

ODMH Kids News: Building Ohio's Future



Monthly E-Newsletter

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I Want to Be an Adult!

Spring signifies a first step into adulthood for many young people. Graduations, first job interviews, college entrance, first true love, signing-up for selective service, all events that mark a passage to a next phase of life. This is a phase of life marked by the acceptance of responsibility and privilege of early adulthood. It is both an exciting and a challenging time. It is a time when American culture expects that one completes high school, finds satisfying work, develops a social network, contributes to the support of a household and exemplifies citizenship in the community. It is also an especially complex time for a young person with emotional and behavioral difficulties.

There are many reasons why an adolescent with emotional and behavioral difficulties struggle during this time. Most significant is that they have dealt with symptoms that have affected their overall typical development. While their peers can invest in their own emotional, social, and cognitive growth, adolescents with emotional and behavioral challenges focus their energy on overcoming the impact of their specific symptoms. They have missed out on day-to-day peer interaction because of missed school for treatment, hospitalization or possible detention in a Juvenile facility. They don't attend social activities such as dances and basketball games because many have alienated friends due to behavioral episodes that are difficult to understand and explain. They just don't fit in.

In recognition of the personal challenges of transition age youth and their families which are often further complicated by a system of care that is limited in how it supports this population, Ohio Department of Mental Health is launching an initiative that will focus on youth and families that

are experiencing transition age issues. The first task will be to determine what transition programs and services are currently offered in Ohio. The next task will be to compile what we know about the challenges being faced as families try to access services across all child caring systems. From that point, recommendations and a support network will be developed. A process for information gathering and planning will be scheduled in early June as a first step to broaden the scope of what can be done across systems to address these issues.

Transition age youth are described as being between the **ages of 16-22** who are experiencing one or more of the following:

- **Change of treatment services from Children's providers to Adult providers**
- **Change of funding supports**
- **Re-entry into the community from a juvenile justice facility**
- **Aging out of the Foster Care System**
- **Moving from an education culture to a work culture**
- **Recognition that the difficulties experienced in childhood will be with them through adulthood**
- **Homeless/Runaway**
- **Special Education Needs**
- **Physical disabilities**
- **Chronic Illness**

We will be seeking insight and knowledge of many from a variety of systems in both the child and adult worlds. This will be an opportunity to think and to work outside the box to truly attend to the needs of this most vulnerable population. If you have a particular interest in this area, please contact Pam Gulley at 614-466-1984 or by email at gulleyp@mh.state.oh.us to be included in our upcoming activities.

Submitted by: Pamela Gulley, ODMH

National Children's Mental Health Awareness Day

National Children's Mental Health Awareness Day is held during the first full week in May each year to coincide with National Children's Mental Health Awareness Week and "May is Mental Health Month." For more than 50 years, the Nation's mental health community has conducted public awareness activities related to mental health issues during this month. This year, **National Children's Mental Health Awareness Day will be Tuesday, May 8.**



This year's event will be the second annual National Children's Mental Health Awareness Day (Awareness Day) launched by the Substance Abuse and Mental Health Services Administration (SAMHSA). Awareness Day is an opportunity for SAMHSA, SAMHSA-funded communities, and partner organizations to promote positive youth development, resilience, recovery, and the transformation of mental health services delivery for children and youth with serious mental health needs and their families. The 2007 theme for Awareness Day is **Thriving in the Community** with a special focus on school-based programs.

The three goals of National Children's Mental Health Awareness Day are to:

1. Raise awareness of effective programs for children's mental health issues;
2. Demonstrate how children's mental health initiatives promote positive youth development, recovery, and resilience; and
3. Show how children with mental health needs thrive in their community.

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The theme for Awareness Day serves to support SAMHSA's vision of "Life in the Community for Everyone." The artistic, athletic, and academic achievements of children and youth with serious mental health needs will serve as the basis for events planned at the local level. The child-serving agencies and organizations that partner with children's mental health initiatives will play a significant role in identifying children and youth whose achievements have enriched schools, neighborhoods, and the greater community in which they live. Showcasing academic achievement will highlight the crucial role education plays in successful children's mental health initiatives, while celebrations of both artistic and athletic abilities can spark ideas for new partnerships, both within and outside the educational system, that provide additional outlets for children and youth with serious mental health needs to thrive.

Resiliency Ring

This year Ohio is again proud to feature the Resiliency Ring to coincide with the National Children's Mental Health Awareness Day. In the words of the Ohio Children's Mental Health Resiliency Workgroup:

"Resiliency is the capacity that, when facilitated, EMPOWERS children, youth, and families to successfully meet life's challenges with a sense of self determination, mastery, and hope."

The Ohio Resiliency Ring

For the third year, the Ohio Federation for Children's Mental Health will be joined by child and family advocacy groups and individuals to celebrate in lifting up of our children and youth. **The celebration will take place at the West Plaza of the Ohio State House from 11:00 a.m. until 1:00 p.m. on Tuesday May 8, 2007.** The event will feature entertainment by the Singing Angels of Cleveland as well as speeches by State dignitaries, national resiliency authority Dennis Embry, and the true experts, the young people themselves. Following the events on the plaza, participants will hold hands to encircle the state house in order to symbolize the unity in spirit and strength of resiliency as well as the brotherhood and sisterhood that binds those of us who support the effort to provide for the needs of those with mental health issues and their families.



It is the intent of this program that the following goals will be accomplished:

1. That a greater understanding of the resiliency concept will be adopted by schools, community mental health Boards, and the community in general;
2. That a greater awareness by officials and legislators as to the need for mental health treatment for youth and support for these children's families is necessary;
3. A reduction in stigma and a greater understanding of children and adolescents who are experiencing mental health issues will result.

Meetings and workshops will take place with youth families, professionals, and others who wish to be involved. These meetings will explore developments in mental health treatment and support for youth and their families. In addition, child mental health advocates will visit the offices of legislators in order to deliver informational packets on current issues in mental health and their effects on children and families.

Submitted by: Peter Steele, OFFCMH
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Awareness Day Resources & Partnerships

The Awareness Day National Partners

Federation of Families for Children's Mental Health (www.fcmh.org)
Mental Health America (www.nmha.org)
National Alliance on Mental Illness (www.nami.org)
National Association of Social Workers (www.socialworkers.org)
Bazelon Center for Mental Health Law (www.bazelon.org)

Awareness Day SAMSHA Partners

Child, Adolescent and Family Branch of the Federal Center for Mental Health Services
National Association of Mental Health Planning Advisory Councils
National Child Traumatic Stress Initiative
Statewide Family Networks
National Suicide Prevention Initiative
Prevention Initiatives and Priority Programs Development Branch
Protection & Advocacy for Individuals with Mental Illness Program
Safe Schools/Healthy Students
SAMHSA's National Anti-Stigma Campaign
Statewide Family Networks

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What resources are available to support my programs/communities to celebrate National Children's Mental Health Awareness Day?

Materials for 2007 will be posted as soon as they are available at:
<http://www.systemsofcare.samhsa.gov/nationalawareness/faq.aspx>

SAVE THE DATE

June 24-27, 2007

2007 Summer Institute

Commitment to Learning: Bridging the gap to Academic Success

Who Should Attend: Representatives of Ohio Alternative Education Challenge Grant Programs and their Feeder Schools, Principals, Teachers, Guidance Counselors, School Psychologists, School Social Workers, and Representatives of other Alternative Education Programs. **Location:** Columbus Marriott North, 6500 Doubletree Avenue, Columbus, OH 43229. **For more information:** Contact Staci Kelts at (614) 247-6728 or kelts.1@osu.edu

Submitted by: Kay Rietz, ODMH

New/Redesigned Websites

HHS Office of Disability Launches

The Office on Disability (OD) is pleased to announce the launch of a completely **redesigned** website at www.hhs.gov/od. **The new website provides comprehensive yet easy-to-access information supporting the seven domains; housing, education, information technology, transportation, health, employment, and community integration; identified by the President's New Freedom Initiative - plus, information on advocacy, entitlements, and emergency preparedness.** The redesign is in alignment with the seven domains of the President's New Freedom Initiative. Furthermore, this website features information on the **Americans with Disabilities Act** and other OD's initiatives (i.e., The Surgeon General's Call to Action To Improve the Health and Wellness of Person's with Disabilities; Caregiving Initiative; and more).

The Center for School-Based Mental Health Programs (CSBMHP)

CSBMHP has launched its **new** website at <http://www.units.muohio.edu/csbmhp>. Additionally, you will soon be able to directly link to the OMHNSS Regional Action Network web pages by going to: <http://www.omhnss.org>.

What's happening – Across the State

<http://dmhex01.mh.state.oh.us/dmh/events/Listing.nsf/HomePage?OpenAgent>

Ohio Family and Children First

<http://www.ohiofcf.org/>

Kids: Quick Links

Archived and Recent Editions of this newsletter

<http://www.mh.state.oh.us/kids/kidsnewsletter/kidsnews.html>

Mental Health and School Success

<http://www.mh.state.oh.us/kids/schoolsuccess/mh.school.html>

Suicide Prevention

<http://www.mh.state.oh.us/kids/suicideprev/suicide.prevention.html>

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