CHILDRENS BEHAVIORAL HEALTH AWARENESS DAY:

For Children’s Behavioral Health Awareness Day on May 7th, Scissor Tale Bridge lit up green. Why green you ask? In the 1800s the color green was used to brand people who were labeled “insane.” The children’s mental health community decided to continue using the color green, but with a completely different focus. Green signifies new life, new growth, and new beginnings. Therefore, we wear green ribbons to raise public awareness, better the lives of children with serious emotional disorders and show our support of these children and their families.

“Helping those in need is not charity, it’s humanity”
Abhijit Naskar

YOU MATTER TOO!

As we juggle busy schedules, the demands of distance learning and taking care of children and families, here are some ideas to consider for self-care:

1. Schedule respite, take a walk outside, go for a ride alone in the car, etc. Even a little bit of time will go a long way.
2. Focus on what you’ve accomplished in a day, not what didn’t get done. You’ve probably done more then you realize, give yourself credit.
3. Join an online group where you can reach out to others, share ideas and get emotional support.
4. Give yourself grace for having bad days. We all have them. Once over reflect on what could have made them easier to get through.

For the latest info on resources go to: https://www.ok.gov/odmhsas.org find the box labeled COVID-19 info
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; as we continue pulling together, 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: (every) Monday at 11am**

Zoom meeting ID: **806-328-977**

**Family Support Providers: (every) Tuesday at 10am**

Zoom meeting ID: **392-979-560**

**Care Coordinator: (every) Tuesday at 1pm**

Zoom meeting ID: **194-885-980**

**Projector Director: (every other) Wednesday at 9am**

**Youth and Young Adult Support Calls for Providers: (every) 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 and input.

**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 invited 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 at 10:00am & Saturday at 9:00am**

Zoom Meeting ID: **913-2866-5197**

**Password: hope**

**Call in only: +1 346 248 7799**

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