

SHELBY COUNTY
GOVERNMENT

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COMMUNITY RESOURCES

American Red Cross
901-672-6347

Memphis Child
Advocacy Center
901-525-2377

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

A department of Shelby County's Division of Community Services, JCFN is a federally funded grant program through SAMHSA, administered by the TDMHSAS.

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JCFN Youth Receives Award For Overcoming Obstacles

Just Care Family Network (JCFN) is pleased to announce Edward Johnson of Memphis, Tennessee as the recipient of the 2014 Youth Excellence Award presented by the Tennessee Commission on Children & Youth (TCCY). Johnson was recognized at the Annual Children's Advocacy Days on March 11, 2014 at the War Memorial Auditorium in Nashville. The award, open to youth across the state, recognizes and celebrates young adults who are currently involved in bettering the lives of at-risk youth. During his teen years, Johnson repeatedly interfaced with the juvenile justice system and was frequently removed from school—suspended or expelled. However,



Youth Excellence Award recipient
Edward Johnson

working through JCFN, the children's mental health System of Care program in Memphis, he is now studying social work at Lemoyne Owen College, serves as a mentor and spokesperson for the program, and is a youth leader.

“We are all so proud of Edward and his accomplishments. He worked hard to overcome the challenges facing him from an early age. Now he serves as a great reminder of how resilient our youth are when provided the tools and supports needed to recover from whatever they are facing,” said Dr. Altha Stewart, JCFN Executive

Director.

“The TCCY is pleased to present its 2014 Youth Excellence Award to Edward Johnson in recognition of his commitment, courage and dedication to overcoming challenges, becoming a productive citizen, and helping other youth do likewise,” said Linda O’Neal, TCCY Executive Director.



From the Director's Desk

We're at the halfway mark of the final year of the grant! I keep hearing from people that I shouldn't keep saying that, that it reminds people that the grant is ending, that it's so sad, etc. When that happens I'm tempted to share a parable I once heard. It was about the world in a time of great change and anxiety and people were gathered in 2 groups—the *predictors of the inevitable* and the *pursuers of the possible*. The predictors always saw the glass as half empty and felt nothing would change that, leaving people feeling helpless and hopeless. The pursuers of course saw the glass as half full and when confronted with the problems of change and conflict, they were also anxious and afraid at times, but they had confidence in themselves and those around them, especially their leaders. They had been educated and empowered to match concerns with responsible actions and to

'keep hope alive'. They tried, sometimes again and again, until they resolved the problems, never giving up hope. They worked together in teams and had fun doing it. With each success they grew more confident in their ability to do more and better until they began to realize that they had the power within to make the changes they wanted to see in their world. Although not always successful, they came to understand that it is better to test your strength and be wrong than to proclaim your weakness and be right. So that's why when people tell me not to focus on the fact that the grant is ending, I know they are *predictors*. Because a *pursuer* would be looking at this as not being an ending but the beginning of the next phase. Just Care Family Network has firmly planted the seed of hope in this community that children with mental illnesses and their families can and will get involved in *systems that care*. By bringing the System of Care philosophy, values and

practices to the community and using that model to educate and empower the youth and their families, we have established a legacy of hope and potential for success for the thousands who need and will greatly benefit from mental health services. Our partnerships with the diverse community of organizations who serve the same population has created a network that families can now better navigate in order to get their needs met. Family driven, youth guided, individualized and culturally competent services are now expected across the child-serving system and families understand what that means and that they should advocate for getting them. You'll see elsewhere in this issue the accomplishments of our youth and families in making wraparound and System of Care work for them. And over the next few months you'll hear more about the sustainability plan and other changes underway that will firmly establish the true legacy of Just Care Family Network. And if you're not already, become a *pursuer of the possible* and **Think Sustain!**

Save the Date in MAY

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

National Children's Mental Health Awareness Day is an initiative by the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services. This initiative connects cross-disciplinary organizations in their efforts to promote awareness of children's mental health issues not just on a single day, but year-round. Just Care Family Network will use this time as a platform to educate and raise awareness about children's mental health in Shelby County throughout the entire month of May and we need your support! Please save the following dates to your calendar.

Saturday, May 3, 2014

JCFN was selected to receive an American Psychiatric Foundation Award for Advancing Minority Mental Health for 2014. This award was established to recognize mental health professionals and mental health programs that are undertaking special efforts to increase public awareness of and secure quality and comprehensive mental healthcare for underserved minorities. JCFN will accept this award including a \$5,000 check at the APF conference in New York City.

Wednesday, May 7, 2014

In partnership with the national Prime Time Sisters Circle, the ladies of the

local chapter, Memphis Circle of Love and Care (MCLC) participated in a 12-week, facilitated, interactive support group intervention for African American women between 40-75 years of age. To celebrate their successful completion of the program, JCFN will host a graduation celebration at The Healing Center Full Gospel Baptist Church (3885 Tchulahoma Rd) at 7pm.

Thursday, May 8, 2014

National Children's Mental Health Awareness Day is May 8th. The theme this year is "Building Circles of Wellness". JCFN will host an Awareness Day proclamation ceremony and celebration to raise awareness about the importance of children's mental health. Location and time will be announced.

Friday, May 16, 2014

JCFN will host the first regional Cultural and Linguistics Competency (CLC) Training in Memphis for mental health professionals and community members who serve the region's mental health population. The training location and time will be announced.

Wednesday-Thursday, May 21-22, 2014

JCFN families together with our community partners will host an educational forum focused on family driven care in Shelby County. The forum

will be open to the public. The first day will include a keynote address, break out sessions, and provide information from community resources. The second day will include a celebration of the 6th year of the grant in recognition of community partners and long-time supporters, a presentation of evidence and data collected throughout the grant, and the reveal of a youth-produced mental health awareness video. The event will take place at the UTHSC Student Alumni Center (800 Madison Ave). May 21st 9am-3pm; May 22nd 9am-1pm

Saturday, May 31, 2014

JCFN staff and partners will participate in the "Walk Me Home...to the place I belong" 5K presented by the Tennessee Foster Adoptive Care Association. The walk focuses on supporting foster children and youth throughout the State of Tennessee and the entire country. JCFN is an official sponsor of the event which will take place at Shelby Farms. Registration begins at 8am and the walk starts at 9am. www.firstgiving.com/walkmehome/memphis2014



Photos from Children's Mental Health Awareness events in May 2013 presented by Just Care Family Network.

Highlighting the Center for the Advancement of Youth Development

JCFN partners with the Center for Advancement of Youth Development (CAYD) as the facilitator of our evaluation component. CAYD was developed and designed to build the capacity of youth serving organizations. They work to fill the gaps for programs like JCFN by providing opportunities to access high quality training, evaluation, and technical assistance. CAYD Director, Dr. Gregory Washington is enthusiastic about their most recent partnership with JCFN concerning youth engagement. "While CAYD has been utilizing the empowerment evaluation approach from JCFN's inception, this year its success in engaging youth in evaluation has been used as a bridge to establish a new youth council," said Washington. He will travel with his team to Chicago in the coming weeks to collaborate with other family-serving organizations on initiatives to ensure youth voice is heard in all JCFN sustainability efforts that include an incorporated family organization and

Youth Guided Empowerment Evaluation Camp. "Efforts are being made to connect youth engagement activities in Shelby County with President Obama's



CAYD Staff at the 2013 YGEEC Summer Graduation

'My Brother's Keeper' initiative. CAYD through JCFN is linking with national efforts to train African American men to facilitate interventions that nurture the healthy development of youth of color," added Washington. Finally, in year 6

CAYD has plans to give the community a more in-depth look at outcomes and information that has been gathered and supports positive outcomes for our youth.

"CAYD continues to collect data from youth and families that highlight the impact of the project during this final year of grant funding. The results are being disseminated via media, community reports, and will be highlighted by youth in an awareness video as part of our project transition celebration," explained Washington.

"Efforts are being made to connect youth engagement activities in Shelby County with President Obama's 'My Brother's Keeper' initiative" Dr. Gregory Washington

National Poster Contest for Awareness Week

The National Federation of Families for Children's Mental Health has announced their plans for Children's Mental Health Awareness Week in May. Using the theme "Building Circles of Wellness", the Federation is holding a poster contest to help raise awareness for children's mental health and reduce the stigma associated with it. The contest is geared toward children and youth up to age 21. To make things even more fun, cash prizes will be provided to winning posters!

Here is the description of the campaign:

-Children's Mental Health Awareness Week 2014 - "Building Circles of Wellness"

-Help raise awareness for children's mental health and reduce the stigma associated with it by participating in this year's National Poster Contest for children and youth up to age 21.

-When you replace "I" with "we", even 'illness' becomes 'wellness'. It is important for community members to work together and support one another in being healthy. Collaboration is key.

-Through art, share with us what wellness looks like to you. What does it mean to be totally healthy in your mind and body? Who adds to your ability to be totally healthy? How do you build healthy environments at home, at school, at work, on playgrounds, in places of worship, etc.? Create artwork

that shows what you think it means to have a circle of care around that promotes positive health and fights stigma.

-The winner of the poster contest will be given a \$50 gift card and their artwork will be featured on our Children's Mental Health Awareness Week 2014 Poster.

Go to <https://www.ffcmh.org/awarenessweek/poster/contest> for more information and to submit your artwork!

Be sure to check www.ffcmh.org for exciting updates and Awareness Week activities!

Please contact JCFN at 901-222-4500 if you know a youth interested in submitting a poster.

Changing the Memphis system...



JCFN Youth Edward Johnson pictured with his Youth Excellence Award at the 2014 TCCY Child Advocacy Days in Nashville

JCFN staff with Bridgette Bowman, Executive Director of Mediation & Restitution/Reconciliation Services (MARRS). MARRS is one our newest juvenile justice partners



JCFN participated as a sponsor at the 2013 TCCY Child Advocacy Days in Nashville sharing information with our constituents about our program

Making life less frustrating...

Dedicated to advocacy and empowerment, JCFN parents attended the 2014 Law Review Symposium in March



Dr. Stewart presented information to social work students from the University of Mississippi about systems of care

Congrats to JCFN Youth Coordinator Ebony Barnes who made her debut at Hattiloo Theatre in "Seven Guitars"



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

Partnering with Youth & Families

JCFN Youth Council members have worked diligently to create a timeline for the production of their mental health awareness video



Dr. Arabella Bruce (Alliance Healthcare Services) presented information to families at the March Mental Health Workgroup about administering medication

JCFN youth William Douglass transformed many of his poems into lyrics for the anti-stigma song and video



Youth Advocating for Change...



Youth Brittany Riddle recording her part of the anti-stigma song

“A primary goal of Memphis Circle of Love & Care is to empower women to make health their first priority.”



Memphis Circle of Love & Care members

Just Care Family Network youth are embarking on an exciting venture to create their own anti-stigma awareness music video. Working with media consultants at Optimum Studios in Memphis, youth are writing their own lyrics, assisting with choreography, and learning about editing. Here’s an update on the video production thus far...

On **February 22nd** the youth met at JCFN where they came up with lyrics to get started. They used some of the lyrics that were written by one of the youth as the starting point. All youth were asked to put into words “what JCFN means to them” and what they wrote would eventually be used in the video. All youth were given the opportunity to have a rapping verse in the video and were required to come up with lyrics to be brought with them to the next session.

On **March 1st** the youth met at Optimum Studios where JCFN staff

and interns listened to some of the



Youth at Optimum Studios working on their anti-stigma video

music tracks that the youth would be singing on. Youth broke up into two groups; one group being the rappers and the other group the youth who would be singing the chorus. Each group worked to come up with additional lyrics to their song.

On **March 15th** the youth

met again at Optimum Studios with their guardians to sign a media release form. From there they started the recording process using their chorus and rapping parts. While some of the youth recorded, others brainstormed to come up with places and ideas for the video shoot.

Stay tuned for more updates and information about when the video will be released and shared with our community.

From Advocating for Youth...to Youth Advocates “...because no one does it alone.”

University of Memphis Masters in Social Work Candidate/CAYD Intern Rodrigues Miller

An Update from the Memphis Circle of Love & Care

In partnership with the national Prime Time Sisters Circle, the ladies of the local chapter, Memphis Circle of Love and Care (MCLC) have launched a 12-week, facilitated, interactive support group intervention for African American women between 40-75 years of age. The MCLC is now in their 8th week of training.

The MCLC is designed to be a culture, gender and age specific, curriculum in a community based settings e.g. churches; libraries; community and health centers.

“We have been learning about hair care, dealing with grief, stress techniques of 4-7-8 breathing, and meditation. Self defense information has been presented. Pastor Dianne Young

(The Healing Center) has been truly instrumental in assisting us in opening up and sharing pain that we have been locking inside for years. During other presentations, we’ve learned about final arrangements and will preparation. Another presenter taught us about staying healthy, especially in intimate relationships. MCLC members are more open to communicating and we have proudly formed a sisterhood with a bond that cannot be broken.

Join us for our transition celebration on May 7, 2014 at 7pm at The Healing Center.



Ladies of MCLC having a group discussion

Check the next edition of “*Help Is Here*” for the latest from MCLC.

Best regards, the sisters of Memphis Circle of Love & Care”



Just Care Family Network

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Visit us at

www.shelbycountyttn.gov/JustCareFamilyNetwork

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

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

"...because no one does it alone."



Happening in April...

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

Coordinating Council: 3rd Tuesday @5pm -JCFN office

Social Marketing: 2nd Tuesday @5pm -CAYD

Youth & Family Engagement: Last Tuesday @ 6pm -Location TBA

Care Review: 4th Wednesday @3pm -Location TBA

Mental Health: 3rd Wednesday @4pm -SCS Teaching & Learning Academy

Sustainability: Last Monday @11:30am -JCFN

Evaluation: 2nd Wednesday @5pm - CAYD

CLC and Workforce Development meetings will resume soon

April 5 Teen University Homecoming @ LeMoyné-Owen College Student Center 8:30am-3pm

April 5 Hickory Hill MLK Parade 10am-12pm starting @ the World Overcomers Church ending at Hickory Ridge Mall

April 5 Grand Reopening of the National Civil Rights Museum ceremony @11:00am

Apr 19 Family Egg Hunt @ Memphis Botanic Garden 1-4pm

