

# ODMH Kids News: Building Ohio's Future



Monthly E-Newsletter

May/June 2009

Volume 9 • Issue 2

## National Children's Mental Health Awareness Week

Children's Mental Health declares the first full week in May as National Children's Mental Health Awareness Week. The purpose is to increase the public awareness of well-being and human development of our nation's children and youth. This year the dates are May 4<sup>th</sup> through May 8<sup>th</sup>. The National Federation invites all of their statewide organizations and local chapters to use this week to promote positive mental health, well-being and social development for all children and youth. Please join us to send out the following messages:

- Mental health is essential to overall health and well being.
- Serious emotional and mental health disorders in children and youth are real and treatable.
- Children and youth with mental health challenges and their families deserve access to services and supports that are family driven, youth guided and culturally appropriate.
- Stigma associated with mental illness should no longer exist.



## Ohio Children's Mental Health Day and the Resiliency Ring at the Statehouse

The Ohio Federation for Children's Mental Health is sponsoring Ohio's major statewide event on Tuesday, May 5<sup>th</sup> at the Statehouse in Columbus. Join us on the West Plaza of the Statehouse (High Street side). Youth Entertainment begins at 11:00; Presentations begin at 11:30; and the Resiliency Ring will form around the Statehouse at 12:00 noon. Speakers include Antonio Wilson and Sandra Stephenson, Director of ODMH. For more information go to <http://www.ohiofederation.org/>



*"Resiliency is an innate capacity that when fostered and nurtured empowers children, youth, and families to successfully meet life's challenges with a sense of self determination, mastery, and hope."*

~ The Ohio Resiliency Leadership Group

## Reminder that Spring Time is IEP Time

If you have a youth with disabilities who is enrolled in school, now is the time to begin discussions and planning with the school for next year's Individualized Educational Plan (IEP). It's important to begin the IEP process now so youth can receive needed services and supports as soon as possible and hopefully at the beginning of the next school year.

Information and resources about IEPs, Extended School Year, and related topics are available through:

The Ohio Department of Education's web page [www.edresourcesohio.org](http://www.edresourcesohio.org) or phone toll free 1-877-644-6338; or Ohio Legal Rights Service's Special Education web page [http://olrs.ohio.gov/ASP/olrs\\_Education.asp](http://olrs.ohio.gov/ASP/olrs_Education.asp), or phone toll free 1-800-282-9181.

### In this edition...

System of Care for Children's MH.....	2
Capstone Enrichment Center .....	3
In the News/Upcoming Events .....	4
Link to: Newsletter Subscription .....	5
ODMH Kids Staff .....	5

## System of Care for Children's Mental Health for Fiscal Year 2010

Previously known as Access to Better Care (ABC), the concept of System of Care (SOC) defines the direction Ohio is moving in children's behavioral healthcare, and in all systems that serve children, youth and families.

SOC involves an organized network that integrates planning, delivering, coordinating and managing services and supports across multiple levels and multiple systems serving children, youth and families. SOC is a broad, flexible array of effective services and supports that focuses on providing individualized, community based services in the context of family-centered practice, with supports to strengthen the capacity of families. Important considerations are local program and fiscal flexibility; reducing the number of pilot programs; and focusing on services that can be taken to scale regionally and statewide.

The **outcomes** identified for Ohio's System of Care include:

1. Increase the coordination of available of services and supports across the developmental spectrum and age continuum;
2. Enhance the array of effective, home and

community-based services available to Ohio families;

3. Increase family engagement in diverse communities; and
4. Reduce costly out-of-home placements, such as placement in residential facilities or DYS.

The **program and funding components** identified for Ohio's System of Care for the next biennium budget are:

1. Children's Community Behavioral Health: The purpose of these funds is to provide effective, appropriate, culturally informed, and community-based services for early intervention and treatment. These funds will be administered by ADAMH / CMH / ADAS Boards in collaboration with local FCFCs and other child serving systems. There will be an emphasis on Intensive-Home Based Treatment; Early Childhood Mental Health Treatment; and Trauma-Informed Practice. In FY09, these funds were known as ABC/404 Base funds.
2. Family-Centered Supports: The purpose of these funds is to provide the family-centered services and supports necessary to successfully maintain

children and youth in the community. These funds will be administered by local FCFCs in collaboration with other child serving systems. Respite services and parent advocacy will be emphasized as crucial components of the family-centered supports provided through FCFCs. In FY09, these funds were known as FAST funds.

3. Early Childhood Consultation: The purpose of these funds is to identify and address early childhood behavioral health needs in child care settings in high risk, low-income communities. The ADAMH / CMH Boards will administer these funds.
4. Behavioral Health / Juvenile Justice: The purpose of these funds is to provide intensive home-based services needed to divert youth from DYS institutionalization. Through a Request for Proposals (RFP) process, the ADAMH/CMH Boards in areas with high concentration of youth involved with DYS will be able to maintain/begin a BHJJ program as established under ABC.

-- Submitted by: Diane Nutter,  
MH Administrator, Office of  
Children's Services, ODMH

# ODMH Kids News: Building Ohio's Future

Monthly E-Newsletter

May/June 2009

Volume 9 • Issue 2

## Capstone Enrichment Center - Recognized by the Ohio Mental Health Network for School Success

The Capstone Enrichment Center (CEC) has recently been selected for the Ohio Quality and Effective Practices Registry. The Ohio Mental Health Network for School Success has established this Registry to highlight schools and school–community partnerships that demonstrate effective implementation of programs and strategies that successfully address the academic and social-emotional needs of students in their communities, and thereby enhance students' academic and school successes.

CEC is a school that blends education with mental health services. It serves special needs students who have mental health diagnoses, learning disabilities, and behavioral difficulties, and who have struggled in a traditional school environment. CEC is funded by a partnership among the six public school systems in Crawford County, along with the MidOhio Educational Services Center, the Crawford-Marion ADAMHS Board and Crawford County Job and Family Services. Typical referrals come from special education coordinators, principals, a mental health agency, children's services, or juvenile court. Parents can also refer their own children.

CEC provides a positive therapeutic environment in which students can develop the skills and competencies needed to transition back to, and to be successful in, a traditional school placement. Through a collaborative team planning model, the student, student's family, mental health team, and educational team (and other professionals, if needed) develop an individualized program that is sensitive to the student's developmental level, culture, and cognitive style.

For more information about CEC, please contact Amy Bings, MSW, LISW, Capstone Director, at (419) 468-6560; [bingsa@moesc.k12.oh.us](mailto:bingsa@moesc.k12.oh.us)

## Art Created by Capstone Students is on Display at ODMH

Art created by CEC students is on display at ODMH through the end of May. The display is located outside the office of Director Sandra Stephenson. The photo below features some of the art in this display. Special thanks to the students who created the art and to the Crawford-Marion ADAMHS Board for making this display possible.



## Capstone Students' Annual Art Show

Students at Capstone Enrichment Center (CEC) in Crawford County host an annual art show to display and sell artwork they created. The theme is "Art Saves Lives". Parents and other community supporters are invited to attend. Proceeds from the sale of the art are divided between the Crawford County Suicide Prevention Coalition and the Crawford County Humane Society. In support of Capstone students, the Crawford-Marion ADAMH Board staff has purchased the art in recent years.

## IN THE NEWS

### “Getting Through Tough Economic Times”

This is the title of a new guide for the general public from SAMHSA. Topics include: possible health risks, warning signs, managing stress, getting help (mental / emotional, substance abuse treatment, foreclosure, employment, and financial assistance), suicide warning signs and the phone number for the National Suicide Prevention Lifeline: 1-800-273-TALK (8255). The guide includes suggestions for journalists on covering sensitive issues like suicide prevention in a thoughtful and constructive way. The guide is available online at <http://www.samhsa.gov/economy/>

---

### Caring For Yourself And Your Family In 30 Seconds Or Less

These are stressful times, and we all know we should take better care of ourselves and our kids, but who has time? Here are some reminders of things you can do in 30 seconds or less. Remember, sometimes the cumulative effect of many small choices can add up to a big difference.

- 1- **Breathe.** Every time you stop at a traffic light, stand in line, or answer the phone, make it a habit to take at least three deep breaths.
- 2- **Drink water.** At least six to eight glasses a day. Our bodies are mostly water, and it NEEDS it to be replenished often throughout the day. Keep water readily available at all times in your home, at work or school, and in your vehicle.
- 3- **Laugh.** It's healthy, it's free, and it's great to share with your family.

## UPCOMING EVENTS

### Subject: Family Resiliency and Children's Mental Health

**What is it?:** The Behavioral Health Professionals of Northwest Ohio and the National Association of Social Workers are cosponsoring an all-day training with Rick Shepler on family resiliency. Dr. Shepler is the Associate Director of Community Service at the Center for Innovative Practices at Kent State University, an ODMH Coordinating Center of Excellence. Dr. Shepler has earned a PhD in counseling psychology and an MA in community and college counseling. He is a Licensed Professional Clinical Counselor.

#### Learning Objectives:

- Participants will learn and understand the basic concepts and research on resiliency
- What families with youth with SED say they need to be resilient
- Key aspects of resiliency and assets that are critical for the youth and family's on-going success in the community
- The importance of having a strength based focus when working with SED youth and their families
- Resiliency-oriented skills that enhance the healing process
- Identifying and linking families with support systems
- Resiliency oriented approaches to enhance engagement and validation A theoretical framework for guiding resiliency work with families

**When is it?:** Friday, June 5, 2009 8:00am – 3:45pm

**Where is it?:** Northwest State Community College, Voinovich Auditorium, Archbold, Ohio

**Additional Information:** Joy Vandock, (419) 267-3355 Ext. 3  
Email: [lougoblu@bnnorth.net](mailto:lougoblu@bnnorth.net)

# ODMH Kids News: Building Ohio's Future

Monthly E-Newsletter

May/June 2009

Volume 9 • Issue 2

## UPCOMING EVENTS

### The 7th Annual CSD of Ohio Mental Health & Deafness Conference

**Date:**

05/15/2009 - 05/16/2009

**Time:**

8:00 a.m. - 5:00 p.m.

**Address:**

Ramada Plaza Hotel & Conference Center  
4900 Sinclair Road  
Columbus, Ohio

**Sponsor:**

Ohio Department of Mental Health

The goals of this conference include:

- To identify deaf individuals with dual diagnosis
- To demonstrate knowledge and strategies for overcoming barriers
- To access resources to provide tools dealing with dual diagnosis
- To explore technology options for services and/or consumer support

**For More Info:** Robert Cooper, (614) 261-4000; [rcooper@c-s-d.org](mailto:rcooper@c-s-d.org)  
Web Site: <http://www.c-s-d.org/default.aspx?pageid=41>

**Please register for this event no later than 05/08/2009.**

## OTHER NEWS

### Current Events - Across the State:

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

**Ohio Family and Children First:** <http://www.ohiofcf.org/>

**Archived and Recent Editions of this Newsletter (also subscribe):**

<http://mentalhealth.ohio.gov/what-we-do/provide/children-youth-and-families/ohio-kids-newsletter.shtml>

Suicide Prevention

<http://mentalhealth.ohio.gov/what-we-do/promote/mental-health-promotion-and-prevention/suicide-prevention.shtml>



### ODMH Kid's Staff (from l to r):

Diane Nutter, MH Administrator, ABC/FAST Lead, [nutterd@mh.state.oh.us](mailto:nutterd@mh.state.oh.us)

Kay Rietz, Assistant Deputy Director, [rietzk@mh.state.oh.us](mailto:rietzk@mh.state.oh.us)

Lynette Cashaw-Davis, Exec. Secretary, Editor, [cashaw-davisl@mh.state.oh.us](mailto:cashaw-davisl@mh.state.oh.us)

Marla Himmeger, MH Administrator, ECMH Lead, [himmegerm@mh.state.oh.us](mailto:himmegerm@mh.state.oh.us)

Kathy Coate-Ortiz, MH Administrator, BHJJ & Y/YAT Lead, [ortizk@mh.state.oh.us](mailto:ortizk@mh.state.oh.us)

Ted Strickland, Governor

30 East Broad Street, 8<sup>th</sup> Floor  
Columbus, OH 43215  
<http://mentalhealth.ohio.gov/>  
4-466-1984 • 466-1571 (Fax)

Sandra Stephenson, MSW, MA, Director

