

JUST CARE  
FAMILY NETWORK

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Visit our website  
[jcfnmemophis.org](http://jcfnmemophis.org)  
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COMMUNITY  
RESOURCES

Crime Victims Center  
901-222-3950

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

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

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

Find Food 1-866-348-6479  
Summer Food Program  
[www.whyhunger.org/](http://www.whyhunger.org/)

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

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## Children’s Mental Health Awareness Month

National Children’s Mental Health Awareness Day (Awareness Month) is a key strategy of the Caring for Every Child’s Mental Health Campaign, which is part of the Public Awareness and Support Strategic Initiative by the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services. The effort seeks to raise awareness about the importance of children’s mental health and that positive mental health is essential to a child’s healthy development from birth.

In 2012, the national theme focused on caring adults and informed child-serving systems that help young people demon-

strate resilience following traumatic experiences. More than 130 national organizations and



1,100 communities across the country held their own Aware-

ness Day events, focusing either on the national theme or adapting the theme to the populations they serve.

This year, **National Children’s Mental Health Awareness Day will take place on Thursday, May 9.** Just Care Family Network hopes to increase community involvement in 2013 by engaging local groups in a national conversation about the importance of children’s social and emotional well-being. Local groups are also encouraged to offer individuals attending Awareness Months events an opportunity to become a “hero of hope” by making a pledge to take action to help a child or youth.



### From the Director’s Desk

**MAY IS CHILDREN’S MENTAL HEALTH MONTH at Just Care Family Network!**

While the rest of the nation celebrates for the week of May 5-11th, the JCFN Shelby County System of Care project has scheduled a full month of activities to get the word out about children’s mental health. We start with our public kick off on May 9th – a ceremony featuring Shelby County mayor, Mark Luttrell presenting this year’s proclamation to the youth and families of JCFN, alongside a representative from Mayor Wharton’s office. We will showcase the proclamation signed by President Barack Obama who declared May, Mental Health Aware-

ness Month. The awareness efforts continue with a bit of fun added on May 11th with a Community Awareness Day Block party. On May 18th JCFN is teaming up with Memphis City Schools to co-sponsor a Mental Health Fair and Town Hall Meeting at Colonial Middle School. There will be information and giveaways and policy makers have been invited to discuss issues of importance to our youth and families related to the current school situation. Parents and youth have created a list of questions to pose to the invited guests and we anticipate a lively dialogue. JCFN will be a featured presenter at Shelby County Mayor Mark Luttrell’s Family Life Series on May 22nd. We will continue the celebration of Children’s Mental Health Awareness Month and share information about the services provided by

JCFN. Our month long series of events will culminate with Mind Matters: A Children’s Mental Health Summit, designed to promote community awareness of the issues facing children with mental health challenges with local mental health providers, community organizations, community resources, legislators, educators and of course youth and family members who are the experts in determining the needs of their family. All of JCFN’s partners and the general public are invited to attend any of the scheduled events. I hope we will see all of you in May as we celebrate Children’s Mental Health Awareness Month.

**Think Sustain!**

# Be A Hero Of Hope

What is a Hero of Hope?

A Hero of Hope is a caring adult who provides a child or youth with the kind of positive support and influence that can help the young person develop or enhance resilience.

If you only have a minute, be a Hero for a minute:

—Offer a word of encouragement or praise to a child or youth, especially one who has been bullied or feels alone.

If you have an hour or two, be

a Hero for a few hours:

—Coach a youth sports team, especially one that involves youth who may have a parent who has been deployed in the military.

—Volunteer at an organization that provides activities or mentoring for children or youth, especially youth whose families are in a homeless shelter.

If you have longer, be someone's lifelong Hero:

—Resolve to be a continuing positive influence in the life of a child or youth, and touch base regularly just so they know you're there.

You don't necessarily know whether someone has been through a traumatic experience, and you can be just the extra support a child or youth needs. Pledge to be a Hero of Hope for a child in your life by downloading the form at [www.jcfmempis.org](http://www.jcfmempis.org) under "Community Resources"



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

## AWARENESS = Better Futures

Building resilience and independence among older adolescents and young adults with mental health and/or substance use conditions takes collaboration among all members of the community. Because older adolescents and young adults have needs specific to their developmental

stage, SAMHSA and its partners have worked to identify best practices and programs to meet these needs. In terms of access to care, the Affordable Care Act will improve health care coverage for this population, including extending benefits to over 3 million young adults aged 18–25.

Everyone can promote a positive transition to adulthood by serving as mentors; teaching, reinforcing, and modeling good decision making; and creating a sense of belonging. More information about how to help older adolescents and young adults can be found at [www.samhsa.gov/children](http://www.samhsa.gov/children).

## 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. As a grant funded program, our staff works to:  
-Reduce behavioral and emotional problems.  
-Increase rates of employment and enrollment in school.

-Reduced rates of homelessness and improved housing stability.  
-Improve daily life skills  
-Lower substance use issues.



**"HELP IS HERE"**

# Changing the Memphis system...



The Memphis community released balloons with messages of hope at the JCFN Community Block Party for Children's Mental Health Awareness



Dr. Stewart appeared on several local news broadcasts to inform the community about Children's Mental Health Awareness Month

JCFN Youth participated in the Student Responsibility March with the National Civil Rights Museum calling for education equity in Memphis



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

# Making life easier...



Youth enjoyed a care-free day of fun, learning, singing, dancing, and jumping at the awareness day picnic

The Federal Site Visit team met with JCFN families and community partners at the Urban Child Institute to discuss the goals of the project



To Kick-Off Children's Mental Health Awareness Week, Life Enhancement Services Inc. hosted a Mental Health Open House with our community partners at Northside High School

# Partnering with youth and families...



JCFN parents traveled to Albuquerque, New Mexico for the Prime Time Sister's Circle training where women from across the nation learned skills to empower their families

Shelby County Mayor Mark Luttrell and City of Memphis Mayor A.C. Wharton Jr. signed proclamations declaring Children's Mental Health Awareness Month in May



JCFN parents, youth, community partners, and staff attended the federal site visit to discuss sustaining Wraparound services in Shelby County



## Just Care Family Network

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Visit us at [www.JCFNmemphis.org](http://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](http://JCFNmemphis.org) or to make a referral, please contact our Enrollment Specialist Darria Childress at 901-222-4502.



## Happening in MAY...

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

**May 3-4: Truth N Trauma (TNT) Youth visit from Chicago at the University of Memphis UC 10am**

**May 7: Children’s Mental Health Awareness Open House at Northside High School 2-6p.m.**

**May 9: JCFN Proclamation Ceremony with the City of Memphis & Shelby County Government at 1p.m. outside the Madison Professional Bldg. 1750 Madison Ave.**



**May 11: Community Awareness Day Block Party/Picnic 11 a.m.-3p.m. at the Renaissance Center 990 College Park Drive**

**May 14: Vulnerable Populations Emergency Preparedness Symposium 8am-4pm at Memphis Botanic Gardens**

**May 18: Mental Health & Wellness Fair & Town Hall at Colonial Middle School 1370 Colonial Rd 11 a.m.-3p.m. Town Hall begins at 1p.m.**

**May 22: Mayor Luttrell’s Family Life Series at Keel Ave Baptist 6:30p.m. “Helping Children and Youth Affected by Crime and Violence” Dr. Altha Stewart as speaker**

**May 31: Mind Matters: A Children’s Mental Health Summit 10a.m.-3p.m. Location TBA**