

JUST CARE
FAMILY NETWORK

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FACEBOOK!



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@JCFNMemphis

Visit our website
jcfnmemophis.org
or scan here:



COMMUNITY RESOURCES

Inspired Therapeutic Services
901-244-6182

National Alliance on Mental
Illness (NAMI)
901-725-0305

Support and Training For
Exceptional Parents (STEP)
800-280-STEP

Health & Human Services
Info Dial 2-1-1

Mid-South Food Bank
901-527-0841

Neighborhood Christian
Center 901-323-4092

Network for Overcoming
Violence & Abuse (NOVA)
901-222-3990



“Help is Here” *for the Holidays!* Sharing a System of Care in Shelby

A department of Shelby County Division of Community Services, JCFN is a federally funded grant program through SAMHSA, administered by the TDMHSAS.

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Sustainability Work In Progress



October 1, 2013 marked the start of the final year of our 6 year grant. The ultimate goal of Just Care Family Network is to put an infrastructure, services and philosophy in place that can be maintained as Federal funds decrease and after Federal funding is terminated.

In this final year, our primary focus is to develop a strategic implementation plan for long-term sustainability. Throughout the grant, our Sustainability Workgroup has worked to put a plan in place and is currently working overtime to steer this vehicle for system change in the right direction.

JCFN Sustainability Strategies Include:

- Ongoing Focus of Accountability
 - Family Organization and Advocacy Base
 - Interagency Partnerships
 - Evaluation/Accountability Data
- Use evaluation/accountability results to “make the case”



From the Director's Desk

As a little girl I remember hearing the adults say “if you want things to change, you have to change something,” and as an adult I recognize the truth in that statement. Change requires that you ‘mix it up’ a little and mess up the usual status quo if you will. Looking back on the work we’ve done at Just Care I think it’s safe to say we have ‘changed’ some things in the system that desperately needed changing, but we’re not done yet. We are into year 6 officially and working hard on a sustainability strategy that assures some of the changes will become the new locally accepted standard of care for children with mental illness and their families, wherever they enter the system of care.

For many youth and families in this community, no more will the old standard operating procedure be acceptable. They’ve learned their rights and they are not going to be stopped as they seek to advocate for better quality services, more involvement in decision-making that affects their child, and a stronger role in

for sustaining the system and care and services

- Infusion of System of Care Approach into Larger System

Make state-level and local-level policy and regulatory changes that support the system of care approach

- Training
- Provide ongoing training and coaching in the system of care philosophy and approach

Generate political and policy level support for the system of care approach

- Financing Strategies for Sustainability

1. Medicaid
Increase ability to obtain Medicaid reimbursement for services
2. State Mental Health Funds
Obtain new or increased state mental health funds
3. Other Child Service Systems Funds

the overall planning and governance of the systems they use. Thanks to the Just Care Family Network’s work in this community they are armed with information and an understanding of the system that did not exist before. Thanks to the Just Care Family Network they have a better understanding of how the child serving systems operate and they’ve now been at the table with some of the key decision makers, so there’s no turning back the clock now. They are educated, empowered and excited about the changes that have begun thanks to the Just Care Family Network System of Care Grant and they are hungry to learn and do more.

Over the next few months youth and families will have the opportunity to stand in front of policymakers and funders to share the story of their experience in the system and describe how they intend to create a structure for continuing that work after the federal grant funding ends. They will lead the charge to implement and maintain the changes already made and those still being planned. It is a pleasure to watch them go about the work of

JCFN Sustainability Workgroup Members

April Tanguay
Gina Betts
Charity Farris
Charlotte Bryson
Christy Peterson
Dr. Clarence Davis
Dottie Jones
Dr. Randy Schnell
Earline Riley
Edward Johnson
Emma Martin
Renee Frazier
Gerald Kiner
Dr. Gregory Washington
Roger Henderson
Diane Hurth
Janet Whaley
Jasmine Sims
Jeffery Higgs
Jerica Philips

Jerry Watson
Josephine Sims
Kristina Wirt
Liz Blair
Melissa Miller-Monie
Nichole Wilkins
Pastor Mike Ellis
Patricia Toarmina
Rhonda Cox
Traci Sampson
Sherry Schedler
Sharon Richardson
Shuntea Price
Susan Steckel
Tonni Chew
Verneda Cole
Viola Hudson
Pastor Dianne Young
Yvonne Madlock

taking on institutions that previously intimidated them and dispelling the myth that families in this community don’t want to be a part of the solution when it comes to improving services for their children with mental illnesses. The work of the sustainability workgroup will be disseminated over the next few months, so be on the look out for more information about the plans for developing a local family organization to continue the education, advocacy and empowerment begun with the JCFN grant, creation of a county-wide youth council starting with the youth of Just Care, and more information about how the System of Care principles and values and the wrap-around approach will be sustained in the Memphis and Shelby County community. We’re all excited about the changes that will come with the New Year and hope you are too!

And as we approach the end of the year, I’d like to wish all our partners, supporters and stakeholders in the community a productive and Happy New Year!

Children's Cabinet Launches New Website for Families

Co-chaired by Tennessee Gov. Bill Haslam and First Lady Crissy Haslam, the Governor's Children's Cabinet has a mission to coordinate, streamline and enhance the state's efforts to provide needed resources and services to Tennessee's children.

Recently, the Children's Cabinet rolled out kidcentraltn.com, a one-stop shop for Tennessee families to connect with important information and resources provided by state departments. This new website organizes content from across departments, making it easier for families to find what they need. In addition to articles about valuable topics relating to health, education, development, and support, kidcentraltn.com features a comprehensive directory of state-operated and

state-funded services for children and families. In the My Profile section, families can use enhanced features of the website including: the ability to tag articles that are important for their child and to explore unique developmental milestones based on their child's age. Parents can also receive recommendations for articles and services that might fit their family. The [kidcentral tn](http://kidcentraltn.com) Mobile App allows families to receive updates, search hundreds of state services, store their child's emergency contacts, school and/or child care information at their fingertips, and share data with relatives, babysitters, or other caregivers, as they

see fit. Families and professionals can also join the conversation on the [kidcentral tn](http://kidcentraltn.com) Facebook page.

"I am grateful to the many parents, teachers, child care providers, state employees, and other stakeholders that participated in this project," Gov. Haslam said. "Our goal is to make these resources and information more accessible and useful to Tennessee families."

Not only is kidcentraltn.com a great resource for families, but it is also a valuable tool that doctors, case managers, teachers, childcare providers, librarians and other professionals can use in serving their clients.

Visit www.kidcentraltn.com today and share it with your staff and the families, parents and children you serve.



"YOU CAN'T HEAL WHAT YOU REFUSE TO CONFRONT. . . HELP IS HERE"

JCFN Staff...serving and supporting



JCFN Administrative Assistant Mary Lee (left) and Enrollment Specialist Darria Childress (right)

Just Care Family Network staff work to provide a system of care using Wraparound Services. Our staff work in teams or dyads consisting of a Wraparound Facilitator and Family Support Partner. Each month "Help is Here" highlights members of the JCFN team. This month we'd like to introduce you to two ladies who work behind the scenes to keep our team going: Administrative Assistant, Mary Lee and Enrollment Specialist, Darria Childress. **Childress** joined JCFN in November 2012. She is a native of Greenwood, MS and earned a Bachelor of Science degree in

Social Work from Mississippi Valley State University. Childress' career began in corrections where she served as a correctional officer and counselor and addictions treatment counselor. She then moved from a career in corrections to community services. She has worked with both youth and adults in both fields. Prior to joining the JCFN Staff, Childress worked as lead counselor for Shelby County Government's Chronically Homeless Program. Childress loves being with her family, spending time with friends, and helping anyone that is in need.

Lee has been with JCFN since June 2011. She works closely with the executive director to update reports, schedule meetings, and keep the JCFN office operating successfully while providing a supportive environment for all staff, partners, and families. Prior to joining JCFN, Lee worked for WHBQ Fox 13 as a Sales Assistant and as the Front-End Supervisor with Cigna HealthCare of Memphis. In her spare time, Lee enjoys working with the hearing impaired as an interpreter. She also loves walking, hiking, biking, crocheting and spending time with her mother and grandchildren as much as possible.

Highlighting the Emotional Fitness Centers of TN

The Emotional Fitness Centers of Tennessee are a faith-based, culturally sensitive mental health program that addresses utilization disparities and under-utilization of mental health services in West Tennessee by removing the stigma often associated with the need for mental health services in these under-served communities. These Centers are domiciled in 10 local churches in different ZIP Code areas across Shelby County. To help remove the stigma these sites are not called MENTAL HEALTH CENTERS but EMOTIONAL FITNESS CENTERS. The name gives a different meaning to the need; additionally, utilizing the church, a trusted venue in our communities as

the hub makes the likelihood of utilization high. Individuals in emotional distress are encouraged to call (901) 370-HOPE(4673). The Emotional Fitness Centers



Bishop and Pastor Young pictured with Dr. Altha Stewart at the JCFN May 2013 Children's Mental Health Summit

of Tennessee partners with the State of Tennessee Department of Mental Health and Substance Abuse

Services, Just Care Family Network, Value Options, AmeriChoice, Whitehaven Mental Health Center, Frayser Mental Health Center, Southeast Mental Health Center, and Methodist Healthcare. New partnerships are being formed because of the success of utilizing the church as an entry point. This is indeed a model approach to delivery of mental health services to the community.

“Communities and churches should be there when people need help. Let’s stop competing for people’s pain.” Bishop William Young

Green Cleats Spark NFL Controversy, Raising Awareness

October is widely known for everything pink, promoting a great cause: Breast Cancer Awareness. During October you may have noticed NFL players wearing approved pink cleats to show their support.

The second week of October also happens to be Mental Illness Awareness week. Chicago Bears wide receiver Brandon Marshall, who was diagnosed with borderline personality disorder in 2011, wanted to mark it with a tribute by wearing green shoes during the Bears game against

the New York Giants on October 10th.

There was only one problem: the NFL bans players from wearing unapproved uniform gear.

After a little public pressure, the league (sort of) relented, offering to fine Marshall instead of banishing him to the locker room. Marshall promised to pay the fine and pay an equal amount to charity.

Marshall was fined \$10,500 by the NFL for wearing the green cleats and shared the news via Twitter.

"This fine is nothing compared to the conversation started &

awareness raised," Marshall tweeted. You can read more on this story [here](#).



(Photo courtesy Instagram)

Youth & Family Engagement



On Saturday, November 23rd JCFN held a Youth Council Recruitment Rally and Family Engagement Forum (brunch) to introduce our new staff. Youth submitted nominations for youth council members and learned the fundamentals of how to produce a mental health awareness music video.

We would like to formally welcome Lead Family Contact, Gary Richmond (The Emotional Fitness Centers of TN) and Youth Coordinator, Ebony Barnes (Center for the Advancement of Youth Development) to our team.

Gary Richmond is a husband and proud father of two boys. For the past 5 years, he has worked with The Emotional Fitness Centers of Tennessee, a faith-based, culturally sensitive mental health



program that addresses utilization disparities and under-utilization of mental health services in West Tennessee by removing the stigma often associated with the need for mental health

Lead Family Contact Gary Richmond & Youth Coordinator Ebony Barnes at the Youth & Family Bruch/Forum

services in these under-served communities.

Richmond currently serves as the Chairman of the Executive Board for the Healing Center and works at WLOK as a local Talk Show Host. He is currently pursuing a Master of Divinity at the Memphis

Theological School in Memphis, TN. After his Master's, Richmond said that he aspires to become a Pastor within the local community.

Ebony Barnes is a Memphis native and earned a Bachelor's of Science in Psychology at the University of Memphis. She began working in the mental health field as a community counselor at Lakeside Behavioral Health System, before working as a case manager for Case Management, Inc. Barnes also works part-time at West Tennessee Family Solutions with individuals with developmental disabilities. Barnes has facilitated a Rites of Passage summer program for elementary school children implemented at various Shelby County Schools. She was also a facilitator for HIV/AIDS education and the V.O.I.C.E.S. program at Benjamin Hooks Job Corps. Barnes has worked with the E.A.S.I. program helping mentor young boys in the South Memphis area and currently assists in coordinating and facilitating a number of YGEEC youth activities, including Think Tanks and summer camps. Barnes is currently pursuing her master's degree in general psychology.

Caregiver Training Opportunity

Greetings Caregivers,

As a family driven system of care, part of Just Care Family Network's sustainability depends on YOU! It is up to parents and youth to take the torch when federal funds are gone. Over the life of the grant, our goal has been to advocate, educate, and empower families through resource linkage and trainings. In April 2014 parents and caregivers will

have the unique opportunity to become Family Support Specialist (FSS) certified! For those parents interested in this training opportunity, please mark your calendars NOW as space and funds are limited. The FSS Competencies Course is a three day training beginning **April 9-12, 2014** in partnership with NAMI (National Alliance on Mental Illness) Tennessee. The FSS provides State certification for individuals who provide direct caregiver-to-caregiver support services to families of children

and youth with emotional, behavioral, or co-occurring disorders. Our selection process will be done based on the JCFN family engagement criteria. For more information please contact 901-222-4500. I look forward to hearing from you soon.

Best regards,
Gary Richmond
 JCFN Lead Family Contact

Changing the Memphis system...



JCFN brought home the official artwork of the National Federation of Families for Children's Mental Health 24th annual conference held in Washington, DC on Nov 15-17th

Dr. Stewart presenting information about children's mental health at Impact Baptist church during Mayor Luttrell's Family Life series in November

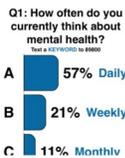


JCFN social marketing coordinator, parent Ms. Shuntea Price, & youth Eric Patterson pictured with Dr. Gary Blau, Chief of the Center for Mental Health Services' Child, Adolescent and Family Branch at the NFFCMH conference

Making life less frustrating...



JCFN staff participating in the Text, Talk, Act campaign, a national dialogue about mental health on Dec. 5th sponsored by Creating Community Solutions



JCFN staff was featured in November's KSOC-TV webisode discussing the value of return on investment (ROI) for system of care communities

"We partner with youth and families to link them to the services that they choose."

Partnering with youth & families...



Dr. Greg Washington speaking to the youth and families about establishing a youth council & mental health awareness video

Youth and parents at the December Youth & Family Engagement workgroup and holiday meeting



Youth at the December Youth & Family Engagement workgroup and holiday meeting



Just Care Family Network

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Visit us at www.JCFNmemphis.org

Interested in contributing to the "Help Is Here" newsletter? Contact our Social Marketing Coordinator Jerica Phillips at 901-222-4503

At Just Care Family Network our mission is to change the Memphis system of care to make life easier and less frustrating for the families we serve. We partner with youth and families to link them to services.

Just Care Family Network has partnered with private and public organizations in your community who are devoted to family driven care.

To learn more about Just Care Family Network visit JCFNmemphis.org or to make a referral, please contact our Enrollment Specialist Darria Childress at 901-222-4502.



"...because no one does it alone."



Happening in January...

***JCFN Workgroup meetings will continue throughout the month of January.
For details call 901-222-4500

- Coordinating Council: 3rd Tuesday @5pm -JCFN office
- Social Marketing: 2nd Tuesday @5pm -CAYD
- Youth & Family Engagement: Last Tuesday @ 6pm -Location TBA
- Care Review: 4th Wednesday @3pm -Location TBA
- Mental Health: 3rd Wednesday @4pm -SCS Teaching & Learning Academy
- Sustainability: Last Monday @11:30am -JCFN
- Evaluation: 2nd Wednesday @5pm -CAYD
- CLC and Workforce Development meetings will resume soon

Thursday, January 30th Shelby County Health Department Emergency Preparedness Mental Health Forum 8am check-in interactive session 9am-4:30pm @ Hilton Memphis Register at www.shelbycountyttn.gov/PHEPP *breakfast & lunch provided*

January is National Mental Wellness Month. In honor of that we'd like to share some strategies to reduce stress:

1. **Develop a positive attitude**--people with positive attitudes are apt to be happier, more successful, and better able to handle crisis and stress.
2. **Avoid negative self talk**--laugh at your mistakes and say I'll remember next time.
3. **View a crisis situation as an opportunity**--creative problem solving can expand your options. Try to make a list of good things that could result from the problem you're having to solve.
4. **Laugh**--Humor is a great stress reducer. Studies indicate laughter can make you healthier.

5. **Exercise**--Regular exercise increases energy and releases brain biochemicals to ward off depression and anxiety. Just a 15 minute walk a day will help keep body and soul together.

6. **Improve your diet**--During times of stress you can skip meals or eat junk food. A diet rich in fruit, vegetables and fiber will help you maintain the physical and mental stress you need to deal with the situation.

7. **Get enough rest**- sleep disturbances are common during stress.

DON'T:

Use alcohol as a sleep aid--as it actually disrupts your sleep within 4 hours. Don't over use caffeine, alcohol, cigarettes or food for emotional support.

Ask for help if you feel overwhelmed!



*Season's greetings
from our JCFN family
to yours!*