pieces are coated. Discard any leftover coating, and wash your hands thoroughly after handling the raw chicken. Bake for 50 minutes or until done. (Meanwhile, prepare the potatoes, carrots, and biscuits.) Be sure to check the chicken for doneness (see our tip, above). Serves 4 to 6

Beef Taquitos

Ingredients

- 1 tablespoon vegetable oil, plus more for brushing on the taquitos
- 1 medium onion, finely chopped
- 1 clove garlic, minced
- 3/4 pound lean ground beef
- 1 cup salsa, plus more for dipping
- 2 teaspoons chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 10 (6-inch) flour tortillas
- 1/2 cup shredded Cheddar or Monterey Jack
- Sour cream



Instructions

Heat the oven to 400°. Heat the oil in a large skillet over medium heat. Add the onion and garlic and cook them for 3 minutes, stirring often. Add the beef and use a wooden spoon or a spatula to break it up while it cooks, until it is no longer red, about 3 minutes. Stir in 1/2 cup of the salsa, the chili powder, and the salt and pepper. Cook the mixture over low heat, stirring occasionally, for 10 minutes.

Place the tortillas on a plate and cover them with damp paper towels. Microwave them until warm and pliable, about 45 seconds. Top each tortilla with 1/4 cup of the beef mixture, spreading it to an inch from the edges. Sprinkle cheese evenly over the beef.

Roll up the tortillas and place them on a foil-lined baking sheet with the seam sides down. Brush the taquitos lightly with vegetable oil, then bake them until the filling is heated through and the tortillas are lightly browned, about 8 to 12 minutes. Serve them hot with sour cream and/or salsa. Serves 4 to 6.

HEALTHY WEBSITES

www.nourishinteractive.com
www.kidshealth.org
www.mypyramid.gov
www.pcentral.org
www.betterhealth.vic.gov.au
www.guidingstars.com/



EASY TIPS ON TALKING WITH YOUR KIDS

Ask questions that require more than a one word answer, such a “yes” or “no.”

Answer your children’s questions thoughtfully and encourage them to answer their own questions. If you don’t know the answer to a question, tell them so, and suggest ways to find the answer together.

Value your children’s answers.

Don’t use your talks as a chance to criticize and blame. If your children are unafraid to talk with you, you can more easily help them improve or change behavior. Listen closely. If your children believe their feelings and ideas are valued, they will be more likely to talk openly and you can learn a great deal about how they think and what they feel. You can help set the stage for your children

Tell stories to your children.

Children love to hear stories. Tell your children stories about when they were younger. They love hearing these and they make children feel valued. Tell stories about yourself when you were a child. This also shows how you work, play, make mistakes, and celebrate success.

TIPS ON MAKING RULES

Discuss how rules protect health, safety, and the rights of children and others.

Let children know you love them too much to let them take dangerous risks or get into trouble. Set rules to help them take care of themselves, avoid dangerous situations, and respect themselves and others.

Discuss how different families have different rules.

Let your child know that, in different houses and in different countries, families may have different rules. In your family, your child follows the family’s rules.

Discuss your rules and expectations in advance.

Make clear rules with your child. Make sure everyone understands the consequences for breaking the rules. Don’t make too many rules-you might not remember or enforce them all consistently

Follow Through!

Children need to know that rules are enforced. Young children test their boundaries. Clear messages let them know potential dangers and that you care about their well-being.

Don’t make any rules you do not intend to enforce.

Rules without reinforcement have no meaning for children. Therefore, set rules you know you can and will enforce.

Don’t Impose harsh or unexpected new punishments.

Stick to consequences that have been set ahead of time. Be sure that anger doesn't influence your discipline. If you need one, give yourself a “cooling off” period before confronting your child

Praise children when they follow the rules. Positive reinforcement helps them develop self-confidence and trust in their own judgments.

HOLD REGULAR FAMILY MEETINGS

If you start having regular family meetings while a child is young, you will help **set the stage** for an easier passage through the teen years.

Children who can talk to their parents about schedules, money needs, and future plans regularly when they’re young will find it easier to discuss those issues as teenagers.

Short and Often: Hold regular meetings but keep them short for the younger members. You can talk about anything, depending on what your family needs.

Always remember to ask their opinions. This is a family meeting, not a lecture from parents.

Using a “speaking stick” or something like that ensures that every voices gets heard equally. It will also teach children patience and improve their listening skills.



To Learn More About
Building Blocks for a
Healthy Future,
check out:
bblocks.samhsa.gov



Safety Guidelines for Home Visitors

Before the Visit

1. Determine if there are any risk factors associated with the family, their home, or their neighborhood.
2. If a high crime area schedule visits early in the day.
3. If traveling to a new area, visit the area to become familiar with the neighborhood.
4. Ask if there are animals, and if they can be put away for the visit.
5. Leave make-of-car, license plate number with supervisor and co-workers.
6. Leave a schedule of visits for the day with supervisor and let him/her know if there are any changes.
7. Keep vehicle well maintained with at least a half-tank of gas.
8. Program your phone to be able to call emergency numbers easily.
9. Carry in a pocket your driver's license and a small amount of cash.
10. Always wear your picture identification/name badge.
11. Leave valuables at home or place in the trunk of your car before leaving the office. Do not attempt to place in the trunk while parked for visit.

When preparing to park and leave your vehicle

1. Observe the safety of the home/neighborhood before stopping. If there are questionable activities, continue driving and inform your supervisor.
2. Be alert. Turn off the radio– Look, Listen and Feel.
3. Park in the open and near a light source that offers the safest walking route to the home.
4. Park on the street, rather than the driveway. Park facing the direction in which you will leave.
5. If a family lives in an apartment complex, locate the building before leaving the car.
6. Take only the items necessary for the home visit.
7. Lock your car at all times.

When approaching the home

1. If you are approached be brief with the person and continue moving.
2. Observe the outside of the home.
3. Be aware of smells associated with substance use.
4. Look for signs of someone being home, and if there is any danger.
5. Do not enter the yard/house when questionable persons are present, anyone is intoxicated, violence is in progress, there is no quick escape, or vicious animals are present.

When entering the home

1. Go to the door that is in plain sight of the street and stand to the side of the door.
2. Do not enter the home if an unseen person calls for you.
3. Do not enter the home if an adult is not present.
4. If they will not let you enter do not try to persuade them.
5. When the door is opened quickly observe the inside.

When in the home

1. Stay near an exit.
2. Pay attention to unusual smells.
3. Limit amount of personal information you share with the family.
4. When there is a choice sit in a hard chair.
5. Leave immediately if you feel unsafe.

When leaving the home

1. Observe any activity or persons near the home or in the neighborhood.
2. When leaving a home visit have car keys in hand when walking to your car. Leave immediately.

LIVE
WELL



TAKE
CARE
OF
YOU

RESOURCES, RESOURCES, RESOURCES...

NEW TEEN SUPPORT GROUP

Teen Depression Support Group

Contact: Cheryl Schirren

Phone: 405.354.5650

1st and 3rd Thursday's of every month in Yukon

Online Resources for Children, Youth, and Families

- Alcohol: www.Why21.org
www.underagedrinking.samhsa.gov
- Bullying: www.ncpc.org/programs/circle-of-respect
- Crisis Planning and Recovery: www.brighthorizons.com/talktochildren
- Dating Violence: www.Loveisrespect.org
- Energy Drinks: www.family.samhsa.gov/monitor/energydrinks.aspx
- Gangs: www.ncpc.org/resources/files/pdf/gangs/gangs.pdf
- Inhalants: www.inhalants.org
- Internet Safety: www.netsmartz.org
- Marijuana: www.marijuana-info.org
- Mental Health: www.reachout.com
- Methamphetamine: www.crystaldarkness.com
- Military Families: www.operationmilitarykids.org
- Parent Resources: www.mvparents.com
- Personal Health: www.cdc.gov
- Prescription Drugs: www.drugfree.org/notinmyhouse
- School Safety: www.cpsv.org
- Substance Abuse: www.theantidrug.com
www.drugfree.org
- Suicide: www.jasonfoundation.com
- Tobacco: www.tobaccofreekids.org
- Youth Violence: www.safeyouth.org
- Youth-Led Organizations: www.ok.gov/okswat
www.sadd.org/intro.htm
- Youth Websites: www.checkyourself.com
www.stopswithme.com
www.abovetheinfluence.com



Children are the world's most valuable resources and the best hope for the future.

-John F Kennedy

Mark Your Calendar

Annual Children's Behavioral Health Conference

May 24-26, 2011

Embassy Suites Norman—Hotel & Convention Center

More information coming soon...

OKLAHOMA SYSTEMS OF CARE—TRAINING

2010

December 17	Tulsa	Family Support Provider Training
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2011

January 13-14	OKC	Fundamentals of Wraparound 101
February 11	OKC	Family Support Provider Training
February 18	Tulsa	Strength Based Supervision
February 25	OKC	IEPs and Section 504
March 10-11	Tulsa	Fundamentals of Wraparound 101
March 25	OKC	Substance Abuse Training

For more information about Oklahoma Systems of Care training, contact Traci Brownlow at (405) 522-8019.

Online registration is available at

www.ok.gov/odmhsas by clicking on “Calendar of Events”.

OKLAHOMA SYSTEMS OF CARE

Oklahoma Department of Mental Health and Substance Abuse Services

Oklahoma Systems of Care

1200 N.E. 13th St/P.O. Box 53277

Oklahoma City, OK 73152-3277

(405) 522-4151

www.ok.gov/odmhsas

