Whatever it is, be sure you are making time to put on your oxygen mask first before helping others. We all can grow weary with the challenges of our daily responsibilities and if you find that you don’t have what you need to support yourself throughout your day, take time out to think about what you need to maintain or increase your wellness so that you can be productive.

Sleep Is Important:
If your family’s sleep schedule is “off,” now is the time to get your sleep schedule back on track.

Be kind to yourself and make the changes as best you can. Smaller changes over a period of time are more likely to lead to long-term success. You can start by going to bed 5-15 minutes earlier than you did the night before.

You can make similar changes to your wake up time too. Continue making slight time adjustments until your family’s sleep schedule is back on track.

Make each bedroom in your home comfortable for the person sleeping in it. Sensory distractions can make it difficult to sleep. A dark room, a favorite blanket, a comfortable bed to sleep on, room temperature that is not too hot or too cold can make a huge difference in the quality of your sleep.

Try playing soft music, using a noise machine, or running a fan if the person prefers a little background noise while he or she sleeps. This may take some trial and error but removing the distractions can help you or your loved one fall asleep faster and/or stay asleep longer.

Find times during the day or early evening for you and your child to exercise. Exercise increases the body’s alertness level so when planning exercise for your child, ensure that activities are planned well before their bedtime. Research shows that high-intensity exercise when done near bedtimes, can make it harder for some children to relax and/or fall asleep.

Create short, simple, predictable bed-time routines for you and your
News You Can Use

The State of Oklahoma began an initiative in 2016 to provide a system of care to the people of Oklahoma that would more rapidly and successfully deal with the growing problem of death by suicide.

William Morris, the Program Field Representative at the Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS), said that before this initiative, “many clinicians didn’t know how to treat suicidal patients and were not capable of meeting suicidal ideation head on because they were uncomfortable talking about this topic.” Any person who had attempted suicide or who had a plan to kill themselves was immediately hospitalized and these hospitalizations included very little in the way of suicide-specific treatment. An imminent suicide risk was averted, but the suicidality was not treated and thereby remained a future threat. In lieu of being involuntarily hospitalized, some clinicians asked patients to sign suicide “no harm” contracts, a practice that has since been proven to be ineffective within clinical trials.

To learn more click: https://okautism.org/

We hope this SpotLight magazine issue provides you with numerous resources to aid you in your wellness and self-care this fall and coming holiday season.

TOOL BOX OF INFORMATION, RESOURCES AND SUPPORTS

- QUESTIONS THAT PARENTS SHOULD ASK SCHOOLS
- STRATEGIES TO SUPPORT HOME LEARNING
- TIPS FOR KIDS WHO ARE STRUGGLING
- TIPS TO HELP KIDS WHO ARE SELF-CRITICAL
- SYMPTOMS OF ANXIETY IN CHILDREN
- ORGANIZATION TIPS FOR YOUNG PEOPLE
- COVID-19’S IMPACT ON EARLY CHILDHOOD & ACES
- EARLY CHILDHOOD FOUNDATIONS OF LEARNING
- MANAGING WORRY DURING GLOBAL UNCERTAINTY
- CHILD MIND BEHAVIORAL SYMPTOM CHECKER
- SOC YOUTH INFORMATION SYSTEM RESOURCE PAGE
- OK DEPT OF MENTAL HEALTH AND SUBSTANCE USE SVC
Resources for Self-care During the Pandemic

Wellness and Access to Care

Self Care Tips For Students

Self Care For Helping Professionals

CONSULTING & TRAINING

SELF-CARE:

Five steps to help people coping with the waves of anxiety and stress caused by the uncertainty of living through a pandemic and protests over racism:

1. Show empathy
2. Communicate
3. Recognize the impact of current events
4. Encourage self-care
5. Check in with people

LINDA HENDERSON-SMITH, PH.D., LPC
Director, Children and Trauma-informed Services,
National Council for Behavioral Health
CREATING HEALTHY SCREEN TIME HABITS

The Oklahoma Autism Network (https://okautism.org):

• Create opportunities to practice and teach “tech self-control” by having your child turn off the TV, tablet, or video game themselves. Practice setting up a visual timer for your child to see how much time they have left, and give them a 3-5 minute reminder for when they should take a break away from technology or media.

• Explore leisure activities using technology. Are there podcasts or audiobooks that your child might enjoy that you could introduce them to?

• Involve your child in daily routines such as dressing, meal prep and clean up. This helps ensure additional times during every day that don’t involve technology.

• Create positive screen time experiences outside of teleworking and online learning such as playing educational games or video chatting with relatives.

• Encourage balance. Day-long screen time can prevent children from accessing needed healthy activities like movement/ exercise, sleep, and healthy eating. See that their day still includes activities that are in the best interest of their health and well-being.

• Watch your child’s sleep patterns. David Hill, a pediatrician and professor at the University of North Carolina School of Medicine explains that “Although many parents might see digital media as a sleep aid, the presence of a screen in a bedroom leads to fewer minutes of sleep for children at all ages, including infants.” Even calm videos can interfere with a child’s melatonin secretion and disrupt their sleep.

• Notice your own technology use. The American Academy of Pediatrics (AAP) reminds us that engaging in news or social media feeds that stress us out can also affect our children. Take a media break to protect your own mental health.
By now Oklahoma families have experienced some form of in person education, virtual learning or a combination of the two. What will happen next? And when will we get back to “Normal”? According to the CDC director, Robert Redfield, a vaccine for the Corona virus will probably not be readily available to the general public until the summer of 2021. Corona virus infections have steadily increased as schools, colleges, universities and other public venues have re-opened.

Though many places have put mask wearing mandates in place, with some, there remains resistance and disagreement over its effectiveness in reducing the spread of the virus. There are even those who believe that mask mandates intrude on their individual freedoms and right to choose, while others believe that mask wearing is our most effective defense against the spread of the virus.

Oklahoma school districts continue to conduct individualized re-opening protocols. Many districts made the decision to begin the first 9 weeks of school by virtual
in-person instruction with options for virtual learning. For those schools that did re-open, many parents received letters reporting Covid cases in their school along with notifications if their child was thought to be exposed to the virus within the first two weeks of school starting. Those thought to be exposed to the virus were asked to quarantine at home for 14 days and to resume their course work virtually. Often times teachers learned of virus exposures in their classroom at the same time as parents.

The COVID-19 alert system was developed by the Oklahoma State Department of Health and has been adopted by the Oklahoma Department of Education to gauge when it is safe for students to attend school or remain at home for virtual instruction. This color coded alert system uses green, yellow, orange, and red as easy to understand alerts to help keep parents and educators informed of infection rates in their county/district. The colors range in levels of normal, low, moderate and high respectively. If an orange level is reported for two consecutive weeks, then students will not report to school on the third week but will instead follow remote learning schedules until a lower level phase of risk can be maintained within the high risk county.

In these uncertain times, self-care should be our top priority. Resiliency occurs when one has the ability to adapt and thrive during times of unexpected change to our normal routines. Being in tune with our bodies, our stress levels and our ability to cope day to day is key. This magazine issue goals to offer helpful self-care tools and resources to help you during these times of uncertainty.

Oklahoma Parents Center
Advocating for Children with Disabilities
The Oklahoma Parents Center (OPC) is excited to share their BACK TO SCHOOL PLANNING GUIDE! This nine page guide features specific worksheets to help families as they prepare for how their children with disabilities will receive the services and supports outlined in their Individual Education Programs (IEPs).

CLICK HERE FOR ACCESS TO PLANNING GUIDE
If you or a household family member are sick with COVID-19 or you suspect you have been exposed to the COVID-19 virus, follow the steps below to help prevent spreading the virus to other people in your home and community.

**Stay home except to get medical care**

**Stay home.**

Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.

**Take care of yourself.**

Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.

**Stay in touch with your doctor.**

Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.

**Separate yourself from other people as much as possible.**

Avoid public transportation, ride-sharing or taxis. Stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.

### Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting

### Get the Facts About Coronavirus

- **Oklahoma Cases**: 86,219 (elevated)
- **Oklahoma Recovered**: 71,957 (elevated)
- **Oklahoma Deaths**: 1,018 (elevated)

How to Protect Yourself and Others [CLICK HERE]
Stay In the Know

Resource Family Training Webinars
for Foster, Kinship, and Adoptive Families

Hope for All Families
Thursday, October 15th, 2020
12:00 p.m. - 1:00 p.m.
CLICK TO REGISTER

Save the Date
Upcoming Webinars!
November 19, 2020
Fostering Positive Connections
with Birth Families

December 10, 2020
Education and Foster Care

Stay In the Know

OK-AIMH Fall Conference
October 21, 2020
11:30 a.m. - 4:30 p.m.
Transforming the Overwhelm
Virtual via Zoom

with Laura van Dernoot Lipsky
Laura van Dernoot Lipsky is the founder and director of The Trauma Stewardship Institute and author of Trauma Stewardship and The Age of Overwhelm. Widely recognized as a pioneer in the field of trauma exposure, she has worked locally, nationally, and internationally for more than three decades.

Tracey Lyall
Tracey Lyall has been the executive director of Domestic Violence Intervention Services in Tulsa since May 2007. Lyall holds a Bachelor of Arts from the University of Tulsa in psychology, as well as a Master of Social Work from the University of Oklahoma and is a licensed social worker. Lyall has over 20 years of supervision and management experience. Tracey will present a case study of how DVIS is using the principles of Trauma Stewardship in their organization.

Register today at www.okaimh.org

Interested in sponsorship? Contact: okaimh@gmail.com
In Partnership with Domestic Violence Services of Tulsa and Oklahoma Department of Mental Health Substance Abuse Services

Special thanks to our sponsors:
Deaconess Pregnancy & Adoption; Sunbeam Family Services, Arnall Family Foundation, Potts Family Foundation & IBEaR

Oklahoma Association for Infant Mental Health
PO Box 685 Oklahoma City, OK 73101

Download Your Free Copy of A Time to Rebuild - Courtesy of Joey Clifton

JOEY CLIFTON
A TIME TO REBUILD

Sponsored by Oklahoma Human Services, Child Welfare Services, Resource Family Training Program.
Coordinated by The University of Oklahoma OUTREACH National Resource Center for Youth Services.
Self-Care Toolbox

BOX BREATHING

Sit upright in a comfortable chair with your feet flat on the floor and your hands relaxed in your lap.

Step 1: Inhale for a count of 4
Step 2: Hold for a count of 4
Step 3: Exhale for a count of 4
Step 4: Hold for a count of 4

REPEAT

You can use the app Box Breathing - Breath Air*

ACTIVITIES

AWARENESS
Eat/drink/sleep well
Be active, get out
Engage in activities
Take breaks!!
Avoid info overload

BALANCE
Meditation
Coping w/stress
Journaling
Practicing gratitude
Self-compassion

CONNECTIONS
Contributing to others
Call, video chat, or text
Safe in-person connections
Support groups

ELECTRONIC DEVICE APPS

AWARENESS
Daily Water
Yoga Wake Up
Listen to your favorite podcast

BALANCE
Smiling Mind
365 Gratitude Journal
Headspace
Insight Timer
Sanvello

CONNECTIONS
GroupMe
Houseparty
Netflix Party
Book Clubs or Podcast Clubs
GoNoodle Games - Fun games that get kids moving. The free GoNoodle Games app features fast-paced mini-games that get kids jumping, waving, ducking, and holding a pose to earn points, dodge obstacles, and have a ton of fun!

The National Alliance for Caregiving and AARP Caregiving in the U.S. 2020 report presents an update on 2015 findings. It reveals an increase in the number of family caregivers in the United States and that family caregivers are in worse health compared to five years ago. The report includes sections on African American, Asian, Hispanic/Latino and LGBTQ caregivers, as well as a Spanish-language version of the report.

October is Sensory Processing Awareness Month. Sensory Processing Disorder impacts children and adults every single day.
The Evolution Foundation serves children, families, community coalitions, and service providers in the state of Oklahoma by offering resources, support, and technical assistance.

NAMI Oklahoma is a non-profit organization that facilitates support groups, conducts education programs, and speaks in the community to increase understanding and bring awareness to mental illness issues and to share the message that treatment can be effective.

Oklahoma Family Network is a non-profit organization that supports families of children and youth with special needs by providing emotional support, resource navigation, and ensuring quality healthcare through strong and effective family/professional partnerships.

Oklahoma Systems of Care and Wraparound are guided by 5 core values.

1) Family Driven, 2) Youth Guided, 3) Community Based, 4) Culturally Responsive and 5) Trauma Informed Care.
Parents Helping Parents is a non-profit organization for parents of children of any age who have experienced alcohol or substance abuse. This organization is made up of "caring parents" who offer hope through resources, education and shared experiences.

Partnering State Agencies
1. Department of Human Services (DHS)
2. Department of Rehabilitation Services (DRS)
3. Office of Juvenile Affairs (OJA)
4. Oklahoma Commission on Children and Youth (OCCY)
5. Oklahoma Health Care Authority (OHCA)
6. Oklahoma State Department of Education (OSDE)
7. Oklahoma State Department of Health (OSDH)
8. Oklahoma Institute for Child Advocacy (OICA)

Mental Health Association of Oklahoma provides information and resources related to mental health, suicide prevention, criminal justice reform and homelessness including how to access services and support. MHAO promotes mental health and the equity of access to mental health care through advocacy, education, research, services and housing.

The ODMHSAS Children, Youth and Family Services Division’s goal is to link families of infants, youth, and young adults experiencing severe social, emotional, mental health, or substance use issues to local community based behavioral health treatment service providers and community supports. We establish these connections through Oklahoma Systems of Care.

Oklahoma Systems of Care is a state-wide collaborative network involving members of local communities who provide services and supports to youth and their families which enable them to be physically, mentally, and emotionally successful at home, in school and within their community.

The systems of care network involves an array of services including mental health, social services, substance use treatment, educational services, health services, vocational services, recreational services, juvenile justice services, and other community supports. These services are available in most Oklahoma counties state-wide.

Oklahoma Systems of Care currently has two service tiers – Wraparound and Service Coordination:
• Wraparound is an intensive service model that uses strength based approaches to allow family members to be heard and address their needs using resources and supports in their local community.
• Service Coordination is a service model designed for children, youth, and young adults with behavioral health issues that do not rise to the same level of intensity required for Wraparound, or for families who qualify for Wraparound but choose not to participate.
Technical Assistance Support Calls

**Behavioral Health Aides:**
Occurs Every 4th Monday at 11am
Zoom meeting ID: 806-328-977
This weekly support call is for Behavioral Health Aides to learn about techniques, strategies, trauma sensitive interventions and resources in order to engage and enhance the experiences of children and youth in educational, home and community settings.

**Family Support Providers:**
Occurs Every Tuesday at 10am
Zoom meeting ID: 392-979-560
This call is 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. Resources will also be shared. The call will be facilitated by Gerri Mullendore, the Coordinator of Family Involvement for Oklahoma Systems of Care.

**Care Coordinators:**
Occurs Every Tuesday at 1pm
Zoom meeting ID: 194-885-980
This call is for Care Coordinators to share challenges and successes and learn from each other. Providers can hear from other providers on skills and stories that have helped them cope and be successful. Resources will also be shared. The call will be facilitated by Elisa Thompson, Jordan Langford or Nancy Falcon, who serve as State Coaches and Trainers for Oklahoma Systems of Care.

**Youth & Young Adult Support Calls:**
Occurs Every Other Thursday at 2pm
Zoom meeting ID: 237-508-199
This weekly support call is meant to be a safe place for youth to have conversations about their experiences. 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 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:**
Occurs 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 call is for Oklahoma caregivers. The call’s purpose is to provide peer to peer support. Resources will be shared. Conversation topics will be facilitated by Gerri Mullendore, the Coordinator of Family Involvement for Oklahoma Systems of Care.

In the midst of the Covid-19 pandemic, we offer technical assistance calls to help families, youth and those who support them feel supported.

We invite those interested to participate in the scheduled support calls to ensure the continuation of family driven, youth guided, culturally sensitive, trauma informed care services and supports are experienced by the youth and families we serve.
Refresh, Recharge, and Regroup with Youth and Young Adults

If you are ages 13–25 and have questions related to mental health, self-care, how to handle tough situations, discouragement, support, resources, adulting, and any other questions you can think of that you would like for us to answer in the next RR&R column, please send your questions to:

Christine.Cao@odmhsas.org or Clifford.Sipes@odmhsas.org

All questions submitted will be anonymous.

What Do You Do for Self-Care During the Fall and Winter Months?

“When I find myself down during the holidays, the one thing that always cheers me up is a cup of hot chocolate. It’s a small thing, but to me it means that I can feel the warmth spread through me and it just makes me feel safe and happy. Although self care looks different for everyone, it’s important that you find what makes you feel safe and happy. Ask yourself, what’s one thing I do every holiday that makes me feel like me? Whether it’s baking cookies or decorating your house, even if it’s a small thing like buying holiday scented stuff or drinking your favorite holiday drink. Self care is the act of doing the things that make you feel better mentally and emotionally”.

~ Alyssa

“I love to journal and make my journal look nice. It’s probably one of the fun things about journaling, as well as being able to pour your feelings out”.

~ Melisa
CONCERNED ABOUT A CHILD, YOUTH, OR YOUNG ADULT?

Oklahoma Systems of Care (OKSOC) provides a range of services and supports for children, youth, and young adults with or at risk of behavioral health or other challenges. Their families are also offered services and supports. OKSOC offers a coordinated network of providers that builds meaningful partnerships with children, youth, young adults, and families to help them improve their lives.

If you know of a child, youth, or young adult who might be in need of OKSOC services and supports, please make a referral. Remember that you’ll need to let the young adult and/or family know you are making a referral. And you’ll need to provide some information for OKSOC:

- Child, youth, or young adult name
- Caregiver name (if applicable)
- Child, youth, young adult and/or family address and phone number
- Your email address and phone number
- Remember to let the family or young adult know why you are making the referral

OKSOC staff will then contact the family to provide more information on services and supports available and determine how we can help.

MAKE A REFERRAL: systemsofcare.ou.edu.
it starts with one call
WE WILL CONNECT YOU WITH TRAINED, CARING & LOCAL MENTAL HEALTH PROFESSIONALS READY TO HELP

Youth Crisis
MOBILE RESPONSE
(833) 885-CARE

5 Action Steps for Helping Someone in Emotional Pain

ASK
“Are you thinking about killing yourself?”

KEEP THEM SAFE
Reduce access to lethal items or places.

BE THERE
Listen carefully and acknowledge their feelings.

HELP THEM CONNECT
Save the National Suicide Prevention Lifeline number 1-800-273-8255.

STAY CONNECTED
Follow up and stay in touch after a crisis.

www.nimh.nih.gov/suicideprevention
To submit a story, resource or an announcement about an upcoming event, EMAIL: Tori Collier at Tori.Collier@ODMHSAS.org

The SpotLight Magazine Submission Deadline
Submissions are due by 5pm the third Monday of each month.
Submissions are not a guarantee of publication inclusion.
Requests for corrections should be submitted by the same deadline.

SpotLight Magazine is a publication of Oklahoma Systems of Care and the ODMHSAS Children, Youth, and Family Services Division.