SOC CARE CORNER
July 28th, 2020

DEVELOPMENTAL DISABILITIES COUNCIL OF OKLAHOMA: COMMUNITY LISTENING FORUM

The DDCO is launching their 5 Year State Plan planning process and they want to hear from you. Please join them at one of their community listening forums to share ideas about how to improve supports, advocacy, training and inclusion for the intellectual and developmental disabilities community in Oklahoma. All upcoming forums will be video/teleconference meetings via zoom. For a list of upcoming forums and to register please click on the link below.

https://www.surveymonkey.com/r/PlanningRegistration

“"I think a hero is any person really intent on making this a better place for all people.””
– Maya Angelou

Youth & Young Adult Support Calls: (every) Friday at 1pm (see attached Flyer to share)

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.

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 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**

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 considerations 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.

**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 Nancy Falcon, all of whom 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 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.
YOUTH AND YOUNG ADULT SUPPORT CALLS

Fridays 1-2PM

Join from PC, Mac, IOS or Android:
https://zoom.us/
Click: Join meeting
Enter meeting ID: 237-508-199

CONTACT US

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This is a weekly check in call and meant to be a safe place for you to be able to come chit chat, have conversations, share your art, or just listen with other youth/young adults in Oklahoma. We talk about things like challenges, successes, and how things are going during social distancing. We also share resources and have fun at the same time and would love to have you join our calls :) Feel free tell and bring a friend!

Join for a Chance to be Entered in a Drawing!!