Community Partners

Evolution Foundation
okevolutionfoundation.org
Join a community coalition

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
namioklahoma.org
Support, Education, Advocacy

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.

The Oklahoma Family Network
oklahomafamilynetwork.org
Peer Support and Partnership

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

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
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.

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, service and housing.

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)

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 statewide.

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.

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.
Returning to School

By Tori Collier
Story Contributor and Editor in Chief of Spotlight Magazine

According to the CDC, the spread of the corona virus is reduced when persons maintain at least 6 feet of distance from one another and wear protective face coverings to protect themselves and others from droplets that may be emitted from coughing, speaking, or sneezing.

The lack of knowledge about the COVID-19 virus makes decisions like returning to school problematic. As soon as the virus was identified as a potential pandemic, churches, schools, bars, gyms, and other public places were closed and people were asked to remain at home whenever possible to prevent the further spread of the virus. At that time, (March 2020) the CDC guidelines recommended that public places remain closed until infection rates trend downward for 14 days. For several months, our state operated under “safer at home” orders but thereafter reopened as the numbers of infections begin to slowly rise. Currently, COVID-19 infections are rising...
by the hundreds each day and many school districts are planning to open for traditional in person learning with the option of blending in person with virtual learning days or the option of full time virtual learning.

Given the diversity of spacial capacity and infrastructure within states, the Federal government is leaving the decision for how to handle state reopenings to the governors of each state. The governors are allowing their state departments of education to decide the safety framework for their states’ schools. The state department is leaving the decision for safety protocol to the district superintendents who are governed by school boards. The school boards of each district are leaving the details of school safety protocols up to the individual schools themselves. Therefore, each District is handling the return to school alittle differently. **To the right are links** to CDC guidelines, the Oklahoma Return to Learn Framework, School Reopening Plans by District, Distance Learning Resources, and COVID-19 state health department information.

In the end, parents will be left to decide how their children will be educated; traditionally, virtually, or somewhere in between. Parents and caregivers are left with more questions than answers. How can parents plan for childcare without knowing if schools will remain open? How will parents balance working remotely or outside of the home while ensuring that their children are receiving a quality education online? Preparations to keep children, teachers and ourselves safe without further contributing to the spread of the virus is on the minds of many, all while striving to maintain a sense of calm, stability, and routine while adjusting to a “new normal” far from the one we have previously known.
If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to 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
- Diarrhea

This list does not include all possible symptoms.

When to Seek Emergency Medical Attention

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- Confusion
- Inability to wake or stay awake
- Bluish lips or face

* This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility. Notify the operator that you are seeking care for someone who has or may have COVID-19.

Get the Facts About Coronavirus

Oklahoma Cases 39,463 (elevated)
Oklahoma Recovered 32,319 (elevated)
Oklahoma Deaths 566 (elevated)

Oklahoma Cases Count As Of: 8-4-2020 (OK Govt.)

How to Protect Yourself and Others

CLICK HERE

Take steps to care for yourself and help protect others in your home and community.

* Source: https://coronavirus.health.ok.gov/
Stay In the Know

Oklahoma Systems of Care
Over time you may notice us begin to use more green in our publications, electronic information, and at our events. Our goal is to align our Oklahoma Systems of Care branding with Children’s Mental Health Awareness.

Why Green?
In the 1800s, the color green was used to brand people who were labeled “insane.” The children’s mental health community decided to repurpose the green meaning to combat stigma about mental illness and support children, youth and families who are impacted by mental health disorders. Green signifies new life, new growth and new beginnings. Since 2007, many advocates and allies of the mental health community began to wear green ribbons and use the color green to raise awareness about children’s behavioral health, to promote hope and to show support for children with serious emotional disorders and their families. (www.ffcmh.org)

Join the Green Ribbon Campaign!
The goal of the Green Ribbon Awareness campaign is to raise public awareness and understanding of children’s mental health needs and the impact mental illness has on families. The Green Ribbon Campaign allows us to:
1) Support children, youth and their families impacted by mental illness
2) Promote hope throughout our communities by spreading the word that recovery is possible
3) Educate everyone about the availability of treatment services and support.
4) Reduce stigma around mental illness and substance use disorders

Wear GREEN and use green in your work to spread the word about the importance of children’s behavioral health and to promote children’s mental health awareness in your local community!

SAMHSA 42 CFR Part 2 Revised Rule
The 42 CFR Part 2 regulations (Part 2) serve to protect patient records created by federally assisted programs for the treatment of substance use disorders (SUD). Part 2 has been revised to further facilitate better coordination of care in response to the opioid epidemic while maintaining its confidentiality protections against unauthorized disclosure and use.

OKATOD Conference
September 25, 2020
Learning From the Past: The Future of Opioid Treatment in Oklahoma.
We are currently planning a hybrid model (live-in-person and virtual meeting) for the OKATOD Conference. All registrants can opt for either attending in person in OKC or logging on remotely. All registrants will receive 6 CEUs. Registration can be accessed at: http://okatod.org/index.html

Resources to Help Young Workers Through the Economic Crisis
The COVID-19 pandemic has spurred an economic crisis. Among the hardest hit, young workers, especially, young workers of color.
The Annie E. Casey Foundation Resource Blog
What: In May of 2008, the US House of Representatives announced July as Bebe Moore Campbell National Minority Mental Health Awareness Month to start the process of improving access to mental health treatment and services for minority populations and to promote public awareness of mental illness. In many minority communities, mental health problems are increased by less access to healthcare, cultural stigma and lower quality care. (Source: NAMI.org)

Why This Is Important: Studies suggest that racial minority groups and sexual minority groups show higher levels of anxiety, depression, suicidal tendencies, post-traumatic stress disorder (PTSD), and other mental health disorders. In most of the cases, society’s prejudicial bias, stigma, minority groups’ immigration status, economic conditions, education levels, and access to public health benefits are just a few barriers that can adversely impact the experiences of various ethnic groups in the U.S. (Source: NCTSN.org)

- African Americans are 20 percent more likely to experience mental health issues than the rest of the population.
- Native Americans between the ages of 18 and 24 have the highest suicide rates of any ethnic group. (www_afsp.org)
- Only 2.3 percent of Black or Hispanic young people see someone for mental health issues every year as compared to 5.7 percent of White children.
- 25 percent of African American adults seek treatment regularly for their mental health, in comparison to 40 percent of White American adults.

What You Can Do:
Some ways you can get involved and help combat stigma:

1. Talk about it – The more we talk about mental illness, the more normalized it will become.

2. Seek out culturally competent service providers and promote those providers who practice cultural humility as a standard best practice.

Ways to know if providers are culturally sensitive are affirmative and open ended answers to the following:

- Do you have any experience treating someone from my background?
- Have you had any cultural competence training?
- How would you include aspects of my identity into my care?

3. Share your story – Stigma is reduced when people know they are not alone in their experiences. When telling your story on social media platforms, use the hashtag #MinorityMentalHealth

(https://www.nami.org/Get-Involved/Awareness-Events/Minority-Mental-Health-Awareness-Month/Learn-About-Minority-Mental-Health-Month)
NEWS YOU CAN USE

For Resources and Materials on Mental Health
Please visit: www.odmhsas.org, the Office of Minority Health (OMH) website and the OMH Spanish website.

The Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

A Guide to Suicide Prevention for American Indian and Alaska Native Communities, published by the One Sky Center, provides information and an assessment tool for AI/AN communities and local, state and regional sovereign Tribal governments.

Youth MOVE National, in partnership with the National Technical Assistance Center for Children’s Mental Health, published A Guide for Youth: Understanding Trauma. The guide is available in English and Spanish.

Improving Cultural Competency for Behavioral Health Professionals
Learn how to better respect and respond to your client’s unique needs in this free, online training.

RESOURCE LISTING FOR BEHAVIORAL HEALTH INFORMATION

- SAMHSA - BEHAVIORAL HEALTH EQUITY
- COMMUNITY CONVERSATION GUIDES
- EQUITY IN INFANT AND EARLY CHILDHOOD WEBINARS
- MENTAL HEALTH AMERICA
- MENTAL HEALTH DISPARITIES FOR HISPANIC & LATINOS
- SOC YOUTH INFORMATION SYSTEM RESOURCE PAGE

NEWS YOU CAN USE

Video Stories

Understanding The State of America’s Children - The Impact of Gun Violence (Click the Photo)
This VLOG focuses on understanding racial bias in early childhood while examining the Children’s Defense Fund’s The State of America’s Children 2020 Report particularly focusing on the impact of gun violence.

Strength Over Silence Videos - Stories of Courage, Culture and Community (Click the Photo)
NAMI highlights perspectives on mental health across backgrounds and communities. Through candid and courageous stories of lived experience, these mental health champions share their resilience and recovery, emphasizing the importance of culture and identity in the mental health movement.

NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH
Technical Assistance Support Calls

Behavioral Health Aides: Occurs Every 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, all of whom serve as State Coaches/Trainers for Oklahoma Systems of Care.

Youth and Young Adult Support Calls for Providers: Occurs Every Other Thursday at 2pm Zoom meeting ID:289-583-378
This call is for youth/young adult service providers to share challenges and successes in their work. Providers are encouraged to have conversations with each other about skills and techniques that have helped them cope and be successful. Resources will also be shared. The call will be facilitated by Christine Cao and Clifford Sipes who serve as the ODMHAS Youth Coordinator and Youth Specialist. If time permits there may be youth/young adults who join on the call to share their experiences.

Youth & Young Adult Support Calls: Occurs Every Friday at 1pm 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, service, and support is experienced by the youth and families we serve.
Our team

**Stacy Barrett**
**Senior SOC Technical Assistance and Training Manager**
Ms. Barrett is the lead senior management coordinator for all technical assistance and trainings for Oklahoma Systems of Care. She serves as manager for the Oklahoma State Coach and Trainers. Her team members are: Ashley Roby, Ashley Lambert, William Morris, Jordan Langford, Nancy Falcon, and Elisa Thompson.

**Joshua Farmer, LPC**
**Senior Manager of Mental Health Consulting**
Mr. Farmer is the Senior manager of the Mental Health Consultant program. Josh and his team work closely with OKDHS and the division of Child Welfare to provide case consultation for children, youth, and families for the purpose of positively impacting the social, mental and emotional well-being of children in state custody. Josh’s team members are Kerry Harlin, LCSW, Terra Blackwell, LMFT, Falon Morgan, LCSW and Jaimie Pryor LPC-S, LADC.

**Laura Jacobs, LCSW**
**Senior Manager of Project AWARE & School Based Services**
Ms. Jacobs manages the AWARE grant in partnership with the Oklahoma Department of Education and together with community mental health providers works to decrease stigma and increase awareness around mental health and substance abuse in schools. Prior to this, Laura served adolescents and young adults in direct practice for 12 years and as the SOC inpatient liaison for 3 years.

**Geneva Strech, M.Ed, M.HR**
**Associate Director of OU ETEAM**
Ms. Strech has over 25 years experience managing and implementing federally-funded and state-funded programs and contracts. She is the lead evaluator for the OKSOC2 grant. Geneva has also led evaluation research for the Phase VI Oklahoma Systems of Care National Evaluation and Oklahoma’s Care Management Oversight Study. Geneva manages a team of data research professionals at the University of Oklahoma.

**Tori Collier, MA**
**Senior SOC Communications Liaison**
Ms. Collier is the lead strategic planner for the Oklahoma Children’s Behavioral Health conference, technical assistance and social marketing lead for Oklahoma SOC and Editor Chief of Spotlight Magazine. Tori has a passion for wellness, cultural diversity and inclusion and serves on the ODMHSAS Diversity Council and is lead founder of Fit Club, a wellness support group.

**Audra Haney, LCSW**
**SOC Senior Manager of Infant Early Childhood Mental Health**
Ms. Haney is the senior project manager of the SOC2 Statewide Grant Initiative and is the lead technical assistance manager for Infant Early Childhood Mental Health for the state. Audra works in close partnership with the Oklahoma Department of Health to coordinate fidelity of Infant Early Childhood Mental Health training and education. Haley Hutchinson serves on Audra’s Infant Early Childhood Mental Health team as a Clinical Manager.

**Isela Perez, MS**
**Senior Manager for Youth, Family, and Community Involvement**
Ms. Perez is the SOC Manager for Youth and Family Services. Isela has service experience as a Project Director in Systems of Care Wraparound and the Oklahoma Now is the Time initiative. She is an advocate for helping individuals and families find support to improve the quality of their lives. Isela’s team members are Kimberly Miller, LPC, Gerri Mullendore, Christine Cao, MS and Clifford Sipes.

**Brittany Couch**
**Senior SOC Coordinator of School Based Behavioral Health Partnerships**
Ms. Couch is the state coordinator for the CORE Education initiative and the BISS project. Brittany has over 15 years of experience engaging youth and families of diverse backgrounds and child systems to develop their leadership and advocacy capacity. She has extensive national and statewide facilitation, coaching governance and community capacity building experience.

**Leslie Hebert, LPC, LADC**
**Senior Manager of Adolescent Substance Abuse & Co-occurring Disorders**
Ms. Hebert has experience in providing counseling services to adolescents and children who have experience with substance use, inpatient mental health services, criminal justice, juvenile justice, and first episode psychosis. Leslie is an advocate for individuals and families to be successful and believes that anyone can transform their life given the right support. Leslie’s team members are Stephanie Bond, LPC and Bamidele Atoyosoye, LPC.

**Kelly Perry, LPC**
**Senior SOC Community Liaison**
Ms. Perry provides technical assistance, training and support to Oklahoma Systems of Care agencies in Tulsa and the surrounding area. Kelly also provides youth focused behavioral health support to the Tulsa Community by offering technical assistance and support in problem solving, accessing services, and identifying and resolving barriers for children and families in need of behavioral health services and supports.

**Sheamekah Williams**
**Director of Children, Youth, & Family Services**
Ms. Williams is the ODMHSAS Director of Children, Youth and Family Services and is lead principal investigator for the SOC2 Statewide Initiative Grant. Sheamekah serves as Director of Oklahoma SOC and serves as chair and advisor to several groups whose purpose is to improve the lives of children and families who experience severe emotional or behavioral health disorders.

ODMHSAS State Staff are committed to providing technical assistance in their area of expertise to those who work with or care for children, youth, young adults and families.
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.
when a young person is in crisis

WE CAN CONNECT THEM TO THE IMMEDIATE HELP THEY NEED

Youth Crisis
MOBILE RESPONSE

(833) 885-CARE
To submit a story, news, resource information or an announcement about an upcoming event, please email Tori Collier at Tori.Collier@ODMHSAS.org.

The deadline for submission considerations are due before 5pm the third Monday of every month. All submissions will be considered but are not a guarantee for publication inclusion. Requests for corrections should submitted by the same deadline.

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