Preparation for “School” with Sleep and Structure

Summer is winding down and this means changes to our rhythms and routines, especially for school-aged children and their families. One of the changes to our routines may be changes to our sleep patterns. Click on the Autism Speaks link below for some general tips that may help your family get a better night’s sleep.


“There are only two ways to influence human behavior; you can manipulate it, or you can inspire it.” - Simon Sinek

2020 Zarrow Mental Health Symposium: Healing from Historical Trauma

For more than a quarter century the Zarrow Mental Health Symposium has brought together more than 800 participants from across the region to explore the latest in mental health care and treatment. This year’s conference will focus on how we can address both generational and historical trauma. The conference will take place 9/30 – 10/2. For more information on the conference and to register please click on the link below.

REGISTER NOW & SAVE!

TEENS AND COVID-19 OPPORTUNITIES

Virtual guests: Ask your teen to help you come up with creative ways to stay connected with family and friends on a regular basis. Try hosting a “virtual dinner” by setting up a laptop or iPad at the table with the invited guests. Or use a video conferencing format like Zoom to host a virtual party where everyone can see each other.

For the latest RESOURCE information, go to the ODMHSAS website https://www.ok.gov/odmhsas/ AND find the PURPLE box labeled MENTAL HEALTH GUIDE TO COVID-19
In the midst of the Covid-19 pandemic, we are continuing to rely on each other to help our families feel supported. With that said, we invite everyone interested to participate in the scheduled weekly support calls below to ensure that we continue to educate ourselves for the overall benefit of the families we serve.

**Behavioral Health Aide: Occurs the 4th Monday of every month at 11am**

Zoom meeting ID: 806-328-977

This weekly support call consists of training of techniques, strategies and resources Behavioral Health Aides can employ to provide trauma sensitive interventions to and with children and youth in educational, home and community settings. Special attention given to barriers to engagement and work practice due to COVID-19. These calls provide information and resources across the developmental span of early childhood through teens and young adults. In addition, these calls will provide training with particular focus on resources needed related to cultural and developmental considerations.

**Family Support Providers: Every Tuesday at 10am**

Zoom meeting ID: 392-979-560

This call is meant to be a conversation for Family Support Providers to share challenges and successes during this time of social distancing. Providers can hear from other providers on skills and stories that have helped them cope and be successful during this time. Resources will also be shared. The call will be facilitated by Gerri Mullendore, the Coordinator of Family Involvement for Oklahoma Systems of Care.

**Care Coordinator: Every Tuesday at 1pm**

Zoom meeting ID: 194-885-980

This call is meant to be a conversation for Care Coordinators to share challenges and successes during this time of social distancing. Providers can hear from other providers on skills and stories that have helped them cope and be successful during this time. Resources will also be shared. The call will be facilitated by Elisa Thompson, Jordan Langford or Ashley Roby, all who serve as State Coaches/Trainers for Oklahoma Systems of Care.

**Youth and Young Adult Support Calls for Providers: Every other Thursday at 2pm**

Zoom meeting ID: 289-583-378

This call is meant to be a conversation for youth/young adult providers to share challenges and successes during this time of social distancing. Providers can hear from other providers on skills and stories that have helped them cope and be successful during this time. Resources will also be shared. The call will be facilitated by Christine Cao and Clifford Sipes both work at the Oklahoma Department of Mental Health and Substance Abuse Services as Youth Coordinator and Youth Specialist. If availability permits there may be youth/young adults who will join on the call to share their experiences.

**Youth & Young Adult Support Calls: Every Friday at 1pm**

Zoom meeting ID: 237-508-199

This is a weekly support call. It is meant to be a conversation for youth to share challenges and successes during social distancing. Youth can hear from other youth on how they have been coping during this pandemic and other stressful times. Resources will also be shared. The call is not meant to replace therapy though it can be therapeutic. Youth are invited to attend and share or to just sit and listen. The call will be facilitated by Christine Cao, Clifford Sipes, and youth from the Youth State Advisory.

**Caregiver Support Calls: Every Friday & Saturday at 9:00am**

Zoom Meeting ID: 913-2866-5197  Password: hope  Call in only: +1 346 248 7799

This call is for caregivers to provide peer to peer support during this time of changes and social distancing.