



Kalamazoo Wraps News

IMPROVING LIVES THROUGH COLLABORATION



Jackie Mitchell, Family Support Partner Team Leader at KCMHSAS, accepts Kalamazoo Wraps' Silver Level "Honoring Excellence in Evaluation Award" from SAMHSA's Children's Mental Health Director, Gary Blau.

Kalamazoo Wraps System of Care Chosen for National Silver Level "Honoring Excellence in Evaluation Award"

Congratulations to Kalamazoo Wraps for achieving a Silver Level "Honoring Excellence in Evaluation Award" for the category of Data Use and Dissemination.

Gary Blau, head of the Substance Abuse and Mental Health Services Administration's (SAMHSA) Children's Mental Health branch presented the award to representatives of Kalamazoo Wraps on July 17th, at the Georgetown Training Institutes in Washington D.C.

To ensure the Kalamazoo Wraps grant initiative is making meaningful and effective changes, our efforts are monitored and used to guide our decisions. The data collected and analyzed by our evaluators provides this much needed information. Together, Carolyn Sullins and Becca Sanders lead the Kalamazoo Wraps evaluation, with help from

numerous community members, in everything from selecting topics to providing feedback on the reports.

Carolyn's work is focused on directing the 5-year "National Child and Family Outcome Study" and reporting the findings to our national officers who monitor the success of our grant activities. The study gathers in-depth information from over 200 youth and their family members who currently receive services through various Kalamazoo Wraps programs. *Many thanks to these youth and families who provide so much valuable information to us to help us improve our System of Care!*

Becca's work is focused on helping youth-serving organizations gather and utilize data in their ongoing operation. She also helps aggregate and report information from various child serving systems to our community. All of this work is part of an ongoing, broad based community effort to build a data guided culture among youth serving organizations in Kalamazoo County. With input from numerous family and agency representatives that are part of our Evaluation Work Group, Becca also creates monthly reports for release. Subjects from the last three months' reports were: the Cultural Competency Assessment Scale, the National Children's Mental Health Awareness Day Carnival; and Youth Drug and Alcohol Use Patterns. These reports and many more, are posted at www.kalamazoowrapsevaluation.org. A link can also be found at www.kalamazoowraps.com (select the Evaluation option at the top left of the home page).

The Kalamazoo Wraps evaluators and Evaluation Work Group obtain and present information to the Kalamazoo Wraps' governance board, Principal Investigators, Project Directors, national officers, workgroups, advisory groups, local groups such as faith-based audiences, and with our entire system of care community. We have also presented training institutes for other Systems of Care representatives from across the nation on how to conduct effective, useful evaluations.

In turn, Kalamazoo Wraps' Principal Investigators, Project Directors, and Workgroup Team Leaders, work diligently to make the very best use of the data provided, achieving success by allowing the evaluation data to guide their efforts.

Congratulations to all for working together to bring about successful outcomes for youth and families!

PARENT ADVISORY...	2
EVALUATION ...	2
CALLING ALL YOUTH...	3
TRAINING...	3
BACK TO SCHOOL TIPS...	4-6
CULTURAL & LINGUISTIC COMPETENCE...	6
STATE-WIDE SYSTEM OF CARE CONFERENCE...	7

Our Vision: To Improve The Lives of Youth With Serious Emotional Disturbances (SED) And

Parent Advisory Group

A “System of Care” is a philosophy that supports a holistic approach to serving youth. The entire system of care collaborates and works together to serve youth with a single plan involving family, friends, school, faith-based organizations, counselors, the court system, service providers, and advocates. This collaboration ensures the care of youth is family-driven, youth-guided and culturally competent.

Kalamazoo Wraps is a county-wide initiative to improve mental health services for youth, made possible by a 6-year federally funded grant, awarded in 2005.

The Parent Advisory Group (PAG) is a group of parents that works in equal partnership alongside professionals, youth, and community members to improve mental health services throughout the Kalamazoo System of Care community.

PAG members share their voice and help to guide the Kalamazoo Wraps initiative in making meaningful changes and improving the system that takes care of children with emotional and behavioral problems.

All parents who join PAG bring their experience to the table. We give our input about the best possible way to provide services and supports to youth and their families. If you want your voice heard, we provide the platform for you to make it count.

To learn more about PAG, contact Kathy Howard, of Advocacy Services for Kids (ASK), at 269-343-5896 or at kathyh@askforkids.org.

Evaluation

The Kalamazoo Wraps Evaluation has been busy at the national level!

At the Georgetown Institutes this summer, we had the following honors:

- Mackenzie Hunter, Ladel Lewis, and Carolyn Sullins displayed a poster entitled: “*Stigmatization of Mental Health Conditions in Children: Who, Why, and What Should be Done?*” This poster also references the recent video created by and featuring some of the Calling All Youth members.
- Becca Sanders and Carolyn Sullins presented at two half-day institutes on “Continuous Quality Improvement in Systems of Care: Using Data to Improve Performance” and showcased how Kalamazoo Wraps operates as an example.
- Carolyn Sullins presented at another half day institute on “*Building Evaluation Capacity: Empowerment Evaluation and Getting to Outcomes.*” She presented our annual Children’s Mental Health Awareness Day Carnival as an example of how a community uses evaluation and planning to make an event better and better each year!
- Kalamazoo Wraps was awarded a silver medal in SAMHSA’s national Honoring Excellence in Evaluation Award competition. Our recognition was in the category of Excellence in Data Use and Dissemination.

To demonstrate our system of care’s effectiveness, we have been sharing our data locally as well. Amy Helmuth recently presented “*You can Have Faith in Kalamazoo Wraps Programs*” at our System of Care Faith-Based Community Training. This presentation demonstrated to local clergy that almost all parents and youth in Kalamazoo Wraps programs believe that staff respected their families’ religious and spiritual beliefs.

Please visit our website (www.kalamazoowrapsevaluation.org) to see our latest monthly reports and copies of our slides from the presentations listed above.

A big thank you and congratulations to all of our system of care partners who have helped make these successes happen! We appreciate all your hard work and contributions.

Youth Voice: Your Voice

On Monday, May 25th, 2010, 70 service providers, court affiliates, school personnel, parents, and young people gathered for the premier showing of the short film “Youth Voice: Your Voice.” The film featured the experiences of three young people involved in the mental health, juvenile justice, child welfare, and education system(s). The message was simple, but came across loud and clear: Young people who are involved in the system of care have key, first-hand knowledge about what is working in our system and what needs to be changed. This message certainly resonated with those who attended the event, because these were some of the survey responses we received at the conclusion of the event:

“Watching this video reminded me of how strong young people are and how they have so much more to teach adults than we could ever teach them if only we listened more.”

“I was touched by the authentic, sincere and honest voices of the youth.”

“This video will remind me as a professional to reach out further and to see past behaviors. It also increased respect for the young people and others like them who are receiving services.”

“This video increased my respect for young people and my understanding of their journey in the system(s).”

The film was sponsored by Kalamazoo Wraps with the intent of becoming an educational tool for young people to use to inform system of care partners on the importance of young people speaking up and being heard in the system of care. For more information on how you can view the film and/or host a youth panel or discussion at your organization, please contact Mackenzie Hunter, Youth Involvement Coordinator for Advocacy Services for Kids (ASK) at mackenzieh@askforkids.org or 269-343-5896.

Training

The Kalamazoo Wraps Training Workgroup recently completed our second Training Needs Survey. Seventy-six people took the on-line survey. In addition, fifteen youth and thirteen parents provided their input by completing the survey. Here are a few highlights:

- 62% of parents and caregivers expressed a high likelihood of attendance on the topic of Advocacy and Leadership Training for Caregivers.
- 56% of youth expressed a high likelihood of attendance on the topic of strategies for implementing family driven and youth guided in organizations. 56% of youth also expressed a high likelihood of attendance on the topic of Advocacy and Leadership Training for Youth.
- Those identifying themselves as professionals indicated that they would most like to attend trainings on evidence-based practices such as an overview of Motivational Interviewing/Motivational Enhancement Therapy/Cognitive Behavioral Therapy (MI/MET/CBT). In addition, professional staff ranked the topics of Improving Cultural Competence and Strategies for Implementing Family Driven/Youth Guided in their organization as topics they would be most likely to attend.

The next step for the Training Workgroup is to begin the process of facilitating the development of many of these key trainings. The Training Workgroup will work closely with those with expertise in the areas identified in the training needs assessment and we will consider the implementation of multiple methods of delivering these trainings.

Would you like to participate on the Training Workgroup? Or, do you have some thoughts about training needs for our community? If you answered yes to either of these questions, please contact Rebecca Clore, Community Trainer at 269-553-8110 or by e-mail at rclore@kazoocmh.org your input today. Meetings are held the second Monday of each month from 4:00 PM – 5:00 PM at 432 West Crosstown Parkway.

Back to School Tips

Preparing your children for a return to school and a school schedule can be stressful, but we've compiled some tips to make the transition easier. Follow these tips and back to school time can be a lot easier and more enjoyable.

Tips for Families with Younger Children.

Routines: Going to school means getting into new routines.

- Find a set bed-time that lets your kids feel well-rested in the morning.
- Practice the back to school routine a few times before the first day (e.g., go to bed, get up, eat breakfast, brush teeth, and be out the door by 8 am).
- Have your child help prepare what you can the night before (pick out clothes, pack a healthy lunch your child likes, pack school bag, etc.).
- Talk to your child's school and find out what the routines are. Help your child to understand what is expected—practice new or difficult skills at home before school starts.

Focus on the Positives: Going back to school is easier for everyone if a child has something to look forward to.

- Purchasing school supplies or clothes with your child is a good way to help your son or daughter become more enthusiastic about starting a new school year. Check with your school to find out what your child will need this year.
- Try to help your child get excited about school in other ways (e.g., seeing friends they haven't seen all summer, tell a favorite teacher about their summer vacation, etc.).
- Talk to your child about the fun activities he or she will get to do and the new friends they will make.

New People & Situations: The new school year brings a new classroom setting, with a different teacher and new classmates. When kids know what to expect, things are less scary for them.

- Introducing your child to one of more of his or her classmates ahead of time will ensure making friends is a little easier and less scary (your school may help you connect to other classmates).
- Visit the school and the teacher with your child. Ask the teacher to explain the school day to your child, and if possible ask to be shown around the classroom and school.
- Give your child some ice-breakers that can be shared such as a healthy snack or activity (e.g., marbles or sidewalk chalk if your school allows them).
- Find out if your child's school has a buddy or mentor system.

Performance Anxiety and Other Worries: Kids can have real worries about starting school. Attending school may be the first time your child experiences clear pressure to do well.

- Respond to signs of anxiety by talking to your child about school concerns.
- Make time to listen when kids want to talk—review your child's worries one at a time and help them problem solve to they don't become overwhelmed.
- Try not to add to your child's pressures unnecessarily.
- Help your child to understand that no one is good at everything—both parents and kids do better at some things than others.
- Be involved with school related activities or events—praise your child for positive efforts even if you don't see the results yet.

Gradual Entry: This is a method parents often use when getting children used to a new day care but it can also work with children who are extremely fearful of school. You will need to talk about this idea with your child's teacher to see if your school can accommodate this approach.

Back to School Tips

- Examples of gradual entry include staying with your child for part or all of the first day or first few days. Then you gradually stay at school with your child a shorter and shorter amount of time.
- For some kids, gradual entry may only take one or two days. For others it may take a couple of weeks. Let your child be the guide, as every child is different.
- Some children are happiest if mom or dad always stays while they hang up their jacket and put their bag away before leaving for the day.
- Tell your child in advance how long you will stay and then stick to your plan.

Bullying: Bullying at school is a serious problem and can, in extreme cases, result in injury or even death. Here are some suggestions if you suspect that your child is being bullied.

- Reassure your child that you and the teacher will support him or her
- Talk to the teacher or person in charge
- Follow up on any action taken and remain involved in the decision making process. Check in often with your son or daughter about how things are going.
- Keep in mind children may be reluctant to talk due to fear of embarrassment or further harm.

Danielle Sackrider, a School-based clinician at Kalamazoo Community Mental Health & Substance Abuse Services' Services for Children & Families unit, shared some back to school tips specifically for the parents and youth she serves:

- **Be involved: Meet your child's teacher(s) and ask what the best way is for you to communicate with them (notes, email, phone calls).**
- **If your child is working with a therapist who will be coming to see them at school, make sure a proper release is in place.**
- **If your child has an IEP, 504, or behavior plan, make sure the teacher is aware of this within the first 2 weeks of school.**
- **If your child takes medications (during school hours)- have the doctor's office fill out a prescription note for the school with the dosing instructions. Medication should be clearly labeled with your child's name. It's best if it is in the original prescription bottle (most pharmacies will give you an extra one). If the prescription is renewable monthly, make sure that you get the medications to the school in a proper manner.**
- **Make sure your child's inhaler is at school if necessary.**
- **Be involved: Check your child's backpack daily for notes home, homework, etc.**
- **Find out what the school dress code rules are, for example, some schools don't allow flip flops or open toed shoes on the playground.**
- **Look over the lunch menu ahead of time and plan days for cold versus hot lunch.**

Tips for Families with Teens.

Performance Stress: Parents want their kids to do well in school, but teens often experience a period of time when their schoolwork suffers.

- Parents can be an important source of support for teens. Encourage your teen to talk to you or another adult about what is bothering them.
- Stay involved in your teen's class projects—don't take over, but try to provide assistance.

Sleep: For teens, going back to school usually means going to bed earlier and getting up earlier than they would like. Keep in mind that as youth enter their teens they need more sleep, not less.

- Have your teen change their schedule before the first day of school (go to be earlier/get up earlier).
- Encourage your teen to make their lunch, pack their school bag and have clothes ready the night before.

Back to School Tips

Social Life: Balancing a social life with school life can be difficult. Making friends at school and learning how to build relationships is an important part of your teen's development.

- Make your home a welcoming place for your teen and his or her friends. Take an interest and try to learn more about them.

Peer Pressure: Risk taking and experimentation are a normal part of growing up. A good strategy for concerned parent is to help your teens make healthy choices.

- Be available to talk to your teen about the choices they face with drugs, alcohol and sex.

Bullying: Bullying at school is a serious problem and can, in extreme cases, result in injury or even death. Here are some suggestions if you suspect that your child is being bullied.

- Reassure your youth that you and the teacher will support him or her.
- Talk to the teacher or person in charge.
- Follow up on any action taken and remain involved in the decision making process.
- Keep in mind that your teen may be reluctant to talk due to fear of embarrassment or further harm.

Sometimes problems with going back to school don't go away on their own and may reflect a health problem. Talk to your family physician or health care professional about any problems—especially if they are severe or do not resolve on their own after the first few weeks.

Cultural & Linguistic Competence

Kalamazoo Wraps Cultural and Linguistic Workgroup is responsible for helping our System of Care providers ensure that all youth with serious emotional or behavioral challenges have equal access to effective services. To further this effort the workgroup has been involved in several local initiatives.

This past year we participated in the statewide System of Care Conference; partnered with several local organizations to bring Dr. Caitlin Ryan of the Family Acceptance Project of San Francisco State University to Kalamazoo to present four workshops on providing support for Lesbian, Gay, Bisexual and Transgender youth and their families; co-sponsored the Respecting Differences events which brought Rwandan Holocaust survivor Immaculee Ilibagiza to Kalamazoo for three presentations; planned and participated in the June 3rd System of Care and Suicide Prevention workshop for leaders within the Faith-based community; helped organize and support the local Family Acceptance of Children and Teens (FACT) planning group to educate the community about the needs of at risk LGBT youth; presented a human service educational panel to WMU students who are planning careers in non-profit services; offered a Cultural Competency workshop to District Court employees; participated in the Regional Poverty Reduction Initiative; worked with the Regional Cultural and Linguistic Competence Committee of the Southwest Michigan Affiliation of mental health boards to conduct a four county Organizational Cultural Competency Assessment; and helped develop and Pilot the Summit on Racism's Employment Survey tool to address Institutionalized Racism.

We will be co-sponsoring an educational booth with FACT at the August 7th, Mothers of Hope, third annual Ultimate Family Reunion. This year's theme is: "As a Community, We Win in 2010". The event is free and is slated to run from 11:00 a.m. to 7:00 p.m. at Spring Valley Park.

In the coming year, the Cultural & Linguistic Competency workgroup will be compiling and sharing training resources, supporting the on-going work of the Summit on Racism's Employment Initiative, and supporting the on-going efforts of our system of care partners to provide culturally competent support for youth with serious emotional disturbances.

If you're interested in volunteering or learning more about the work of the Cultural and Linguistic Competency workgroup, FACT, or the Summit on Racism's Employment Initiative, please contact Sharon Roepeke at 269 553-8118 or sroepke@kazooomh.org.

State-wide Systems of Care Conference October 2011

Youth, Parents, Family Members, Community Members and Service Providers: You are invited to a special 2-day conference regarding the creation of systems of care.

System of Care service providers, community members, and community leaders, have joined together to create a rare and wonderful opportunity to learn about successful outcomes within the Kalamazoo, Ingham, Kent, and Wayne County Systems of Care, in addition to meeting some of the parents and youth who've been most instrumental to their success!

On Wednesday and Thursday, October 27-28, 2010, a state-wide conference will take place at the Radisson Hotel in downtown Lansing.

The 2-day conference will provide an overview of systems of care creation, and detail the implementation of evidence-based and promising practices within the framework of the system of care values:

- Family Driven
- Youth Guided
- Accessible and Effective Services
- Culturally and Linguistically Competent Services
- Individualized Care
- Coordinated and Collaborative Care

Workshop sessions offered will relate to: School, Mental Health, Juvenile Justice, Child Welfare, Building a System of Care, Youth and Family Involvement in Systems of Care, and much more!

JOIN US!

Scholarships are available for youth and family members!

Contact Renee Huff,
Public Education & Social
Marketing Coordinator for
Kalamazoo Wraps, at
269-553-8123.

Conference schedule updates can be found at www.impactsystemofcare.org



Systems of Care: October 27-28, 2010

**Partnership and Possibilities:
Sustaining Collaboration in Challenging Times**



Join us for the third annual
Systems of Care Conference

in collaboration with the
Association for Children's Mental Health

Radisson Hotel in Lansing, MI
October 27-28, 2010

Radisson Hotel Lansing
111 North Grand Avenue
Lansing, MI 48933
(517) 482-0188

www.impactsystemofcare.org

Online registration begins August 1, 2010
Registration fee: \$75
Family scholarships available
Social Work CE's available

Co-Sponsored by:

- Impact: Ingham County System of Care
- State Court Administrative Office (SCAO)
- Connections: Wayne County Systems of Care
- Association for Children's Mental Health (ACMH)
- Michigan Department of Human Services (MDHS)
- Michigan Department of Community Health (MDCH)
- Michigan Council on Crime and Delinquency (MCCD)
- Kalamazoo Wraps: Kalamazoo County System of Care
- Community Family Partnerships: Kent Co. System of Care

Systems of Care is making a Difference!

Hear firsthand accounts from youth and families about their experiences within Systems of Care and learn how implementation has improved service delivery and outcomes. Keynote speakers to be announced.

Workshops Related to:

School
Child Welfare
Mental Health
Juvenile Justice
Building a System of Care
Youth and Family Involvement in Systems of Care
And much more!

Systems of Care Values:

- Family Driven
- Youth-guided
- Individualized care
- Accessible and effective services
- Coordinated and collaborative care
- Culturally and linguistically competent services

Hotel Accommodations:

Radisson Hotel Lansing; \$65/night plus tax for
October 26 and 27, 2010.

Reservations may also be made on the website at:

www.radisson.com/lansingmi

Use Promotional Code: CEISOC
(to receive discounted group rate)

Advocacy Services for Kids
414 E. Michigan Avenue
Kalamazoo, MI 49007

The Family Resource Center for KALAMAZOO WRAPS

Kalamazoo Wraps National Children's Mental Health Awareness Day Carnival is made possible, through the generosity and support of our system of care partners including the following local businesses and agencies who serve youth and families in Kalamazoo:

Advocacy Service For Kids (ASK), Alan Kazam, Arcadia Institute, Association for Children's Mental Health, Bair Lake Bible Camp, Ballet Folklorico Guanajuato, Borgess Medical Center - Adolescent Behavioral Health, Boys & Girls Clubs of Greater Kalamazoo, Bronson, Buffalo Wild Wings, Burdick's Restaurant, Burger King, Calling All Youth, Care Source, Catholic Family Services, Children's Advocacy Resources for Education (C.A.R.E.S.), 9th Circuit Court-Family Division, City of Portage, Clash's Kalamazoo Party Crew, Comstock High School, Continental Lanes, Critchlow's Alligator Sanctuary, Denny's, Edison Neighborhood Association, Elizabeth Upjohn Community Healing Center, E.S.C.A.P.E. Fire Prevention Trailer, Family Acceptance Collaboration, Family & Children Services, Forest View Hospital, GFM Enrichment Center, Goggin Rentals, Gordon Water, Great Lakes Health Plan, Gryphon Place, Head Start of Kalamazoo County, Holiday Inn West—Kalamazoo, Home Depot, Housing Resources Inc., Kalamazoo 10 Theatre, Kalamazoo Area Rehabilitation Services P.C., Kalamazoo Community Mental Health & Substance Abuse Services' *Adventure Group*, Kalamazoo Community Mental Health & Substance Abuse Services' *Services for Children & Families*, Kalamazoo County Department of Human Services, Kalamazoo County Health and Community Services Dept. - Healthy Homes Lead Poisoning Prevention, Kalamazoo Pipe Band, Kalamazoo RESA - Positive Behavior and Literacy Support, K-D Sales, Kinetic Kids, Learning Village Inc., Life E.M.S. Ambulance, Lindsey Neal—Massage Therapy, Lyons Club Kids' Sight, Magical Balloon Guy & Suzi Q, Merry Battles Counseling Center, McDonalds, Meijer, Menards, Millwood Middle School and Loy Norrix High School Marching Bands and Drumlines, MRC & Dunuya Drummers, New Latino Visions, New York Life, Parent Advisory Group, Oasis Hot Tubs, Olive Garden Italian Restaurant, Papa Murphy's Pizza, Parent to Parent of SW Michigan, Program for Special Skiers, Red Robin, Rentalex, Reserve Division of the Kalamazoo County Sherriff's Department, Residential Opportunities Inc., Rollerworld, Sam's Club, Taco Bell, The Magical Balloon Guy and Suzi Q, The Trip, Treat Street, Walgreens, Walmart, Western Michigan University.

Thank You For Supporting Kalamazoo's Youth and Families!