**SOC CARE CORNER**

June 19th, 2020

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**UNPLUG TO CONNECT**

As connected as our devices can make us feel to the outside world, sometimes they can get in the way of us connecting to the people closest to us and to ourselves. It’s good to take some time away from our devices and focus on genuinely connecting with people face to face and devote more time to self-care. Try setting aside a block of time every day to go screen free and spend time with those you love or doing something nice for yourself. You may be surprised how relaxing those moments of device free living can be!

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**VALUED DIVERSITY**

One of the guiding principles of Systems of Care and Wraparound services in Oklahoma is that they are “Culturally and Linguistically Competent”. Essentially this means that services and supports are tailored to each family and youth’s unique culture. The diversity of the family is not only valued but celebrated. Two families might have a very similar need but the way that need is addressed will look totally different based off of each family’s unique culture and strengths. Placing a value on the diversity that each family member brings to the table (as well as the team members) is what makes the Wraparound process individualized for every child and family served and prevents “cookie cutter” planning.

“It is time for parents to teach young people early on that in diversity there is beauty and there is strength.” – Maya Angelou

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**DRESS FOR SUCCESS**

Dress for Success’ purpose is to offer long-lasting solutions that enable women to break the cycle of poverty. Dress for Success is part of a global movement for change, empowering women to obtain safer and better futures. They provide each client with professional attire to secure employment. Unfortunately, their building was recently severely damaged in a fire. Most of their inventory was destroyed or too damaged to give to clients. They are currently conducting a drive to replenish their stock. Please feel free to mark your donations “Dress for Success” and leave them at the front door of the family center.

Eastside Church of Christ – Clothing Room/ 916 S Douglas Blvd, Midwest City, OK, 73135

Contact: Michelle Graham 405-606-1283 or Denise Goff 405-550-6622 with questions.

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*For the latest info on resources go to: [https://www.ok.gov/odmhsas.org](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**

**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.