

JUST CARE
FAMILY NETWORK

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@JCFNMemphis

Visit our website
jcfnmemphis.org
or scan here:



COMMUNITY
RESOURCES

Free Summer Meals
Www.cityofmemphis.org

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

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

Health & Human Services
Info Dial 2-1-1

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 6

JULY 15, 2013

JCFN recognized for community outreach

Just Care Family Network is very proud to announce that we won a **BRONZE** award in the Substance Abuse and Mental Health Services Administration’s (SAMSHA) 2013 Excellence in Community Communications and Outreach (ECCO) Recognition Program! ECCO showcases and celebrates the outstanding achievements in communications and social marketing by system of care communities. Tennessee won a total of 3 national ECCO awards for our system of care work. Our entry, *Help Is Here*, was one of three finalists in the Media



“Help Is Here” video

Outreach category. The winners were announced during the opening session for the 2013 Summer of Learning on July 18, 2013. *Help Is Here* is a 30-second public service announcement produced in 2012 by Optimum Studios to highlight the coordinated system of care that Just Care Family

Network provides in Shelby County for children with serious emotional disturbances. The PSA aired as a local television commercial throughout Children’s Mental Health Awareness Month helping us to meet our communications goals last May.

View our entire entry on our website. And a big Memphis style congratulations to our friends at K-Town on being named the People’s Choice award winner. Just Care Family Network is going for the **GOLD** in 2014!



From the Director’s Desk

Systems of Care depend on collaborations (aka partnerships) to be successful. According to Wikipedia, “a partnership is an arrangement where parties agree to cooperate to advance their mutual interests”. Groups often partner to increase the likelihood of each achieving their mission and to amplify their reach. At Just Care Family Network we know that without the support and collaboration of our partners in this community, we would not be able to achieve the stated vision and mission of the project – ‘to change the Memphis system of care to make life easier and less frustrating for the families we serve’. As we move towards the final year of funding for this project, it seems appropriate to talk a bit about the importance of partnerships and collaboration to our expansion and sustainability efforts. Many of you have heard me speak with pride about the role of JCFN as part of a county-wide initiative to incorporate

System of Care values and principles into the work performed by the programs in the County’s Division of Community Services. What started as a commitment by seven County agencies (Head Start, CSA, Pre-Trial Services, Ryan White Program, Aging Commission, Office of Early Childhood and Youth, and Crime Victims Center) has grown to include fourteen other community groups whose missions range from community services and supports to education, mentoring, violence prevention, health and wellness, and building faith and hope in the people and the community. We now have formal agreements with community organizations - SOLIDS, Knowledge Quest, Time for A Change, 901 BLOC Squad, Healthy Memphis Common Table; churches – 1st Baptist Church Broad and The Healing Center; service providers – Emotional Fitness Centers, Life Enhancement Services, Health Connect America; and, governmental agencies - DCS,

Juvenile Court, School MH Unit, TN CSA, and the public defender’s office. It is important to understand that partnerships and collaboration are key to sustainability. Partners share a vision and plan for sustainability, have community support and know how important it is to create strong internal processes to continually improve the work being done. They develop and implement a financing strategy to support that work and identify stakeholders and champions who can effectively communicate their message to people with influence. Partners always look for new opportunities for resource development and respond when they arise. Finally, some of you may recall that the Father of Wraparound, Karl Dennis, defines collaboration as ‘an unnatural act between unconsenting adults’. Let’s work together to make Just Care the exception to that rule. Think sustain!

Preventing Suicide: A Toolkit for High Schools

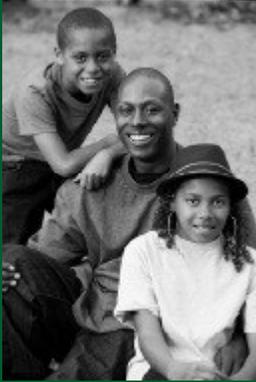
A Toolkit for High Schools was funded by the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) to help high schools, school districts, and their partners design and implement strategies to prevent suicide and promote behavioral health among their students. The information and tools in this toolkit will help schools and their partners:

Assess their ability to prevent suicide among students and respond to suicides that may occur. Understand strategies that can help students who are at risk for suicide

Understand how to respond to the suicide of a student or other member of the school community Identify suicide prevention programs and activities that are effective for individual schools and

respond to the needs and cultures of each school's students Integrate suicide prevention into activities that fulfill other aspects of the school's mission, such as preventing the abuse of alcohol and other drugs.

Download the full toolkit on our website at jcfnmemphis.org under the Children's Mental Health News tab.



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

Parenting After Trauma

All children need homes that are safe and full of love. Children who have experienced severe trauma may need more. Early, hurtful experiences can cause children to see and react in different ways. Some children who have been adopted or placed into foster care need help to cope with what happened to them in the past. Knowing what experts say about early trauma can help you work with your child.

Trauma: An event is traumatic when it threatens the child or someone the child depends on for safety and love. Abuse may be traumatic, but trauma may take many forms. It includes neglect, separations, violence between caregivers,

natural disasters, or accidents. A frightened child may feel out-of-control and helpless. When this happens, the body's protective reflexes are triggered. This can make a child's heart pound and blood pressure rise. The "fight or flight" panic response can kick in.

Some children are more sensitive than others. What is traumatic for one child may not be seen as traumatic for another child. It can be hard to tell what will affect a child. Fear is guided by a child's perception of what is frightening. It might be hardest for children who are neglected, even if they are not bruised and battered. These children worry about basic needs like food, love, or safety.

What Can a Parent Do?

- Do not take your child's behaviors personally.
- When your child keeps you at a distance, stay available and responsive.
- Let your child feel the way she feels. Teach your child words to describe her feelings. Show acceptable ways for her to deal with feelings. Then, praise her for expressing her feelings or calming down.
- Be consistent, predictable, caring, and patient. Teach your child that others can be trusted to stay with him and help him.



**Family Support Partners
Natasha Brownlee (right) &
Carolyn Jones (left)**

JCFN Staff...serving & supporting

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. Natasha Brownlee has worked for Just Care Family Network as a Family Support Partner since 2011. "I'm passionate about our

youth because I have a daughter with ADHD," said Brownlee "My experiences have opened my eyes to understanding the challenges of youth who suffer from mental health issues." Brownlee recently earned a Bachelor of Science in Healthcare Management/ Administration from the University of Phoenix. Carolyn Jones also works as a Family Support Partner and has been with JCFN since

2009. Jones is currently a senior at the University of Memphis seeking a degree in social work. "Having a family member diagnosed with depression, my goal is to assist other families with meeting everyday challenges and improving their quality of life," said Jones. Both Brownlee and Jones work closely with youth in the juvenile justice system and Department of Children's Services.

Youth Guided Empowerment Evaluation Consortium



JCFN Youth at YGEEC graduation program

Congratulations to the Summer 2013 Jr. & Sr. class of Youth Guided Empowerment Evaluation Consortium (YGEEC) camp. The

YGEEC hopes to improve the next generation of community leaders that understand how to use data to improve the lives of youth and families. The workshops and activities help participants to

mission of YGEEC is to build the capacity of youth to advocate for mental health system transformation with the use of research and evaluation. Youth learn concepts and skills that improve their self efficiency (confidence) in the areas of research, communication, and policy advocacy.

identify individual, family, and community assets/strengths that can help youth and families address needs related to the promotion of mental health. "I think it was fun and interesting because I've never done anything like this so it was a great experience for me," said first time participant Jalen Rushing. The plan is for the YGEECers to serve as a catalyst in the community promoting the health of youth and their families.

Memphis Circle of Love & Care

We would like to invite 25 special women to join in the quest to change their lives and future through our group, "The Sister Circle". You will learn



about your health as well as your social, emotional, and physical needs. You will learn

how to make choices in your life and how to love yourself first. Please contact us for more information regarding meeting times and locations.

**Sincerely, Memphis Circle of Love members
Contact: 901-222-4500**

"Mental health disorders begin early in life with 90% of people who develop a mental disorder showing signs during their teen years."

Partner Spotlight



Tennessee Voices for Children, Inc. (TVC) was organized in 1990 by Tipper Gore as a statewide coalition of individuals, agencies and organizations working together as a Steering Council to promote children's health and education services. TVC is a not for profit with 501 (c) 3 status and the statewide chapter of the National Federation of Families. TVC's board consists of 51% parents of children with special needs to ensure that all services and

programs are family driven and youth guided. The majority of TVC's staff are parents or caregivers of special needs children. TVC is licensed by the Tennessee Department of Mental Health as a mental health facility. The TVC partnership also includes significant in-kind match for the grant in the form of parent training, as well as support for parent and caregiver participation in state and national children's mental health conferences.

TVC is one of the original contract partners for the Just Care Family Network grant. Through a contract now with Shelby County Government, they provide the Family Support Partner staff that work as one half of the High Fidelity Wraparound team working with Just Care Family Network enrolled families and youth. Family Support Partners (FSPs) complete the Strengths, Needs & Cultural Discovery (SNCD), assist the family in identifying

informal supports to participate on their wraparound team, developing goals and a long range vision for the family, and assure that the plan being developed matches their needs and culture and is realistic. They also link families to other systems and community resources and assure that there is 'Family Voice' in all phases of wraparound. Thanks to their work we can proudly say to the Shelby County community that "Help is Here".

Changing the Memphis system...



JCFN youth engaged at the 2013 Jr. & Sr. YGEEC camp at the University of Memphis

Dr. Stewart on WREG's LIVE at 9 broadcast spreading mental health awareness



JCFN staff supporting Men's Health Awareness in June by wearing blue!



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

Making life easier...



Congratulations to the JCFN youth who successfully completed Jr. & Sr. YGEEC evaluation and research camp

Thank you to JCFN Director of Evaluation, Dr. Greg Washington, and his Center for the Advancement of Youth Development staff for another great YGEEC program



Special thanks to our community partners at First Baptist Broad for providing space for a variety of JCFN meetings & activities. Dr. Stewart presented Director of Operations, Rev. Craig Freeman with a token of thanks at the YGEEC graduation

Partnering with youth and families...

Following a brief hiatus, the Youth and Family Engagement Workgroup will resume its work in **August**. The goal of this workgroup is to ensure meaningful participation of families and youth seeking the services of the System of Care in all aspects of the project and assist in developing youth and family councils and advocacy groups. Our youth and families work as a part of the project leadership team, designing new

events and programs that they feel will be beneficial to their communities and to Memphis as a whole. The workgroup's agenda will include following up on recent discussions about the status of school mental health services after the merger, the role of youth and families in identifying a new youth and family engagement contractor and increased opportunities for

youth and family involvement in overall program operations. Anyone interested in getting more involved in JCFN and who wants to be a part of planning new programs and events that involve youth and families working to transform the child-serving system in Memphis, should call 901-222-4500 for more information about the meeting time and location.



Just Care Family Network

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Memphis, TN 38104
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Fax: 901-222-4501

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 July...



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

July 8-12: YGEEC Camp

July 13: Tri-State Defender Health Fair and Community Fun Day 10am-3pm Orange Mound Community Center

July 13: FREE Back-To-School Vaccinations 9am-1pm at all Shelby County public health clinics

July 18: SAMHSA 2013 Summer of Learning Webinar 2pm
<http://1.usa.gov/1bowVUE>

July 19: Family Fun Night Meeman-Shelby Forrest RSVP required. Call 271-5556 or email info@autismsocietymidsouth.org

July 23: School Board Meeting-Work Session 5:30pm TLA Auditorium (2485 Union)

July 25: TDMHSAS state-wide SOC Meeting in Nashville, TN

July is HIV Awareness Month



July 25: Our Children Our Success School Forum at New Direction Christian Church 5:30-7:30pm

July 26-27: 5th Annual Back-To-School Health Fair 10am-1pm Hollywood Community Center and Mount Olive AME Church

July 29: Our Children Our Success School Forum Boys & Girls Club-Porter Goodwill Branch 5:30-7:30pm

July 29 or 30: JCFN Full Partnership Meeting. Details TBA.

July 30: Shelby County Unified School Registration 8am-3pm and 5-8pm

July 30: School Board Business Meeting 5:30pm TLA Auditorium (2485 Union)