

Caring Connections



Upcoming Events & Resources

- **October Designated as National Bullying Prevention Month**
 - [Designing School Improvement to Enhance Classroom Climate for All Students](#)
 - [Embedding Bullying Interventions into a Comprehensive System of Student & Learning Supports](#)

- **November is American Indian & Alaska Native Heritage Month**
A group of leading national Indian organizations and federal agencies have come together to focus the celebrations of the month on [Native American and Alaska Native Youth](#). Youth are a vital part of tribal communities, as leaders of the future, and enactors of change today. Addressing the unique challenges facing Native youth, such as poverty and health and educational disparities, is a part of building healthy, sustainable tribal communities.

- **December is National Handwashing Awareness Week**
- **RX for Oklahoma** Call 1-877-RX4-OKLA (1-877-794-6552) for more information.



Professional Development

[OSOC Training Calendar](#)

[ODMHSAS Calendar of Events](#)

Public Service Announcement Video Contest Opens Dec. 15!



Caring for Every Child's Mental Health

Contest is open to all Oklahoma residents.

Videos should be no more than 60 seconds.

Collaboration is encouraged.

Entrants can submit more than one video.

Deadline to submit is March 16, 2012.

Public voting will take place March 17—April 8, 2012.

The entry form can be found in The Oklahoman on Thursday, Dec. 15, online at www.facebook.com/domhsas and at www.ok.gov/odmhsas

Planning is Underway for 2012 Events!

Oklahoma Systems of Care and a variety of statewide community partners are currently in the planning and development stage for 2012 Children, Youth & Families Picnic Celebration at the Capitol to bring awareness to the importance of children's mental health.

The picnic will be held on the afternoon of April 16, 2012, on the north lawn of the State Capitol. This free public event will showcase family-friendly activities, crafts, and entertainment. A free family leadership training will be offered for anyone who is interested. Dinner will begin at 5:30 PM.

Individuals and organizations that would like more information should contact Lynn Goldberg at lgoldberg@odmhsas.org or call 405-628-8911.

National Resources:

- [Event checklist & timeline](#)
- [Event pledge form](#)
- Icons
- Save the date flier ([Eng/Span](#))
- Web badge
- [Proclamation template](#)
- Tip sheets
 - * [Art therapy](#)
 - * [Dance therapy](#)
 - * [Music therapy](#)



Source: <http://www.samhsa.gov/children/awarenessdaymat.asp>

Comments?

Want to submit an article for the Caring Connections newsletter?

Want to be included on the mailing list?

Send your requests & comments to:

OK Systems of Care
1200 NE 13th Street
P.O. Box 53277
OKC, OK 73152-3277
lgoldberg@odmhsas.org
P: (405) 628-8911
F: (405) 522-6809



SAVE THE DATE

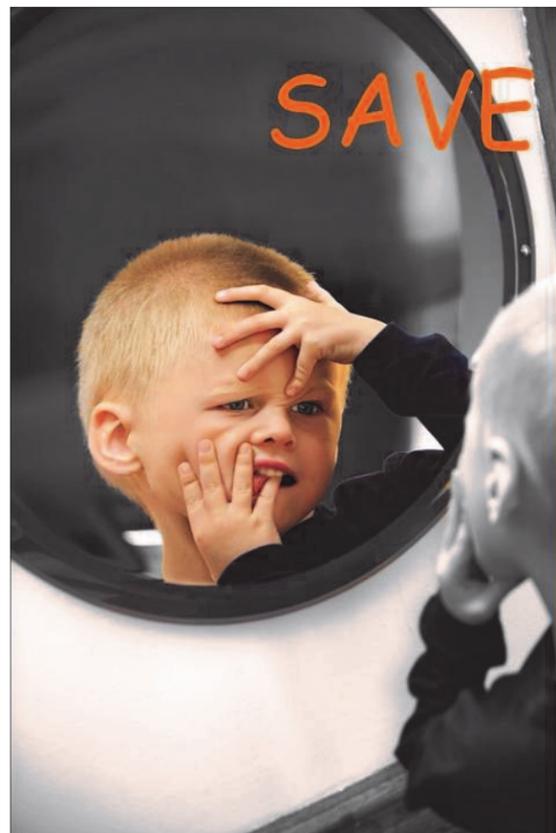
Children's Behavioral Health Conference

May 15 - 17, 2012

"Finding the Me I Was Born to Be"

Southern Hills Marriott
Tulsa, Oklahoma

Click Here To View
Presenter Application



Oklahoma Department of Mental Health
and Substance Abuse Services

OXFORD HOUSE WORLD CONVENTION

By Ray Caesar

The Thirteenth Annual Oxford House World Convention was held in Washington D.C. over the Labor Day weekend. At the convention the attendees voted on the location for the 2012 World Convention and Oklahoma City was chosen, beating out Dallas and Honolulu. A major factor in the decision is the rapid and solid growth of Oxford House in Oklahoma, due in part, to the strong support of ODMHSAS Leadership. Planning is already underway in preparation for next years event.

For more information, contact Ray Caesar by calling (405) 522-3908 or e-mail RCaesar@odmhsas.org.



FROM THE HEART...

"The earlier we can intervene the better chance for a full recovery. It has been very difficult to watch those consumers that we've served since the 1980s suffer premature death. Maybe if we had services with the wrap around concept available to children in the 1970s we wouldn't be watching our people die so young." - Rita Reeves, Aug. 15, 2011



Green Bean and Mushroom Casserole

Need a last minute side for the upcoming holidays? The 1950s were a mash up of canned and condensed foods that were easy to buy and even easier to make. At its debut in 1955 on soup company's label-worthy recipe took the prize for convenience. This updated recipe calls for fresh green beans, onions, and mushrooms instead of canned soup and friend onion. With this version, it knocked the sodium and saturated fat down but kept the taste and the home-cooked tradition of the holidays alive and well.

Green Bean and Mushroom Casserole

Canola oil cooking spray
1 lb. green beans, trimmed and cut into 1-inch pieces,
or frozen green beans
2 Tbsp. plus 2 tsp. canola oil
1/2 cup finely chopped onion
1/2 cup panko breadcrumbs
8 oz. white mushrooms, stemmed and cut into 4 to 6 pieces
1 large garlic clove, finely chopped
2 Tbsp. rice flour or all-purpose wheat flour
1 1/2 cups reduced-fat (2 percent) milk
Salt and ground black pepper
Pinch of cayenne pepper

Cooking directions can be found at:
[http://www.aicr.org/health-features/health-e-recipes/
her-current-issue.html](http://www.aicr.org/health-features/health-e-recipes/her-current-issue.html)

Free Health Curriculum

HealthTeacher Available to any Educator in Mercy Hospital Service Area



With a disturbing decline in mental and physical health throughout our country, Mercy hospital has generously sponsored all of the schools in their service area with unlimited usage of HealthTeacher for at least the next 5 years.

HealthTeacher is an online curriculum resource that has over 325 lessons covering 10 topic areas. Designed to be used by any school personnel that would like to teach on various health topics. With the ultimate goal of improving the overall health and wellness of future generations, HealthTeacher is aligned with National and State standards along with cross curricular alignment so the regular classroom teacher doesn't have to sacrifice core subject areas to teach health.

For more information about HealthTeacher, contact Luke Hobbs, Health Education Coordinator at (580) 819-2980 or e-mail lucas.hobbs@healthteacher.com.

GRANDPARENTS

RESOURCES AVAILABLE FOR RAISING GRANDCHILDREN

Grandparents and other relatives raising children in Oklahoma often face challenging circumstances when they step in to care for these family members. Children in these families may have increased need for support services from OKDHS and other agencies, including the ODMHSAS and counseling for both individuals and families. Grandparents may have been out of the parenting realm for an extended period and can benefit from assistance in knowing where to turn, what questions to ask, and how to maneuver the school and social service systems.

A resource for GRANDfamilies is now available online—[Starting Points for Grandparents Raising Grandchildren](#) (publication no. 99-40.) Starting Points is a booklet that addresses multiple issues families encounter, including school and health issues. The link to the pdf file is <http://www.okdhs.org/library/pubs/default.htm?category=aging>, then scroll down to 99-40 on the left. Starting Points also is available in print. Please call 1-877-283-4113 and request publication number (99-40), the total quantity needed, and the address where you want them sent. You also can send a written request by FAX to 405-962-1740.

For more information, contact Jane Garner at OKDHS Aging Services Division by calling (405) 521-2281 or e-mail jane.garner@okdhs.org.

Bring Hope

By Gerri Mullendore, Coordinator of Family Involvement, OSOC

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 so they can more effectively provide quality levels of family involvement.

I've seen families who have no idea as to the assets they can 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 supporting a Family group that will open up opportunities for peer to peer connections. Below are the key concepts for Family Support Groups, which lead to bringing families more 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,
- Provides participants new information,
- Provides participants with an outlet to become an active member of their community, and
- The support group can act as a family-focus group for their community.

Gerri can be contacted by calling (405) 522-4151 or by e-mail at emullendore@odmhsas.org.

STAFF SPOTLIGHT

NANCY FALCON

Nancy has worked as the Transitions Facilitator at Green Country since June 2009. She writes the treatment plans for SOC youth in addition to facilitating wraparound and providing service coordination for transitional youth. Nancy recently received her LADC license number and is excited to stop writing "under supervision" after her credentials! She is also credentialed as a Global Career Development Facilitator and serves on the board for NAMI Tulsa.

Her favorite food would have to be pizza. She even has two children who work in the "pizza industry." Her oldest son works for Dominos in Magnolia, AR, where he and his wife attend college. Her soon to be 17 year old son works for Mazzios in Broken Arrow. Nancy loves to watch movies, which is why her 18 year old daughter works at a movie theater in Broken Arrow.

The thing Nancy loves best about her job is making a difference in the lives of the young people she gets to work with and for. She loves the story about the guy walking along the beach, picking up stranded starfish and putting them back into the water. Someone tells him that there are millions of starfish stranded on the beach, and he could never put them all back into the ocean. The man responds "I made a difference to that one," as he tosses a starfish back into the water. That is how Nancy sees her job. If she thinks about the "big" picture too much, she gets overwhelmed. But as long as she can focus her brain on "how can I help this young person reach his goals" she feels she's earned her place on the planet for that day.

If Nancy had a superpower it would be "stretchy arms" like Mrs. Incredible.

Lots of people have used a variety of adjectives to describe Nancy. She likes easy-going, unflappable and diligent the best. However, her children (all four of them would agree without even thinking about this) would tell you that she is a nerd. They would also tell you that she is a control freak, but that is two words. She has so much random information in her head, loves to play word games, and actually does math problems while driving around or walking through the store.

A fun fact about Nancy is that her name translates into "Grace Grace Horse Bird," which means that she is cursed with clumsiness. Nancy has had 68 foster children live in her home at different times. She loves to read, teach and crochet. She can kill plants and fish with her mere presence. Nancy like cats and tolerates dogs. She has been married so long that she really doesn't remember being single!



NAMI Offers Assistance to Families Across Oklahoma

Who is NAMI?

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots organization for people with mental illness and their families. Founded in 1979, NAMI has offices in every state and in more than 1,100 local affiliates across the country.

What is the NAMI Mission?

NAMI is dedicated to the eradication of mental illness and to improving the quality of life for persons of all ages who are affected by mental illness

What Does NAMI do?

NAMI members and friends work to fulfill our mission by providing support, education, and advocacy.

Public Information

NAMI's website (www.nami.org) receives over 4.5 million visitors a year who turn to NAMI for information, referral, and education.

NAMI's helpline (1-800-950-6264) is staffed by a dedicated team and serves over 4,000 callers per month.

NAMI Oklahoma (<http://ok.nami.org>) Helps with referrals and education in the state of Oklahoma

Peer Education and Support

NAMI Educational Programs (Family to Family, Peer to Peer, NAMI Connections, Basics, Parents and teachers as Allies, and more) provide critical education to help consumers and family members gain knowledge and skills for living successfully with mental illness.

Support Groups are provided through many of NAMI's state and local affiliates and offer invaluable connections with peers who understand the challenges and joys of living with mental illness.

Raising Awareness and Fighting Stigma

NAMIWalks is a signature NAMI event that draws thousands of concerned citizens every year who walk together in over sixty communities across the nation to raise money and awareness about mental illness.

Stigma Busters responds to inaccurate and hurtful language and portrayals of mental illness in the media and promotes understanding and respect for those who live with mental illness.

In Our Own Voice presents deeply personal and moving journeys of recovery by consumers living with mental illness.

State and Federal Advocacy

NAMI Advocacy provides a key voice for state and federal public and private-sector policies that facilitate research, end discrimination, reduce barriers to successful life in the community and promote timely, comprehensive and effective mental health services and supports.

NAMI Oklahoma Connection Support Groups

Altus

Thursdays, 2:00- 3:30pm

Jim Taliaferro Center located at 215 W. Commerce St, Altus, OK 73522. Facilitators are Bobby Labrie (580-743-5800 or call Jim Taliaferro Ctr. 580-480-0650) and Keith Moseley.

Ardmore

Thursday at 6:30-8:00pm

Ardmore Public Library call Amy Hancock at 580-340-1231.

Bartlesville

Tuesdays at 6:30-8:00pm

Torrey Place 1 Apartments at 901 SE 3rd Street 74003. Facilitators are Kathryn Brink (918-766-5588) and Christina Martin. **Temporary closed.**

Lawton

Thursdays, 6:00 –7:30 pm

Comanche Memorial Hospital 3401 W. Gore Blvd, Lawton, Oklahoma (Oakwood Rm 5)

Oklahoma City

Wednesdays at 4:00-5:30pm

NAMI State Office in 4200 Perimeter Center, Suite 150, Oklahoma City, OK 73112 and Meeting is every Wednesday night from 4:00-5:30pm. Contact Wayne McGuire at 405-230-1900.

Oklahoma City

Tuesday 1:00-2:30pm

Red Rock Behavioral Health Services 4400 N. Lincoln Blvd, OKC, 73105. Facilitators are Mardell King Hawkins (405-882-0867) and Chandra Britt (Group is **only available to consumers receiving services at this location**).

Oklahoma City

Wednesday 10:00-11:30am

Sanctuary House 2133 SW 11TH Street in Oklahoma City (more information contacts Wayne 405-230-1900). A unique group designed just for women who are homeless.

Oklahoma City

Thursday 4:00-5:30pm

Oak leaf Business Center at 8181 NW 10th Suite B4 in the conference room. Contact Wayne McGuire at 405-230-1900.

Sand Springs

Wednesdays at 12:30-2:00 pm

ACT (Satellite) Peers Place located at 117 N. Main, Sand Springs, OK 74063. Facilitators are Cassie D. Place (918-261-9552), Richard Lorton and Debbie Cavin

Tulsa

Wednesday at 5:30-7:00pm

Denver House located at 252 W. 17th Place, Tulsa, 74119. Facilitators are John Garner (918-720-5510 and Polly James (918-946-1658).

 Free help	Oklahoma Tobacco Helpline	
	1 800	QUIT NOW
	784-8669	OKhelpline.com

Flu Symptoms

Fever or feeling feverish/chills

Cough

Sore throat

Muscle or body aches

Headaches

Fatigue (tiredness)

Vomiting and diarrhea is more common in children than adults

How It Spreads

Person to person

Through droplets from cough, sneeze, or talking

Can spread up to 6 feet away

How to Avoid Flu

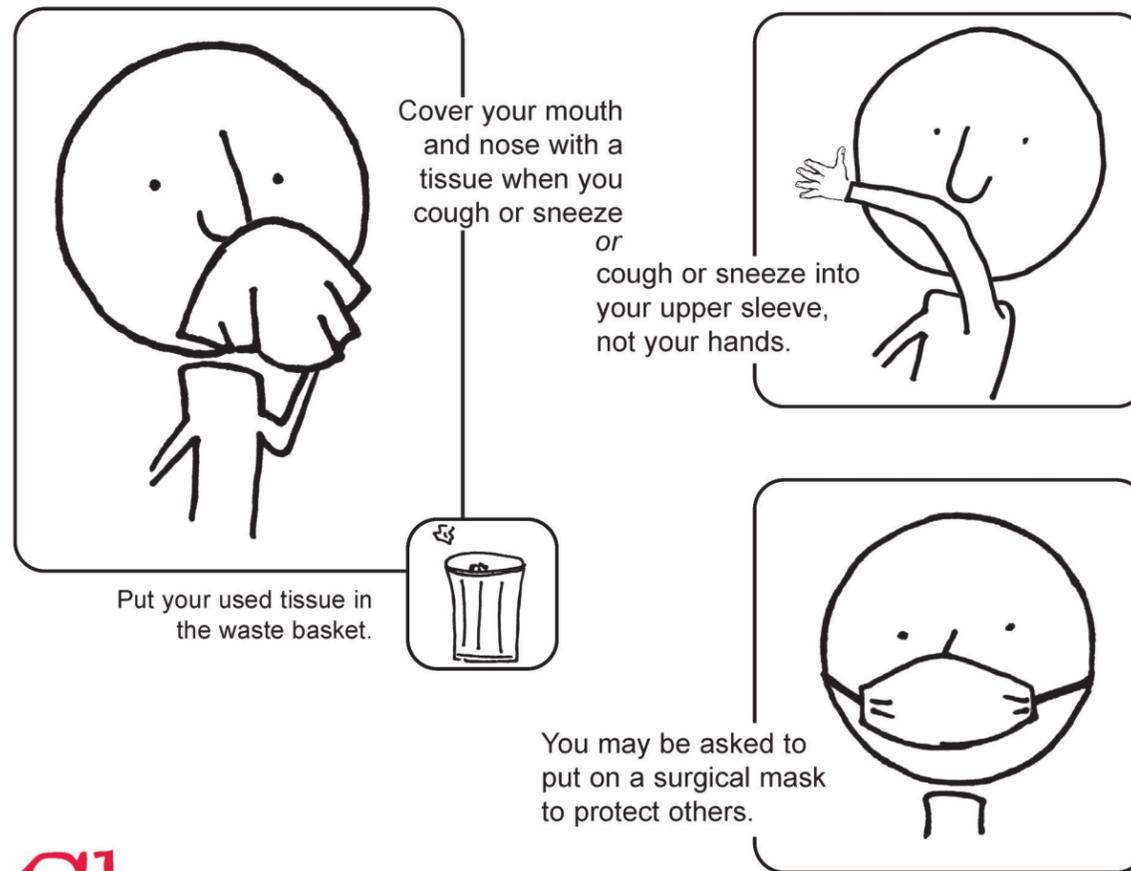
Wash your hands often with soap and water

Use alcohol-based hand rub

Source: cdc.gov/flu

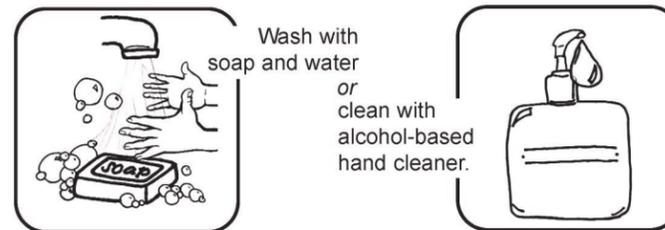
Stop the spread of germs that make you and others sick!

Cover your Cough



Clean your Hands

after coughing or sneezing.



NAMI Oklahoma Family to Family Support Groups

Ada Support & Affiliate Meeting

Time: First Thursday of the Month, 7 p.m.
Place: Valley View Hospital,
470 N Monta Vista, Ada, OK 74827
(in the conference dining room)
Contact Gail Wood at 580-265-9389

Altus - Support Group Meeting

Place: Taliaferro satellite clinic
Contact 580-480-0650 for meeting dates and times.

Ardmore - Support Meeting

Time: Second Thursday of the Month, 7 p.m.
Place: Ardmore Public Library,
320 E St NW, Ardmore OK 73401
Contact John O'Dell at 580-657-2413

Bartlesville - Family to Family Support

Time: Second Thursday of each month, 7 - 8 p.m.
Place: Meeting room at Torrey Place I,
901 SE 3rd, Bartlesville, OK
Contact Toni Harjo at 918-336-1288 or
Charles Danley at 918-337-8080 ext 2202 or
email torreyplce@aol.com

Edmond - Family to Family Support

Time: Mondays, 6:30 p.m. - 7:45 p.m.
Place: Crossings Church,
14600 N Portland, Oklahoma City.
Contact Gail Israel at 405-230-1900

Lawton - Affiliate & Support

Time: 3rd Tuesday of the Month, 6:30 p.m.
Place: Lawton Public Library,
110 SW 4th St, Lawton 73501
Call Leigh Holmes at 580-536-7314

Norman Reach Support

Date: 1st and 3rd Tuesday at 7:00 p.m.
Place: Edsel Ford House,
107 State Drive, Norman,
Contact Ruby Bowden, 405-321-2057

OKC Metro Family Support Group

Time: Third Thursday of every month, 7 - 9 p.m.
Place: Deaconess at Bethany, 7600 N.W. 23rd
Contact Carol Hetherington at 405-787-4860

OKC Family Support

Time: 2nd & 4th, Mondays 6:30 p.m.
Place: Memorial Road Church of Christ,
2221 E Memorial Rd, Edmond OK
Contact Jon Nickerson at 405-205-5273

South Tulsa/Bixby Support Group

Time: 1st Monday of every month, 7 p.m. - 8:30 p.m.
Place: Home of Bob and JoAnn Flake.
For information and directions, call 918-369-2371

Owasso - Family to Family Support Group

Time: 2nd Monday of every month, 7 p.m.-8:30 pm.
Place: Westport Mennonite Church,
Old 169 & Highway 20, Owasso
Call Joan Stuckey at 918-272-9290

Ponca City - Family to Family Support & Affiliate Meeting

Time: 2nd Thursday of the Month, 7 p.m.
Place: Community Support Center,
205 E Chestnut, Ponca City
Contact Barry Frick at 580-765-2814

Stillwater - Family to Family Support & Affiliate Meeting

Date: First Thursday of the month, 7 p.m.
Place: First Presbyterian Church,
6th and Duncan, Stillwater
Contact George Hedrick at 405-377-0955

NAMI-Tulsa Affiliate Monthly Meeting

Date: 2nd Thursday each month - 7-8 p.m.
Place: Fellowship Congregational Church,
2900 S Harvard, Tulsa
Call Rose at 918-587-6264

Tulsa - Family to Family Support Group

Time: 2nd Saturday of every month, 9:30 a.m.-11am
Place: Crossroads, 1888 East 15th Street.
Call Mary Ellen Jones at 918-743-9124

Yukon - Family to Family Support Group

Time: 1st & 3rd Tuesdays of the month, 7 - 8 p.m.
Place: South Yukon Church of Christ
Contact (405) 350- 6519.

Million Hearts Initiative



The U.S. Department of Health and Human Services (HHS), with several key public and private sector partners, launched Million Hearts, an initiative that aims to prevent 1 million heart attacks and strokes over the next 5 years.

Million Hearts is focused on two goals:

- Empowering Americans to make healthy choices such as preventing tobacco use and reducing sodium and trans fat consumption. This can reduce the number of people who need medical treatment such as blood pressure or cholesterol medications to prevent heart attacks and strokes.
- Improving care for people who do need treatment by encouraging a targeted focus on the "ABCS"—Aspirin for people at risk,

Blood pressure control, Cholesterol management, and Smoking cessation—which address the major risk factors for cardiovascular disease and can help to prevent heart attacks and strokes.

"Heart disease causes one of every three American deaths and constitutes 17 percent of overall national health spending," said HHS Secretary Kathleen Sebelius. "By enlisting partners from across the health sector, Million Hearts will create a national focus on combating heart disease."

Cardiovascular disease, diabetes, and obesity are associated with mental illness, and treatment of the mental illness can reduce the effects of these disorders. Up to 83 percent of people with serious mental illness are overweight or obese, and 44 percent of the U.S. tobacco market is composed of individuals with a mental or substance use disorder. All too often, after overcoming an addiction or mental illness people with these disorders suffer from premature morbidity and mortality as a result of poor diet, and lack of exercise and primary prevention services.

Building on SAMHSA's work to promote wellness, the Agency has committed to aligning all available resources to support improved outreach and provision of comprehensive health care to people with mental and substance use disorders.

Visit the official website for further information: <http://millionhearts.hhs.gov>

HOW TO TEACH RESPECT

From the National Fatherhood Initiative

1. Define respect—teach that tone of voice, body language, and facial expressions can also be disrespectful.
2. Provide good examples—parents are important examples, but so are your children's friends.
3. Look for teachable moments—follow through with discipline, but take the opportunity to explain why those actions were disrespectful.

Source: <http://www.fatherhood.org/fathers/how-to-be-a-dad/teaching-kids-respect>

Fun and Free Fall Events

By Shannon Lee, Technical Assistance & Training Coordinator, OSOC

Fall in Oklahoma means cooler days, football, and of course, some fun events to take the family to! Here is a list of a few fun and free events happening around the state in November and December. For more information regarding these events, along with a much more comprehensive list, you can visit the website <http://www.travelok.com>, which is the "official" travel and tourism site for the state.

November:

11/24—1/2/12: Winter Wonderland Christmas Light Tour, Ketchum, OK

11/25—12/31/11: Christmas in the Park, Elk City, OK

11/25—12/23/11: Woolarac of Lights, Bartlesville, OK

11/25—12/23/11: Territorial Christmas Celebration, Guthrie, OK

11/24—12/25/11: Holiday Lights on the Hill, Tulsa, OK

11/25/11: Enid Lights Up the Plains: Enid, OK

11/25/11: Mangum Hometown Christmas: Mangum, OK

December:

12/1/11—12/31/11: Parkway of Lights, McAlester, OK

12/1/11: Chickasha Parade of Lights, Chickasha, OK

12/1/11: Holdenville Christmas Parade, Holdenville, OK

12/2/11: City of Lights Christmas Parade, Idabel, OK



OK Transition Workgroup "Youth and Young People Guided Strategic Planning"

On July 15, 2011 youth, young adults and providers from across the state convened to discuss the many challenges young people face as they transition to adulthood. Those youth who have experienced out-of-home care were invited to provide expertise that was representative of youth populations targeted to receive services through state, tribal, and local initiatives and programs aimed at helping youth transition successfully to adulthood. Adults working with transition-age youth also attended and contributed their insights.

Youth participants included former foster youth, wraparound youth and young adults and youth who have experienced the Oklahoma juvenile justice system. These individuals shared their insights and opinions of perceived assets and gaps in existing programs or in the delivery. Experience was based on individual experiences in of out-of-home care: 1) program or practice elements which have been successful at engaging them or otherwise enhancing their opportunities to successfully manage the obstacles they had to overcome during their transition; 2) areas that need improving or are missing; and 3) ways they can be improved.

Notes were taken during open discussion on issues the participants find critical to effectiveness and were combined with written comments from participants. Information and input collected during the meeting was used for a larger statewide planning meeting on July 26, 2011.

For more information, contact Marqus Butler by calling (405) 522-4151 or e-mail mbutler@odmhsas.org.