

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



Sharing a System of Care In Shelby County  
"Help Is Here"

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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JUNE - JULY 2014

# JCFN Celebrates Minority Mental Health

The U.S. House of Representatives proclaimed July as Bebe Moore Campbell National Minority Mental Health Awareness Month in 2008. In the spirit of Bebe Moore Campbell, the following quote from one of her New York Times' Bestsellers *Brothers and Sisters*: "The important thing is not to point a finger at the flaws but to attempt to correct them". The presence and participation of our panelists and attendees were very encouraging and embodied the essence of Ms. Campbell's quote providing us with fodder to challenge this lofty but necessary task.



U.S. Attorney Edward L. Stanton III, Dr. Altha Stewart, and Ms. Emma Martin

On July 24, 2014 Just Care Family Network together with our

partners at the Emotional Fitness Centers of Tennessee hosted a minority mental health roundtable aiming to improve access to mental health treatment and services for multicultural communities through increased public awareness. Panelist included U.S.

Attorney Edward L. Stanton III, Dr. Audrey Townsel, Dr. Gregory Washington, and Bishop William Young.

It is our goal to follow up with those indicating a desire and willingness to work towards improving the state of mental health for our "brothers and sisters" during the upcoming months as evidence of doing more than pointing fingers at the flaws. To express interest in joining this initiative call 901-222-4500. Thank you and we look forward to working with you in the future!

**-Emma Martin, Wraparound Facilitator Supervisor**



## From the Director's Desk

**August. End of summer. Start of school.** It

happens every year this time and this year it also means that the six-year Just Care Family Network grant is coming to an end. In about 60 days, Just Care Family Network as we've known it will cease to exist and be replaced by JCFN 2.0 – a leaner, more focused program, heavily targeted at family and youth engagement, partnering and collaboration and community governance in support of sustainability of SOC principles, values and practices throughout the child-serving system.

Since October 2013 we have:

- Successfully completed the transition of family and youth engagement activities to new contractors and moved forward in increasing involvement with both groups
- Successfully engaged key

community stakeholders (DCS, JC, SCS) in sustainability discussions and activities

- Conducted a month long series of public awareness, advocacy and community education activities during May in celebration of Children's MH awareness
- Engaged in a comprehensive sustainability planning process that involved family and youth partners, other community stakeholders, and grant administration and staff related to a legacy of the 6 year investment in this community's child Mental Health serving system
- Successfully developed and submitted a funded carry-over proposal and a 1 year no-cost extension request (hopefully it will be funded too!)

(links to our Semi-annual report and no-cost extension request are on our website)

Four months ago I asked everyone to become a 'pursuer of the possible', the folks who believed in what they were doing and realized their power to make the changes they want to see happen. I want to say thanks to those of you who did just that so that we could accomplish what we have in the last 10 months. I know the conflict, chaos and change hasn't been easy but looking back, I'd say it was all worth it. The organizations now firmly bound together in support of improving children's mental health in this community have decided that SOC principles, values and practices are the future for child serving systems. The changes begun under Just Care Family Network are now being institutionalized and the benefits to youth and their families recognized. The spirit of collaboration is spreading, gathering more pursuers of the possible along the way. It is heartwarming for those of us in the trenches of change to see it finally happening and we look forward to the next phase. **Think Sustain!**

# Love You Like A Sister 2014



At the demand of our young ladies, for the second year in a row JCFN staff coordinated a 4-week girl's empowerment camp, Love You Like A Sister (LYLAS), with our partners at Time For a Change Inc., a newly launched program aimed

focused on budgeting/math, science, etiquette, self-defense, healthy food choices/cooking, sex education, self-esteem, and substance abuse. Several female caregivers, family members, and staff serve as presenters and mentors during the camp and support the daily activities. Girls create journals to document their experiences throughout the camp and share their stories at

and the girls have demanded that the camp be continued for years to come. JCFN girls successfully completed the program and continue to participate with Time For a Change Inc. in weekly community meetings. Our evaluation team (CAYD) at the University of Memphis helps to analyze data collected from daily surveys completed by

each participant. This summer 100% of the girls surveyed say the camp made a positive impact in their life. at improving adolescent girls self-esteem, self-image and self-worth. The mission of LYLAS is to create a strength-focused environment centered on enhancing life skills and modeling the principles of positive womanhood. The goal of the LYLAS program was to engage young sisters of JCFN individually, as well as through group and family activities, and empower them to become healthy, extraordinary leaders promoting social change. Curriculum



graduation. In turn, these journals are used to inspire and communicate to other girls that they are not alone in their quest for greatness. The outcomes are outstanding

**THIS SUMMER 100% OF LYLAS GIRLS SURVEYED SAY THE CAMP MADE A POSITIVE IMPACT IN THEIR LIFE.**



# Empowering Young Men through J-UP



**CAYD Staff at the 2013 YGEEC Summer Graduation**

The Just Care Asset Utilization Project (J-UP) is the sixth mentoring initiative designed by The Center for the Advancement of Youth Development (CAYD). J-UP is a version of the Expanding Asset and Steering Initiative (E.A.S.I.) mentoring project, where male students from Cummings School are mentored during 6 sessions by Bachelors and Master

level students from the University of Memphis and Lemoyne-Owens College. The curriculum for J-UP covered the many different aspects of positive young male development. A drumming circle was created with youth and mentors to help the youth develop a sense of brotherhood and oneness.

J-UP was facilitated by a Licensed Clinical Social Workers and other professional male mentors who focused on cultural assets and evidence based practice principles to nurture the male youth participants. These youth were between the age of 13 and 19 and at risk of poor developmental outcomes. A culturally-centered group mentoring approach was used ;to highlight the wisdom of elders (mentors); to engage the youth in positive group discussions and manhood development activities, such

as learning the difference between positive and negative role models; to teach the seven principles of Kwanzaa (Nguzo Saba); and to teach youth how to create and utilize a personal Eco Map. This approach was well received by the youth and emphasized the identification of healthy personal and community assets.



**CAYD Staff at the 2013 YGEEC Summer Graduation**

## Mental Health in Our Schools

It is, of course, not a new insight that physical and mental health concerns must be addressed if schools are to function satisfactorily and students are to succeed at school. It has long been acknowledged that a variety of psychosocial and health problems affect learning and performance in profound ways. Such problems are exacerbated as youngsters internalize the debilitating effects of performing poorly at school and are punished for the misbehavior that is a common correlate of school failure. Because of all this, school policy makers, have a lengthy (albeit somewhat reluctant) history of trying to assist teachers in dealing with problems that interfere with schooling. Prominent examples are seen in the range of counseling, psychological, and social service programs schools provide.

More recently, the efforts of some advocates for school-linked services has

merged with forces working to enhance initiatives for community schools, youth development, and the preparation of healthy and productive citizens and workers. The merger has expanded interest in social-emotional learning and protective factors as avenues to increase students' assets and resiliency and reduce risk factors. Clearly, mental health activity is going on in schools. Equally evident, there is a great deal to be done to improve what is taking place. The current norm related to efforts to advance mental health policy is for a vast sea of advocates to compete for the same dwindling resources. Politically, this make some sense. But in the long-run, it may be counterproductive in that it fosters piecemeal, fragmented, and redundant policies and practices. Diverse school and community resources are attempting to address complex, multifaceted, and overlapping psychosocial and mental health concerns in highly fragmented and

marginalized ways. This has led to redundancy, inappropriate competition, and inadequate results. We must show how all policy, practice, and research related to mental health in schools, including the many categorical programs funded to deal with designated problems, can be woven into a cohesive continuum of interventions and integrated thoroughly with school reform efforts. In the process, we will need to stress the importance of school-community-home collaborations in weaving together the resources for comprehensive, multifaceted approaches.

In sum, advancing mental health in schools is about much more than expanding services and creating full service schools. It is about establishing comprehensive, multifaceted approaches that help ensure schools are caring and supportive places that maximize learning and well-being and strengthen students, families, schools, and neighborhoods.

**-School Mental Health Project, UCLA**

# JCFN at the 2014 Training Institutes



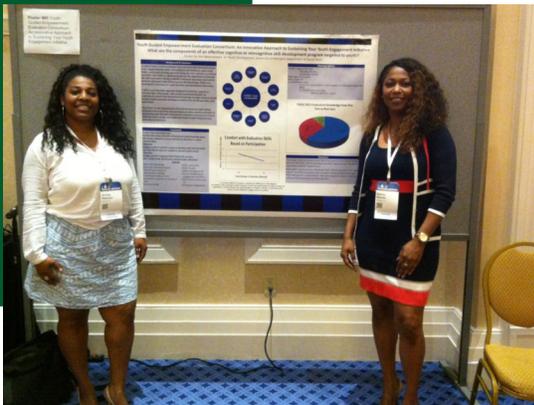
*“Attending the Training Institute each year is always a positive learning experience and this year was even more interactive allowing me to network and learn from so many professionals and families.”*  
 -Christy Peterson,  
 CAYD, Senior  
 Evaluation Associate

Just Care Family Network staff and Center for the Advancement of Youth Development members recently had the opportunity to attend the 2014 Georgetown Training Institutes on Systems of Care in Washington D.C on July 16-July 20, 2014. The National Technical Assistance Center for Children’s Mental Health at the Georgetown University Center for Child and Human Development annually offers Training Institutes on improving services and supports for children, adolescents, and young adults with or at risk for mental health challenges and their families. The Georgetown Training Institutes provides in-depth, practical training on innovative approaches in policy, financing, services, family- and youth-driven care, cultural and linguistic competence, training, strategic communications, and outcome measurement and quality improvement. The conference is designed for a wide variety of participants across child-serving systems including state, tribal, territorial, and local policy makers, administrators, planners, leaders, advocates, clinicians, care managers, peer support providers, health and behavioral health managed care organizations, families, youth and

young adults, educators, evaluators, technical assistance providers, and others concerned with improving care for children and families. General Sessions featured dynamic speakers. Father Greg Boyle of Homeboy Industries in L.A. spoke of his innovative approach to reforming former gang members. Author, Kevin Hines shared his journey after an attempt to take his own life at the age of 19, two years after being diagnosed with bipolar disorder. Sgt. Kevin Briggs described his experience in preventing suicides on the Golden Gate Bridge. Gary Blau, Ph.D, currently the Chief of the Child, Adolescent, and Family Branch of the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration (SAMHSA), spoke about, “This Really Matters” and discussed refocusing life to appreciate the small things and dedicating more energy as well as resources to help people with mental health and substance abuse problems. Other workshops and institutes were implemented on wide range of topics related to maintaining and sustaining effective systems of care. This year’s institute had a corresponding app, the “GU Training Institutes 2014” and attendees were encouraged to share photos, lessons learned,

complete surveys and scan QR codes hidden throughout the conference to earn points and compete for prizes. Throughout the conference attendees shared photos and lessons learned with others via the app news feed. Attendees also got to be a part of a LIVE recording of KSOC-TV, during a panel discussion. CAYD team, Dr. Washington, Christy Peterson and Ebony Barnes were accepted as presenters at the poster session. Peterson and Barnes’ poster, Youth Guided Empowerment Evaluation Consortium: An Innovative Approach to Sustaining Your Youth Engagement Initiative, focused on the highly lauded YGEEC camps. Dr. Washington presented a poster on the Youth Guided Empowerment Evaluation Consortium: Community Asset Mapping Think Tanks, explaining the asset mapping series in which youth participated and received asset mapping certification. The training was informative and interactive for all in attendance.

**Ebony Barnes,  
 Youth Coordinator**



# Changing the Memphis system...



JCFN mental health workgroup members at the merger meeting with the Shelby County Schools Family Resource Center Advisory Board



JCFN staff participated in GO BLUE to support men's health month in June



Group photo of girls from the LYLAS camp

## Making life less frustrating...

LYLAS girls excited about their camp graduation celebration



JCFN staff teaching youth how to use Microsoft Office programming to create projects and presentation

Dr. Audrey Townsel discussing challenges and what can be changes in corrections facilities concerning mental health



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

## Partnering with Youth & Families

JCFN youth group photo with "Transforming Bodies" instructor Sherika Holmes after a kick-boxing class



Social Marketing Coordinator Jerica Phillips hosted an exhibition table at the SCS Back to School Parent Training/Conference

At YGEEC graduation, youth presented information to their family and peers using PowerPoint to discuss various mental health disorders



# Youth Geeked About Y.G.E.E.C.



“I hope I’ll be able to use this information later in life just in case someone I know has mental health issues...”  
 -YGEEC Youth Amarius Wilson-Clark

Just Care Family Network and the Center of Advancement for Youth Development held its 5<sup>th</sup> annual Youth Guided Empowerment Evaluation Consortium (YGEEC) on July 21-25, 2014. The mission of Y-GEEC is to build the capacity of youth to advocate for mental health system transformation with the use of research and evaluation. The camp was a successfully enrolled 23 youth between the ages of 10-18. All camp participants engaged in various activities throughout week. Morning workshops were implemented each day with discussions and presentation on ethics, research, community advocacy, preparing evaluating and using secondary data. Youth also learned to develop research questions.

Experiential learning and



Youth at YGEEC Graduation Night

cohorts included online research and social marketing, media/video production, and self defense and exercise through kickboxing.

“Adults teaching other youth is too standard but if you have someone my age talking to other youth, we can communicate more,” said Charity Farris who served as a YGEEC mentor this summer. Guest speakers presented daily teaching youth about real

world experiences and preparing them to be the next generation of community leaders. Camp participants were dispersed into groups and assigned mental health disorders to research and later present through a PowerPoint Presentation at their graduation celebration.

“I hope I’ll be able to use this information later in life just in case someone I know has mental health issues, then I’ll know how to communicate with them,” said YGEEC youth Amarius Wilson-Clark.

Check out our [YouTube video](#) that highlights youth activities throughout the camp.

Rodques Jones,  
 CAYD intern



YGEEC Youth using computers at the University of Memphis to research mental health disorders





## Just Care Family Network

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Visit us at

[www.shelbycountyttn.gov/JustCareFamilyNetwork](http://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](http://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 August...

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

## Awareness in August

### Back To School

Just Care Family Network would like to wish all youth and students a happy and healthy school year! For more information about our partners at the Coordinated School Health Program with Shelby County Schools click [here](#) or visit [www.scsk12.org](http://www.scsk12.org)

