MINDFULNESS

There are some basic needs everyone must meet to stay healthy. Including nutritional needs and activity. But to truly take care of your mind and body you need to look deeper than that and discover what it is you need to live joyfully and live your best. Starting a mindfulness practice is a good way to reconnect and rediscover yourself. Instead of rushing through your days, slow down and engage. Be mindful of what you are doing and compassionate with yourself and others. For those who work with young people, the healthier we are, the closer we are to functioning at 100%, the more prepared we are, the better we are at engaging.

CHILDRENS CONFERENCE

The 2020 Children’s Behavioral Health Conference for the first time ever will be held in a virtual setting. ODMHSAS strives to bring together local, state and national leaders to discuss best practices in the areas of behavioral health and substance use disorder treatment, recovery and overall wellness by offering the conference online. Registration is now open.


“In the midst of chaos, there is also opportunity”
Sun Tsu

RESPITE VALUES AND BENEFITS

Respite is a break from caregiving. Respite helps reduce family stress, the risk of abuse and neglect and enhances family coping abilities. Recently we interviewed Respite Provider Nancy who owns the Royal Horse Ranch. She informs us that, “Every kid gets something out of it. We work with each child on an individual basis and they get to decide what they want to do each day. Some of the kids want to go on the trail ride and some of them want to have lessons.” One of the youth who attends the Horse Ranch using the respite vouchers said, “When I am on the horses, I feel like my problems just disappear.” The caregivers also enjoy their breaks, and the changes in their children. Care Coordinator Chauntelle of Grand Lake Mental Health in Delaware County states “I see they are learning perseverance, respect for others as they learn to respect the horse and trainers, teamwork while they learn to ride”. To learn more about respite contact Gerri Mullendore at emullendore@odmhsas.org

https://www.royalhorseranch.net/

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.