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FAMILY NETWORK

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COMMUNITY
RESOURCES

Free Summer Meals
www.cityofmemphis.org

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

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

Agape Child & Family
Services 901-323-3600

Mid-South Food Bank
901-527-0841

Neighborhood Christian
Center 901-323-4092

Network for Overcoming
Violence & Abuse (NOVA)
901-222-3990



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

VOLUME 1, ISSUE 5

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Wraparound Works...

Wraparound Works In Schools

Wraparound distinguishes itself from traditional service delivery in special education and mental health with its focus on connecting families, schools, and community partners in effective problem solving relationships. Unique implementation features include (a) family and youth voice guide the design and actions of the team; (b) team composition and strategies reflect unique youth and family strengths and needs; (c) the team establishes the commitment and capacity to design and implement a comprehensive plan over time; and (d) the plan addresses outcomes across home, school, and community through one



From the Director's Desk

The month of May may be over, but our work to increase awareness of children's mental health issues has just kicked into high gear! We created an ambitious agenda when we set out to plan, coordinate, or host six events during May in honor of Children's Mental Health Awareness week (May 5-11). Well, the rest of the nation might be satisfied with a week but here in Shelby County we thought our children needed more attention so we scheduled events throughout the entire month. We began the month long celebration with youth developed activities, including JCFN youth and family



JCFN parent Earline Riley hosting an information table at Colonial Middle School during a mental health fair

synchronized plan. Although on the surface Wraparound can be seen as similar to the typical special education or mental health treatment planning process, it actually goes much further as it dedicates considerable effort on building constructive relationships and support

networks among the youth and his or her family with that school. Being involved in Wraparound adds additional support and advocacy for the IEP or 504 planning process and assures that each child has another member on the team to support their unique needs and makes sure their emotional or behavioral challenges don't get in the way of getting the best possible education.



Family Support Partner Tarrus Lawson involved in planning at a Child & Family Team Meeting

participation in the Memphis City Schools' *Student Responsibility March* and a meeting in partnership with Truth and Trauma of Chicago. Although our Chicago partners couldn't make it at the last minute, our youth gathered and celebrated their success in the evaluation and research arena. On May 9th the Shelby county and Memphis mayors offered proclamations marking Children's Mental Health Awareness month to JCFN youth and families gathered for the occasion. Other awareness activities during the month included: the Community Awareness Day Block Party, a Mental Health Fair and a Town

Hall Meeting (held in collaboration with Memphis city Schools), a JCFN-led discussion on the impact of violence and trauma on youth (as part of Mayor Luttrell's Family Life series, a collaboration between government and the faith community). The final event, Mind Matters: A Children's Mental Health Summit, involved legislators, community organizations, providers, educators, family members and youth, and included breakout sessions on such topics as transition planning/preparing for college, wiping out stigma in schools, educating, advocating and empowering families, and more information on identifying signs...

“YOU CAN’T HEAL WHAT YOU REFUSE TO CONFRONT. ..HELP IS HERE”



...From the Director’s Desk

...and symptoms of mental illness. Throughout the month, JCFN was featured on local radio and television programs, spreading the message of education and awareness about children’s mental health. So we met our awareness events target for May and then some, but none of this would have been

possible without the support of our families, youth and partners in the community. Thanks to all of you, those who’ve been with us since the beginning of the grant and those who are new to the Just Care network of community support. And FYI, since we distributed the first community partner agreements just over a month ago we have received

positive responses from 20 community groups and organizations who are willing to work with us on behalf of the children in Shelby County with mental illnesses and their families. I’ll share the list in the next newsletter and describe the benefits of becoming a community partner. Join us as we plan for 2014...**Think Sustain!**

Splash into Summer

Free Swim Lessons: Splash Midsouth is a nonprofit organization that offers free swim lessons to city kids. To receive free or low-cost swim lessons, your child should meet the following qualifications:

-Must be between 6-12 years old

-Must be on the Free School Lunch program

-Must be able to attend 10 swim sessions

-Must have swim suit, goggles, and a towel

-Must have transportation to and from swim sessions

They also sponsor a swim team for kids interested in the sport of competitive swimming. For more info call Anthony Norris 901-569-0080 or go to splashmidsouth.org



JCFN Staff...serving & supporting

Wraparound Facilitator Danisha Oliver and Family Support Partner Angellicia Hayes



Just Care Family Network staff work to provide a system of care using Wraparound Services. 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. Angellicia Hayes is a Family Support Partner who currently serves as a youth director at

Cane Creek MB Church and Praise Dance instructor. Hayes is a proud mom and formerly worked at TNCSA with young women in the Families First program. Hayes says she believes in tough love and enjoys seeing youth reach their full potential. Danisha Oliver is a Wraparound Facilitator and proud member of Delta Sigma Theta Sorority Incorporated. A

former residential therapist at Varangone Academy, Oliver recently earned a masters degree in Social Work from Union University. Oliver says she empowers others by sharing her story about a guardian who suffered from mental illness. Both Hayes and Oliver work to improve the lives of youth and their families with serious mental health needs in Shelby County.

“HELP IS HERE”

Youth and Family Empowerment



Dr. Stewart presenting Charity Farris with a certificate of achievement

Congratulations to all of the Just Care Family Network high school graduates. We recognized our graduates during Mind Matters: A Children's Mental Health Summit and each received a certificate from JCFN for their hard work and determination.



"We wouldn't accept it if only half of the young people with diabetes got help. Why should we accept it when it comes to mental health?" - President Barack Obama

Mental Health Minute

The National Center for Posttraumatic stress disorder promotes awareness of PTSD and effective treatments throughout the year. Starting in 2010, Congress named June 27th PTSD Awareness Day.

PTSD: Not Just Veterans

Following trauma, most people experience stress reactions but many do not develop PTSD. Mental health experts are not sure why

some people develop PTSD and others do not. However, if stress reactions do not improve over time and they disrupt everyday life, help should be sought to determine if PTSD is a factor.

The purpose of PTSD Awareness Month is to encourage everyone to raise public awareness of PTSD and its effective treatments so that everyone can help people affected by PTSD. Posttraumatic stress

disorder is an anxiety disorder resulting from a traumatic event (including sexual and physical assault, serious accidents, natural disasters, and combat and military exposure) that is life-threatening to the individual and/or to others. Among the feelings the event can trigger are fear, confusion, and anger. For PTSD resources and more information visit the National Child Traumatic Stress Network at <http://www.nctsn.org/>

Partner Spotlight



**Tennessee
Department of Children's Services**

The Tennessee Department of Children's Services (DCS) is a local community partner in Shelby County supporting Just Care Family Network's (JCFN) system of care goals to improve juvenile justice and youth school performance, reduce caregiver stress, and prevent costly out of home placements. Ms. Tonni Chew is a long-standing member of the JCFN Social Marketing workgroup and serves as an Order of Reference Team

Leader at DCS. "My team goes out, assess the home, writes a home study, and submits it to the court," said Chew, "often times during the assessment process the case manager may find that there are mental health issues and at that time we refer for services to JCFN or other mental health agencies." In 2012, DCS received more than 169,000 calls to its child abuse hotline and conducted more than 60,000 investigations into reported child abuse and neglect. DCS

officials say their mission is to protect children whose lives or health are seriously jeopardized; but rather than a resource, the community often views DCS intervention as a threat to the preservation of families. Chew believes DCS partnerships with child advocacy programs like JCFN are vital in supporting families, especially those with youth suffering from mental illness. "Just Care Family Network can help to empower

families to get the help and treatment needed. I feel DCS is in the center of the Wraparound process that JCFN offers," said Chew, "together we can transform our community and be a 'GIANT' for Mental Health. It's all about partnership and collaboration!"

Changing the Memphis system...



Youth led a question and answer dialogue at the JCFN community town hall about mental health services in a unified school district

Dr. Stewart & JCFN parent Viola Hudson were guests on WMC spreading mental health awareness with morning show anchor Kontji Anthony



Memphis residents released balloons with messages of hope at the JCFN Awareness Day Community Block Party



“We partner with youth and families to link them to the services that they choose.”

Making life easier...



Youth played basketball and enjoyed a care-free day at the JCFN Awareness Day Community Block Party at the Renaissance Center

A clown painted pictures and told jokes as youth stopped by the fun table at the JCFN/MCS health fair



Mayor Luttrell presented a proclamation to JCFN families at the Awareness Day Ceremony

Partnering with youth and families...



JCFN staff members painted faces at our Awareness Day Block Party

Our keynote speaker Co-Pastor Dianne Young & Bishop Young pictured with Dr. Stewart at Mind Matters: A Children's Mental Health Summit



JCFN staff gave presentations during our break-out sessions at Mind Matters: A Children's Mental Health Summit



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.



Happening in June...

***JCFN Workgroup meetings will continue throughout the month of June. For details call 901-222-4500

June 3: White House Mental Health Conference 2013

June 8-Sept 1: From Swords to Plowshares Exhibit at the Pink Palace 901-636-2362

June 10-14: Men's Health Awareness Week

June 12-13: 6th National Suicide & Black Church Conference at the UT Student Alumni Center 800 Madison Ave 901-370-4673



June is Men's Health Awareness Month

June 13: Expanded Food & Nutrition Education Program from 1-3pm at the Raleigh Branch Library

June 15: Mayor Wharton's Training Camp for Dads 9:00 a.m. Fogelman Executive Center University of Memphis 330 Innovation Drive

June 15: 6th Annual Men's Health Summit “Living Life Under Pressure” at the UT

Student Alumni Center 8:30am-1pm Ages 12 & up. 901-261-8833

June 15: Live at the Garden enjoy Earth, Wind, and Fire at the Memphis Botanic Gardens 8:30pm

June 16: Father's Day

June 20: Life Enhancement Services (LES) Mental Health Symposium at Urban Child Institute 8:30am-5pm (901) 328-1402



June 20: FREE Garden Family Day 10am-2pm at Dixon Gallery & Gardens