

JUST CARE
FAMILY NETWORK



LIKE US ON
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Visit our website:
JCFNMemphis.org
or scan below.



COMMUNITY
RESOURCES

Crime Victims Center
901-222-3950

National Alliance on Mental
Health Illness (NAMI)
901-725-0305

Support and Training For
Exceptional Parents (STEP)
800-280-STEP

Agape Child & Family Ser-
vices 901-323-3600

Child & Adolescent
Psychiatry 901-765-1400

Aging Commission of the
Mid-south 901-222-4100

Minority & Hispanic Affairs
901-222-4289



“Help is Here”
Sharing a System of Care in
Shelby County

VOLUME 1, ISSUE 2

MARCH 1, 2013

Wraparound Works...

Wraparound is the only evidenced based approach in children’s mental health. At Just Care Family Network we provide a system of care in Shelby County. So what is a system of care? A “system of care” is an organizational philosophy and framework that involves collaboration across agencies, families, and youth for the purpose of improving access and expanding the array of coordinated community-based, culturally and linguistically competent services and supports for children and youth with a serious emotional disturbance and their families.

The system of care should be family driven, with the needs of the child and family dictating the types and mix of services provided. Family driven means that families have a primary decision-making role in the care of

their children, as well as in the policies and procedures governing care for all children in their community, state, tribe, territory, and nation.



JCFN pictured with an emerging agency for teen girls “Time for a Change”

This includes:

- 1) Choosing supports, services, and providers
- 2) Setting goals



Urban Youth Initiative coordinated “Toastmasters” to introduce JCFN youth to public speaking and leadership training.

- 3) Designing and implementing programs
- 4) Monitoring outcomes
- 5) Determining the effectiveness of all efforts to promote the mental health of children and youth



From the Director’s Desk

When Just Care Family Network became part of Shelby County Government about 11 months ago, we began JCFN’s transition from grant implementation to sustainable program in the community. In the time since we joined the Division of Community Services under the leadership of Dottie Jones, we have made tremendous progress in the program’s operation and seen an expansion of the network of collaborative and supportive partners. JCFN is now part of the county-wide system using a wraparound approach to address the mental health, health and social service needs of Shelby County families.

Over the past year, we have:

- Provided training in wraparound to staff, families, youth and community partners
- Strengthened the relationship with key collaborative partners – Juvenile Court, Department of Children’s Services and Memphis City Schools
- Conducted successful mental health outreach and education programs in celebration of Children’s Mental Health Awareness Week and utilized local media to increase awareness of mental health services and supports for youth and families in need of those services
- Expanded the array of youth and family engagement activities offered
- Provided opportunities for youth and

families to become more involved in the project’s governance, evaluation and improvement utilizing data driven decision-making

- Restructured the referral, intake and initial engagement process for enrolling families willing to participate in the wraparound process in order to maintain their child at home, in school, and in the community

Future newsletters will include updates on how we are doing with transforming the system of care for children’s mental health in Shelby County. We have much more work to do and look forward to your joining us as we “**Think Sustain**”.

Saying Farewell...



Dr. Watson holding his farewell gift from JCFN, an African Djembe drum.

In January, Just Care Family Network said farewell to our dear friend Dr. Jerry Watson. Dr. Watson served as the Training/Technical Assistance Coordinator for JCFN from 2010 to 2013. While working at JCFN, Dr. Watson was also maintaining his role as an Assistant Professor of Social Work at the University of Mississippi where he will now focus on expanding his legacy in social work education. As part of Dr. Watson's farewell festivities, JCFN staff hosted a

dinner and gave our well wishes to him as he continues his



journey. Dr. Watson's departure leaves an imprint on the hearts of many JCFN youth, families, and staff.



"YOU CAN'T HEAL WHAT YOU REFUSE TO CONFRONT. . . HELP IS HERE"

Cultural Competency Corner

Moving Forward

Cultural and Linguistic Competence (CLC) is a vital part of Just Care Family Network. President Obama said in his inauguration speech, "let's move forward." Going forward with CLC will consist of communicating and collaborating. These two C's will help us work toward a positive CLC experience

items of special interest, while sharing exciting events each month. CLC will suggest events your family may enjoy. Every month there will be significant campaigns designed to bring awareness to various national concerns. CLC will work to bring items that can educate, inspire and strengthen families.

To serve families it takes a great deal of collaboration/teamwork. I, along with the CLC Workgroup Committee will be working to bring the best CLC programming to our youth and their families. We'll meet the last Monday of each month with an agenda specifically designed to meet the goals of Just Care Family Network.

Communication

Each month families will receive a mailing from CLC. There will be

Collaboration

Team work makes the dream work. Who ever said this had a good idea. At Just Care Family Network, team work is essential.

Keep moving forward!
-Mr. Carl Swift, CLC Coordinator

Wraparound Facilitator Ms. Carol Twilley and Family Support Partner Mr. Trevon Toney



JCFN Staff...serving & supporting

Just Care Family Network staff work to provide a system of care using Wraparound. Our staff work in teams or dyads consisting of a Wraparound Facilitator and Family Support Partner.

Each month "Help is Here" highlights a JCFN dyad. Trevon Toney and Carol Twilley have combined experience of more than 30 years working with children with serious mental health needs. Twilley and Toney work closely with male youth. Twilley specializes in implementing Wraparound

services in educational capacities involving I.E.P.s and 504s while Toney provides a range of support in gang intervention and community outreach. Both Twilley and Toney say there are numerous challenges in implementing Wraparound, but both enjoy their passions of serving and supporting.

Youth and Parents That Care



February PTC vs YTC Black History Trivia Night PTC recently held a Black History Trivia Night in February as part of Black History Month hosted by Norman Redwing, Director of Family Empowerment and Raphaelle Richardson, Youth Engagement Specialist. “We had a lot of fun, everybody learned a lot, especially the youth who seemed to be very knowledgeable about their culture,” said Redwing. “Many of our programs consist of prayer and

The Wraparound approach is most successful when youth and family driven. Youth and Parents That Care (YTC, PTC) are family support groups collaborating with Just Care Family Network. YTC and

uplifting our families who may be experiencing mental health struggles. Right now we are wrapping our love around Ms. Hazel Burks, a PTC, who recently lost her son,” said Redwing. “The parents are really supportive.” Richardson and Redwing coordinate monthly activities to keep JCFN youth and families empowered and engaged. “I am always extremely excited about our turnouts and the level of participation from our youth who are eager to learn and gain new experiences.” said Richardson.

“Mental health is often missing from public health debates even though it’s critical to wellbeing”
-Diane Abbott

Mental Health in Memphis

What is mental illness? A mental illness is any brain disorder which causes severe disturbances in thinking, feeling and relating to other people. Mental illness can affect anyone, regardless of race, age, gender, or intelligence. A Few Common Disorders include: **Bipolar Disorder (Manic-Depressive Disorder)** Bipolar Disorder is the chemical imbalance in the brain that causes a person to cycle between periods of frenetic

activity and deep depression. **Depression** is also a common brain disorder. We all experience ups and downs, but a person with clinical depression feels so sad the he or she finds it hard to function at work or school and in relationships. **Schizophrenia** adversely affects a person’s capacity to think clearly and express feelings appropriately. Someone with schizophrenia may have terrifying thoughts and feel cut off from others.

Treatment WORKS! During recent years research has shown a great deal about medications and therapy that can relieve the symptoms and suffering of diseases like those described. If someone you love has a mental illness, treatment can help. For more information about Mental Health in Memphis contact the local chapter of the National Alliance on Mental Illness at info@nami-memphis.org or call 901-725-0305.

Partner Spotlight

JCFN partners with Center for Advancement of Youth Development (CAYD). CAYD was developed and designed to build the capacity of youth serving organizations. They work to fill the gap for JCFN by providing opportunities to access high quality training, evaluation, and technical assistance without

leaving the community. CAYD’s mission is to improve the life outcomes of youth by improving the organizations that serve them. National Think Tank for African American Progress is an ongoing CAYD project. Think Tank is solution focused community mobilization that works to improve the

health, educational, economic, and technological outcomes of African American youth. CAYD’s next Think Tank takes place in Memphis on March 2, 2013.



CAYD Director of Evaluation Dr. Gregory Washington at a recent workgroup meeting showing a community asset map

Changing the Memphis system...



JCFN Staff went red on Feb. 1st to support Women's Heart Disease Awareness.

Just Care Family Network was featured in a local news broadcast that shared the story of Ms. Viola Hudson and her son Edward.

Mid-South parents have resources to help children displaying disturbing behavior



Project Director Dr. Altha Stewart is a frequent guest on Mental Health Matters with Dr. Warren Harper airing on Mondays and Tuesday on Comcast 31 MUTVI from 9-10am.

“Our goal is to change the Memphis system of care to make life easier and less frustrating for the families we serve.”

Making life easier...



JCFN is partnering with an emerging girls group: Time For a Change, an organization seeking to educate and empower teen girls.

YTC held an information session for students interested in applying for college and financial aid.



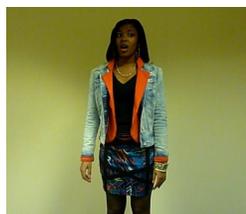
JCFN youth shared their successes and struggles with mental illness at a recent Youth Townhall.

Partnering with youth and families...



At a recent support meeting Vivian Saunders portrayed in the film “In the Hive” encouraged our families to stay engaged.

JCFN families were gifted 30 scholarships by Watoto De Afrika performing arts academy and several youth auditioned for a recent stage production.



JCFN Workgroups are back in session partnering with youth, families, professionals, and community leaders.



Just Care Family Network

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Visit us at www.JCFNmemphis.org

Interested in contributing to the “Help Is Here” newsletter? Contact our Social Marketing Coordinator Jerica Phillips at 901-222-4503

“...because no one does it alone.”

At Just Care Family Network our mission is to change the Memphis system of care to make life easier and less frustrating for the families we serve. We partner with youth and families to link them to services.

Just Care Family Network has partnered with private and public organizations in your community who are devoted to family driven care.

To learn more about Just Care Family Network visit JCFNmemphis.org or to make a referral, please contact our Enrollment Specialist Darria Childress at 901-222-4502.

Find Help

SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)

Disaster Distress Helpline
1-800-985-5990
Text **TalkWithUs** to 66746



Happening in March...

***JCFN Workgroup meetings will continue throughout the month of March. For more info call 901-222-4500

March 1: Read Across America Day

March 2: CAYD Think Tank from 10-2pm

March 8: International Women's Day

March 10: A Tribute to Motown: The Contours...Enjoy timeless Motown hits performed live on stage at the Cannon Center for the Performing Arts.



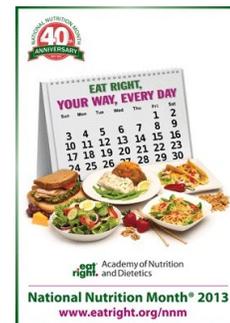
March is Social Workers Month

March 11-15: MCS and SCS Spring Break

March 21: TennCare Select Behavioral Health Advisory Committee Meeting at UYI 12-2pm

March 21: Hope Circle Book Club Night reading “Everything is normal until proven otherwise” by Karl Dennis at UYI 6-8pm

March 23: Embodi Conference for young boys in grades 7-12th at Victory University. The event is free. For more info contact Raphaelle Richardson at 901-725-3109



March is National Nutrition Month