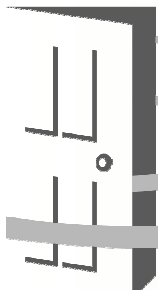


April/May 2011



Kalamazoo Wraps News

IMPROVING LIVES THROUGH COLLABORATION

Kalamazoo System of Care Community's 6th Annual National Children's Mental Health Awareness Day

May 5, 2011
4-7 pm

Carnival!

Kalamazoo County
Fairgrounds

Why You Won't Want To Miss It!

In 2010, the Kalamazoo Wraps Evaluation Team members partnered with Kalamazoo Wraps' National Children's Mental Health Awareness Day 2010 carnival planners to devise a survey, the goals of which were to 1) provide data that could be helpful to the design of future Kalamazoo Wraps Social Marketing efforts, and 2) gauge the extent to which people are learning helpful information in the carnival setting. Respondents were asked:

- why they came to the carnival,
- how much they knew about various topics related to children's mental health,
- whether they learned anything helpful,
- what they learned,
- what they appreciated most about the carnival, and
- whether they had any suggestions for next year's carnival.

This report takes a look at responses from 208 survey takers, about 1/4 of who were providers of mental health services. Approximately 3/4 of respondents were first time carnival attendees. About 1/4 of all respondents had a child that was currently receiving mental health services.

History of the Carnival

The carnival has undergone a tremendous amount of growth in all areas!

In May of 2006, the first year the Carnival was held, there were over 200 attendees, 10 volunteers, 4 booths of information, and 6 people staffing those booths.

Each year after, the Carnival continued to grow steadily in every way...

In May of 2010, there were over 1120 attendees, 213 volunteers, 50 booths of information, and 185 people staffing those booths.

Is Learning Taking Place at the Carnival?

The answer is a resounding yes! Indeed, learning is taking place in a fun filled atmosphere.

Extent that Helpful Learning Occurred at the Carnival

<i>Did you learn anything helpful about...</i>	NO	YES
*Services available for children with mental health challenges (n=206)	10.2%	89.8%
How to get services available for children with mental health challenges (n=206)	17.5%	82.5%
Anything else? (n=200)	18.5%	81.5%
Children's mental health in general (n=204)	17.3%	80.8%

*The main goals of the carnival include learning by attendees about 1) available services, 2) how to access them, and 3) children's mental health in general.

Between 80 and 90% of respondents reported learning something helpful in each of these 3 areas, with the highest percentage of respondents reporting that they learned something helpful about what services are available at the carnival (89.8%).

Upon arrival at the Carnival, it would appear that fun and entertainment were the goal. Each year our newsletter details the more expected "carnival type" of activities that are part of the event. (continued)

During the 3 hour Carnival, businesses and agency representatives were able to share information about the services they provide to upwards of 1500 community members. - Now *that's* time well spent!

Why You Won't Want To Miss the Carnival (continued)

The Carnival offers delicious hot dogs, cotton candy, popcorn, as well as face painters; clowns who twist balloons into animal shapes, hats, and jewelry; live musical entertainment; a magician; bouncy castles; live alligators; games, prizes, and all kinds of fun!

The Carnival provides a relaxed and fun atmosphere for positive interactions between service providers and the public. Businesses and agencies that provide services for youth and families in Kalamazoo host booths with information about the services they provide, including a fun activity. This provides an opportunity for attendees to learn and have fun.

Establishing relationships and engendering "goodwill" between service providers and the public they serve is a wonderful result of a successful event.

There are also many fun and interesting "experiential learning" opportunities at the Carnival. Two examples are: Karen Galloway, certified OTR at Kinetic Kids, has hosted an "Experiential Classroom" which allows participants to better understand what a typical learning session inside a classroom feels like for those who have sensory integration issues. (www.kinetickidsot.com) and

Michael McLeieer, Certified Firefighter, National Fire Instructor and President of **E.S.C.A.P.E. Inc.** - Kids Fire Prevention & Education, will return to the Carnival this year with Jake "The Fire Dog" and the Fire Safety Trailer to teach fire safety. (www.escapeinc.org www.kidsfireprevention.org www.jakethefiredog.org)

Comparing Recreation and Education

Respondents that reported learning something at the carnival were asked to "tell us a little bit about what you learned." 56% described services and where to get help in their responses (n=114).

All respondents were asked "what did you most appreciate about the carnival." 44% reported the information, help and opportunity for learning. 26% reported activities and games (n=144).

Note: Sample sizes vary for each question due to missing data.

Sample Quotes from 2010 Carnival Attendees

"I have a child who might have mental health issues I need to deal with. I was just going to go through the school but now I know of several services I may be able to use."

"I learned that you should let your child's voice be heard more..."

"I appreciate that a lot of people in the community came out to raise awareness and give helpful information."

"It gives out important information that people might not want to talk about, in a fun way."

The Kalamazoo Wraps Evaluation Team also had a booth of information to help carnival attendees learn about how much Kalamazoo Wraps is helping the community.

We look forward to seeing you at this year's carnival. Bring your friends and family!

This article includes portions of an Evaluation Team report, "May 31, 2010, 2010 National Children's Mental Health Awareness Day Celebration, Year 5 Issue 7", prepared by Becca Sanders in conjunction with Carolyn Sullins at the Kercher Center for Social Research at Western Michigan University.

More Kalamazoo Wraps' Evaluation Team reports can be found at www.kalamazoowrapsevaluation.org.

Questions? Please contact Becca Sanders at 269-290-7772 or beccaanddan@gorge.net

IN THIS ISSUE:

THE ANNUAL CARNIVAL—WHY YOU WON'T WANT TO MISS IT!... 1-2

CALLING ALL YOUTH... 3

PARENT ADVISORY GROUP... 4

ADVOCACY SERVICES FOR KIDS.. 5

COMMUNITY TRAININGS IN APRIL & MAY... 6-7

The Lives Of Their Families So That They Have The Opportunity To Reach Their Full Potential.

Calling All Youth

May is bringing in more than the just the sunshine this year as Kalamazoo Wraps' youth advisory board Calling All Youth (CAY) begins preparing for National Children's Mental Health Awareness Day on May 5th!

CAY members take very seriously their goal of reducing the stigma associated with children's mental health and are looking forward to being 'the voice of experience' at three local events, including: the Kalamazoo System of Care Community's 6th Annual National Children's Mental Health Awareness Day Carnival, Kalamazoo Community Mental Health & Substance Abuse Services' (KCMHSAS) annual Mental Health Breakfast, and Advocacy Services for Kids' (ASK) Melting Stigma Ice Cream Social.

Thursday, May 5, National Children's Mental Health Awareness Day Carnival:

CAY will have a booth at the Kalamazoo System of Care Community's 6th Annual National Children's Mental Health Awareness Day Carnival at the Kalamazoo County Fairgrounds, from 4:00 p.m. to 7:00 p.m. CAY members will be sharing information about CAY and how to become involved, as well as facilitating fun (and educational!) activities centered on children's mental health. See you at the Carnival!

Friday, May 6, Annual Mental Health Breakfast:

Kalamazoo Community Mental Health & Substance Abuse Services will host their annual Mental Health Breakfast, 9:30 a.m. to 11:00 a.m., at the Radisson Hotel Downtown Kalamazoo. The Mental Health Breakfast celebrates the successes of individuals with mental health challenges and the progress of Kalamazoo area services providers.

CAY members have been working to create beautiful centerpieces for this event. The centerpieces are painted 7-inch cylinder vases that feature inspirational words and sayings about resilience and recovery. Some of the vases will be kept for use at future events and some will be donated to the adult consumers who attend the Mental Health Breakfast for the purpose of passing along hope in our community. CAY members are excited about the event and are proud to be contributing in such a meaningful way. Come check out their work at the Mental Health Breakfast!

Friday, May 20, Melting Stigma Ice Cream Social:

Advocacy Services for Kids (ASK) is hosting a Melting Stigma Ice Cream Social, at the Arcus Depot (downtown Kalamazoo) from 4:00 p.m. to 6:00 p.m. Youth representatives from Calling All Youth have been participating in the planning of this event, which will include ice cream, stigma-centered artwork, and spoken word from some members of CAY.

Look for more details on ASK's website or Facebook page beginning in April!

For more information about Calling All Youth, please contact Mackenzie Hunter, Kalamazoo Wraps' Youth Involvement Coordinator at Advocacy Services for Kids (ASK), at 269-343-5896, or e-mail: mackenzieh@askforkids.org

**2011 Grass Roots
Garden Arts & Plant Sale**

**Paramount Charter Academy (3624 S. Westnedge)
Saturday, May 21, 8am—6pm
Sunday, May 22, 10am—2pm**

**Perennials, Annuals, Bare-Roots, Shrubs, Trees & More.
Come early for best selection.
Bring your wagons, carts and containers.**

***Fundraiser for Parent to Parent of Southwest Michigan*
All proceeds benefit children with Disabilities**

Parent Advisory Group

The Parent Advisory Group (PAG) is reaching out to the community!

We're proud to say that years of dedication and hard work have cultivated strong consistent participation in the group.

During recent months, PAG members have focused on outreach in the community. PAG is working to establish relationships with service providing agencies to better understand Kalamazoo's System of Care, with an additional goal of providing feedback to those service providers.

At our next meeting, members of the Kalamazoo County Department of Human Services (DHS) will present information about their organization and the services it provides. Douglas Community Association is also interested in speaking with PAG members and developing stronger relationships.

PAG members are also now participating with the Family Support Advisory Council (Advisory Council to the Kalamazoo Community Mental Health & Substance Abuse Services Board).

In addition to community outreach, PAG members have joined various grant initiative workgroups, such as the Integrative Action Team (IAT) (Kalamazoo Wraps' governance board meeting), and Kalamazoo Wraps' Public Education & Social Marketing Workgroup.

PAG members have been vital members of the Public Education & Social Marketing Workgroup, especially in planning the National Children's Mental Health Awareness Day Carnival.

PAG will also host a booth of information at the National Children's Mental Health Awareness Day Carnival and will share the details of involvement in the group with community members.

For more information about the Parent Advisory Group (PAG), contact Kathy Howard of Advocacy Services for Kids (ASK) at 269-343-5896 or KathyH@askforkids.org.



**Want to have fun and support an amazing worthwhile
community event?**

Why not Volunteer at the 6th Annual

National Children's Mental Health Awareness Day

Carnival!

Thursday, May 5, 2011, 4-7 pm, at the Kalamazoo County Fairgrounds

WE NEED YOU! Over 1500 people were in attendance at the Carnival last year.

Contact Rebecca Clore, the Carnival's Volunteer Coordinator at 269-553-8110.

Restructuring and Diversifying Funding Streams for Sustainability

Advocacy Services for Kids (ASK) opened in October 2004 as the brainchild of a small group of parents and other interested parties. Many in the group were associated with MACED (Michigan Association for Children with Emotional Disorders), serving on their local Board of Directors or staff. This group decided to open its own family-serving agency for parents of children with neurobiological, emotional, mood, and behavior disorders. Once ASK obtained a 501c3, they applied for and became a Greater Kalamazoo United Way member agency.

In October 2005, the Substance Abuse and Mental Health Services Administration (SAMHSA) System of Care grant was awarded to Kalamazoo County, with ASK receiving a contract to infuse family and youth voice throughout the system of care as well as to provide family peer-to-peer support. The SAMHSA grant allowed ASK to grow, adding direct service staff, youth serving staff, and administrative support.

Since 2005, sustainability and diversification of funding has been on the forefront of the ASK staff, Board of Directors and other partners' minds. ASK has been working with Kalamazoo Community Mental Health and Substance Abuse Services, the State of Michigan Department of Community Health, and the Association for Children's Mental Health to have our Family Support Partners certified as Parent Support Providers by the State of Michigan. Our plan is to be able to provide a Medicaid billable service before October 2011, which will fill the void of our current Kalamazoo County system of care grant funding.

Other ways that we are working to diversify funding is by creating new partnerships and providing technical assistance. Network 180, the community mental health agency in neighboring Kent County, received a federal SAMHSA system of care grant in October 2009 and began their Community Family Partnership initiative. ASK was contracted to employ the Lead Family Contact and Youth Engagement Specialist. ASK's Executive Director is also providing consultation to the Community Family Partnership throughout the planning and implementation of the initiative.

The state of Michigan, Department of Community Health now requires county community mental health agencies to develop system of care plans for both families raising children with emotional disorders as

well as developmental disabilities. To this end, ASK is providing technical assistance to Allegan County as they are developing their system of care plan.

Restructuring to save money and capitalize on staff resources and strengths is another strategy ASK has utilized for sustainability. When a position was vacant, we looked at the talents and strengths among our staff and shifted responsibilities. In doing so, we were able to create a Development Coordinator position in order to strengthen ASK's visibility in the community and develop a stronger fundraising and donor base.

We are very optimistic about our future opportunities for growth in southwest Michigan. We want to do our very best to strengthen and support families and youth and empower them to have a voice.



ASK is a non-profit (501c3) organization dedicated to supporting families and improving the system of care for children's mental health. Through collaboration with families and community partners, we hope to guide this system toward becoming more family-driven, youth-guided, and culturally competent.

We believe that the best support comes from someone who has 'been there', and who can personally relate to the obstacles, frustrations, joys and celebrations that go along with raising a child with mood, emotional, or behavioral challenges. As parents of children with mood, behavior, and emotional disorders themselves, our Family Support Partners draw from personal experience and perspective to empower families.

- If you need assistance in navigating the mental health, education, juvenile justice or child welfare system, ASK can help.
- If you need information or referrals to community resources, ASK can help.
- If you want to meet other parents who are going through similar struggles, ASK can help.
- If you just need someone who has been there to listen to you, ASK can help.

Remember, raising kids can be tough. If you need help, just ASK! 269-343-5896.

Community Trainings in April



The Arcadia Institute Presents Dream Paths

This workshop offers guidance for people at key transition points in their lives as they try to make decisions about new directions. These transition points may include wanting to re-enter the world of work, wanting to do what calls forth your best effort, feeling a strong pull to pursue a dream, or needing a push to do a project that is important to you but which you've been unable to start.

The sessions will be organized around the following topics:

- ◆ Defining Your Dream
- ◆ Figuring out your path
- ◆ Building a support system
- ◆ Moving toward your dream

Each session will include individual and small group work, as well as interaction within the total group to exchange ideas and support each other.

The workshop will be facilitated by **George Martin**, President of the Institute. George has led leadership development workshops over the past 15 years, served as an advocate for people with disabilities for over 32 years, served on the Kalamazoo Board of Education, and received his Doctor of Ministry degree from the University of Chicago Divinity School.

There will be an organizing session on **April 14th from 7:00 to 8:30**, and three Saturday morning sessions from 8:30- noon on the following dates: **April 16th, May 7th, and May 21st**. They will be held near Kleinstuck Nature Preserve at **900 Peeler Street**.

There will be an additional follow-up session within 60 days for participants to report on where their paths have led them. During this period participants will have the option of an individualized coaching session with the Workshop facilitator.

The cost for the Workshop is \$175

Send checks to: **The Arcadia Institute**, 225 Parsons, Kalamazoo, MI 49007

Contact George Martin to indicate interest or ask questions at: 269-873-4734 or at gmartinarcadia@yahoo.com.



Psychological Evaluation & Consultation Services

Proudly Presents:

Second Annual Mental Health & Education Integration Conference

Special Topic: Integrating Mental Health Data with Functional Behavior Assessments

Program Number: 10/11-353

Date: May 16, 2011

Time: 9:00 a.m. - 4:00 p.m.

Place: Kalamazoo RESA—Wile Auditorium

Fee: Free

Presenters: Roger W. Apple, PhD
Psychologist

Nancy Lindahl, MA
Special Education Teacher/Behavior Support Specialist

Melissa Nantais, PhD
MiBLSi Trainer Coordinator

Ethan Alexander, MA, LLP, LSC
Behavior Support Specialist

SB-CEUs: 0.6 (additional \$10.00—pending)

SSW Credit Hours: 6 (additional \$5.00—pending)

Audience: Psychologist, Social Workers, School Psychologists, School Social Workers, Special Education Directors & Supervisors, Counselors, School Counselors, Behavior Specialists, professionals working with children with special needs, families of special needs children, and community agencies.

This course is designed to illustrate the importance of mental health & education integration. A portion of the course will be dedicated to providing examples of how mental health information can be integrated into Functional Behavioral Assessments. This course will:

- ◆ Discuss the importance as well as the current state of challenges facing the integration of mental health and education
- ◆ Highlight the importance of mental health and education integration
- ◆ Briefly describe the components of psychological evaluations and Functional Behavioral Assessments
- ◆ Provide a method for integrating mental health data into Functional Behavioral Assessments

To register for this workshop, please visit www.kresa.org/pdregistration and click on "Online Registration".

If you need assistance with registration, please call Linda Bussema at 269-250-9210 or e-mail her at lbussema@kresa.org.

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

**The Family Resource Center for
KALAMAZOO WRAPS**

*Share
Information
with Parents
and Youth!*

**Kalamazoo System of Care Community's 6th Annual
National Children's Mental Health
Awareness Day Carnival!**

*Support
Youth and
Families in
Kalamazoo!*

4-7 pm, Thursday, May 5, 2011

Kalamazoo County Fairgrounds, 2900 Lake Street

**Last year, over 1500 community members came together to celebrate
children's mental health in Kalamazoo...**JOIN US!****

**Show your support for youth and families in Kalamazoo.
Contact Renee Huff at 269-553-8123 to help raise awareness of
mental health issues for youth, and share information about your
business or organization that serves youth and families.**