Idaho System of Care

"Building on Each Other's Strengths"

www.idahosystemofcare.org Summer 2006 Newsletter

Masks designed by youth (See page 4)

Connecting Communities for Children

Families on the Road to Success: 2006 System of Care Conference

The 2006 System of Care Conference, May 1-2, at Boise State University was a road to success for many families. The conference focused on supporting families and children affected by serious emotional disturbances.

Keynote speaker, Dr. Harold Briggs shared his journey in mental health. He reflected on an abusive childhood which led to an adult diagnosis. With humor,

Dr. Harold Briggs, Keynote Speaker

Participants in Conference

Dr. Briggs shared his life as a consumer and parent of a child with a mental illness. He ended with a challenge for the participants.

"You need to include families as full partners and experts in the system of care. They have a lifetime of knowledge about their children," said Briggs.

Morning sessions included "Chocolate and other Positive Behavior Strategies," "Working with Interpreters," and a panel discussion featuring families and youth.

Jose Valle, Chief of Social Work, presents award to Linda Bonds, Region 3 Chairperson

More than 400 families, agency representatives and community members participated in the sessions. The first day ended with our first annual System of Care Awards presentation. Most regions

(continued on page 2)

Tribal coordinating council member Sarah Holt Haag awards Karissa McCurdy, youth participant, with a native shawl

nominated at least one person from their community for an award, including youth and parents.

"After all of the things we have been through, we thought it was time to acknowledge our system of care partners," said Travis Cronin, Region 1 chairperson. The Department of Health and Welfare won the community agency of the year award for Region 2.

After a second day of conference sessions, more than forty youth showed off their artwork from their two-day youth track. Family members and other system of care partners applauded their efforts.

"The conference was a great success," says Decker Sanders, project manager for "Building on Each Other's Strengths."

"Youth and family members accounted for almost one-third of attendees this year. Families are pivotal in helping professionals transform existing children's mental health services into family and consumer driven systems of care."

"You need to include families as full partners and experts in the system of care. They have a lifetime of knowledge about their children."

Dr. Harold Briggs, Keynote Speaker

You may view conference evaluation results at www.idahosystemofcare.org.

Idaho System of Care staff and partners accepting ECCO awards

Idaho System of Care Gains National Recognition

Idaho's System of Care, Building on Each Other's Strengths,was nationally recognized for achievement in communications at the 2006 Excellence in Community Communications and Outreach (ECCO) Recognition Awards Program, on July 14 in Orlando, Fla. The ECCO Recognition Program highlights communications achievements that promote children's mental health.

Our System of Care took home silver and bronze awards for the Police Pocket Guide Training and the 2005 System of Care conference.

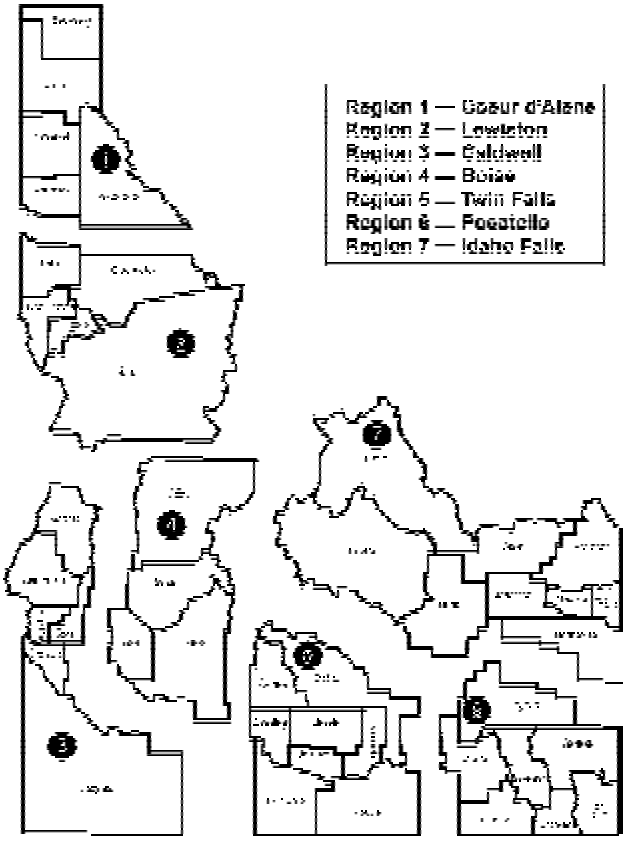
The Police Pocket Guide Training educates law enforcement officers on the signs and symptoms of mental health disorders in youth, and how to respond effectively. The annual System of Care conference serves as a networking and educational event for families, agencies, and community organizations.

(continued on page 3)

Idaho's System of Care competed with 60 entries submitted by mental health professionals and child advocates from across the country.

The System of Care staff would like to thank all of our partners for a job well done.

Regional News



Region 4

Ada County Council Informational Brunch

The Ada County Council is reaching out to its community. Thirty-one people representing 12 different agencies attended an informational brunch on June 13. Attendees included family members, All Seasons Counseling service, private counselors, representatives from the Idaho Youth Ranch, Department of Juvenile Corrections, Education, and council members.

Hillary Roethlisberger, Wraparound Specialist, served as moderator for the meeting. Along with brunch, System of Care partners provided information on family advocacy, a parental perspective, Wraparound, and System of Care.

Key Family Contact for the Idaho Federation of Families, Trish Wheeler, talked to attendees about the role of the Federation and partnering with educators to help families. She introduced the new Region 4 family support specialist, Angie Wilder.

To bring it all together, a parent shared her experience with Wraparound. "Just to hear people start out the meetings by saying good things about my daughter was amazing." The parent concluded her presentation by telling everyone how valuable the Wraparound process is for families and youth.

As a result of the meeting, several participants planned to attend the next council meeting. Family members also connected with the Federation.

"It was a successful event, said Roethlisberger. "We reached our goal-inspiring people to participate in our local council."

Region 7

Celebration for Families

The Region 7 annual celebration was held Saturday, June 3, at the Riot Zone in Rigby. More than 200 families and friends attended. The agenda included a special musical tribute by Jon Burnham, and presentations by Cynthia McCurdy, Idaho mother of the year. Jessica Duersche, educator and Regional council member, taught parents about positive discipline techniques and provided an activity for the children. Everyone brought a salad or desert to share.

After the presentations, families had an opportunity to enjoy fun and games at the Riot Zone, a family entertainment center.

When asked about the event, Cynthia McCurdy had a big smile on her face. "This was wonderful. The regional council sent invitations out and put up posters in the community. We had 100 more families attending than last year."

Submitted by Cynthia McCurdy, Region 7 Co-chair

Idaho Falls Hosts Traveling Art Display

I just wanted to share what a great success our local 'Art From the Heart' was. We had a nice turnout, with approximately 50 attendees. We had several eloquent speakers and a fantastic skit, 'Don't Be A Dummy', performed by members of the Bonneville Youth Development Council. The youth were awesome!

Bonneville Youth Council performs

Our Mayor, Jared Fuhriman, officially proclaimed 'May is Mental Health Awareness Month' in the city of Idaho Falls. Equally exciting, local youth donated masks to add to the Traveling Art Display while it is located in the Willard Art Center children's gallery. Many of the youth included descriptive information with their masks. As a result of our efforts, many community members and partners want this project to be expanded - with their partnership - and repeated in our community on an annual basis. The gallery would also like to host the youth's artwork for the month of May, each year.

I would like to thank ALL of the local partners who volunteered their time and talents – Department of Health and Welfare, Eastern Idaho Regional Medical Center, Children' Mental Health Councils, Mayor Fuhriman, Idaho Federation of Families for Children's Mental Health, Bonneville Youth Development Council, Shilo Inns/ O'Callahan's, Quick Ship 'n Copy, Monarch Catering, the Idaho Falls Arts Council, Willard Art Center, Post Register, and EVERYONE ELSE who had a hand in the creation and promotion of the Art From the Heart Traveling Display We are truly making a difference in our communities.

Submitted by Lynne Whiting, Idaho Federation of Families for Children's Mental Health Board member

Top, left: Mayor Fuhriman; Right: Mask made by local youth. Bottom: Participants view art display

Region 2

May Celebration for Youth

Region 2 mental health council partnered with the 'Students for Success' program to celebrate May is Mental Health Month. Their theme- 'Minding your Mind' was celebrated in three locations: Kamiah, Lapwai and Kooskia.

In Lapwai, more than 300 students of various ethnic backgrounds participated in a Run/Walk marathon. Students from preschool to 5th grade raced one another. The preschoolers ran one lap while older children ran longer. After the run, each student received water, and teachers from the Students for Success program talked to

(continued on page 5)

them about mental health. Running Strong for Native American Youth, a national program that supports self-esteem for Tribal youth, provided approximately 400 free t-shirts for the event. The celebration also included child-friendly information booths on topics such as stress reduction.

Kamiah celebrated with music, child-friendly information tables, writing labs, and workshops. In Kooskia, there was information on stress reduction. The community also hosted a movie night for youth. The Lewis County Council provided information tables as well.

"Stigma is going down so much in our community," said Sarah Holt Haag, Co-chairperson for Region 2 Children' Mental Health Council. "Now we can talk about children's mental health."

Region 3

Dabble Day for Youth

Our Youth Activities Coordinator set up a 'Dabble Day.' She was able to get a number of people in the field to volunteer their time on a Saturday to teach parents and children. Classes were one hour and each could participate in three classes. Classes were $5.00 each, but teachers paid for tickets for children that could not afford the $5.00. The classes were skills such as karate, cooking, dancing, etc. The Council voted to pay for the instructor's supplies, within reason, and gas to get there if requested. Thirty-three students participated and more than 50% of them were at-risk youth.

Our newspaper featured Dabble Day and some information about our children's mental health council. We hope to do this next year and expand to more activities and participation.

Submitted by Paul R. Meeker, Ph.D.
Department of Health and Welfare, Clinical Supervisor, Region III

Costs associated with this publication are available from

IDAHO DEPARTMENT OF HEALTH & WELFARE

Idaho Federation of Families for Children's Mental Health

New location

We have a new office on 1409 S. Robert Street, Ste. 101. Come see us!

Tell everyone you know- Sibshops are here

This workshop is specifically designed for brothers and sisters of a child with special needs (Sibshops are not intended nor appropriate for the child with special needs). The first training for Sibshop instructors will take place August 23rd-24th in Boise and will include a Family Support Specialist from each region of the state. We are in search of older siblings ages 16-19 years and 8-13 years to participate in a Sibshop demonstration. Parents or service providers are invited to attend a morning session on working with siblings. Space is limited, so please contact us at 1.800.905.3436 for details. We will accommodate as many families as possible.

Youth Peer Support Groups

We are holding peer support groups in limited locations throughout the state. Each group is staffed with a facilitator to ensure quality of content and care of group members.

We are still seeking great facilitators. If you or someone you know is interested in learning how to become a facilitator, or would like to join a youth group, check out our website at www.idahofederation.org .

Submitted by Lacey Sinn, Promotions Coordinator, Idaho Federation of Families for Children's Mental Health

From the Editor

Send story ideas and articles to:

Chandra Story, Editor, email: storyc@idhw.state.id.us.

Thank you!