IN RECOGNITION OF SUICIDE PREVENTION MONTH 2020

In 2020, suicide is the 2nd leading cause of death for young people ages 10-34. In recognition of Suicide Prevention Week, FREDLA (Family-Run Executive Director Leadership Association) realizes that now, more than ever, it is important to listen to young adults and their family members to learn about preventing suicide. We hope our 5 Words: A Conversation about Suicide Prevention video will spark dialog in your family, workplace and community. For more information and resources about suicide prevention, visit the American Foundation for Suicide Prevention at https://afsp.org/suicide-prevention-resources or the Substance Abuse & Mental Health Services Administration (SAMHSA) at https://www.samhsa.gov/suicide.

Click here to watch video!

“Stand up straight and realize who you are, that you tower over your circumstances.” -Maya Angelou

LGBTQ+ SYMPOSIUM, OCTOBER 15-16TH 2020

The Institute and the Philadelphia Coalition for Queer Justice and Intersectional Equity will host The New Normal: LGBTQ+ Youth Living Through COVID-19, a two-day virtual symposium dedicated to addressing the challenges LGBTQ+ youth are facing during this pandemic. To register click on the link: https://phillycoalitionqueerjustice.wildapricot.org/symposium

For the latest information on Resources go to the ODMHSAS website https://www.ok.gov/odmhsas/ find the box labeled COVID-19 information
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 support calls below to ensure that we continue to educate ourselves for the overall benefit of the families we serve.

**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 or Kimberly Miller, both serve as Coordinator of Family Involvement for Oklahoma Systems of Care.

**Care Coordinators: 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.

**Behavioral Health Aides: 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 and access to training with particular focus on resources needed related to cultural and developmental considerations.

**Youth and Young Adult/TIP Facilitator Support Calls for Providers: Occurs the 2nd Monday of every month at 12pm**

Zoom meeting ID: **946 9587 4243**
Passcode: TIPZOOM

This call is meant to be an opportunity for youth/young adult service providers to share successes and brainstorm solutions to challenges inherent in working with Transition Aged Youth (TAY) and Young Adults (generally 16 years old and up to 25 years old). Providers can hear from other providers on skills and stories that have helped them cope and be successful and will include time each month to learn, practice and refine skills and tools from the Transition to Independence (TIP) model. We will include a TIPS Solutions Review at least once a quarter, during which a volunteer will present a case to the group as an example so we can learn from actual work with actual TAY. Resources will also be shared. The call will be facilitated by Nancy Falcon (SOC coach and trainer), Christine Cao (Youth Coordinator) and Clifford Sipes (Youth Specialist) of the Oklahoma Department of Mental Health and Substance Abuse Service. If availability permits, we will invite youth/young adults to join on the call to share their experiences.
Weekly Support calls for Youth/Young Adult and Caregivers:

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.