

FEDERATION OF FAMILIES OF SOUTH CAROLINA SUPPORT MATTERS



ANTI-STIGMA: DO YOU KNOW THE FACTS?

Stigma is not just the use of the wrong word or action. Stigma is about disrespect. It is the use of negative labels to identify a child living with mental health needs. Stigma is a barrier and discourages families from getting the help they need due to the fear of being discriminated against.

Did you know that Stigma:

- Results in inadequate insurance coverage for mental health services?
- Results in fear, mistrust, and violence against families and children living with mental health needs?
- Results in families and friends turning their backs on people with mental health needs?
- Keeps people from getting needed mental health services and that people would rather tell employers they have committed a petty crime and were in jail, than admit to being in a psychiatric hospital?

Education and awareness are the most important actions toward eliminating stigma!

Anti-Stigma Do's & Don't's

Do's:

Do use respectful language that puts the child first, such as:

- Child with emotional, behavioral, or social needs
- Child who has schizophrenia
- Child with special mental health needs
- Child who has bipolar disorder

Do emphasize abilities and strengths, not limitations.

Do tell someone if they express a stigmatizing attitude.

Don'ts:

Don't portray successful children with disabilities as super human.

Don't use generic labels such as retarded, or the mentally ill.

Don't use terms like crazy, lunatic, manic-depressive, slow functioning, or normal.



Spotlight on Services

The **Continuum of Care for Emotionally Disturbed Children** was created in order to develop and enhance the delivery of services to emotionally disturbed children and to ensure that their special needs are met. They provide intensive case management to assist the child, family, and other involved service providers in developing an individualized plan of service for those children selected through the selection process. Assistance may also be provided on a limited basis to those children who have been referred to the Continuum, but have not been selected through the selection process. This assistance may include such activities as gathering background information needed to assess a child's degree of need for services, consulting with schools and agencies in planning and developing services for the child, etc. It is expected that parents/legal guardians and other service providers will take an active role in the planning and providing of services.

State Office GOVERNOR'S OFFICE, CONTINUUM OF CARE

1205 Pendleton Street, Suite 372

Columbia, South Carolina 29201

Office: (803) 734-4500 Fax: (803) 734-4538



Finding Services for Your Child

Get help early. If you have concerns about your child's behavior or emotions, tell your doctors, teachers, counselors, social workers, spiritual advisers, friends, and relatives who know about child and adolescent development and mental health. Ask for their help to find out what the problem is and where to get services. Explore all options available to meet your child's and family's needs. Check your library, the health department, and the social service section of the telephone book for places that might offer the kinds of help you are looking for. A large amount of information can be found on the Internet. Many family-run organizations have resource centers and advocates or mentors who know about available services and whether a *system of care* is being developed in your community.

What you need to know

You are the expert when it comes to your child. You know your child better than anyone else. You know:

- How your child responds to different situations;
- Your child's strengths and needs;
- What your child likes and dislikes;
- What has worked to help your child; and
- What has not worked.

You are the person who decides what services and supports your child and family will receive. Include your child in the decision making process. Your child needs to understand what is going on in order to actively participate in his or her care.

Every child is different, yet there are children similar to yours. You are not alone. Other families have faced similar problems, shared the same experiences, and are willing to help you.

What to ask

- What do I need to know and do to help my child?
- What agencies in the community have programs or services that can help my child and other members of my family? How do I get services from them?
- How will my child's health, growth and development, social interaction, and ability to learn be affected by the problems we face?
- What has helped other children like mine?

What you can expect

- You will hear and learn many new words and technical terms. Ask for definitions and explanations.
- Because systems of care are youth-guided and family-driven, your entire family may be asked to participate in the services you are offered. There may be waiting lists for some services.
- Find out how to get some help while you are waiting for a particular service.

What you can do

Gather all the information you have about your child. Keep track of everything and start a notebook or file to organize:

- Reports of tests and evaluations;
- *Service plans* and information about the providers, programs, and services you are using;
- Instructions from doctors, teachers, social workers, and others working with your child and family;
- Changes in your child's behavior;
- Medications—note dates that medications are prescribed and changed, and any differences in your child's physical and/or mental health;
- Appointments, conversations, and meetings, including notes of what was discussed;
- Requests you have made for supports such as child care, transportation, and flexibility in scheduling appointments; and
- Letters about meetings and services—note the date they were received.

Ask for information and written materials in the language you speak and ask for explanations of anything you don't understand. Find other parents or family-run organizations where you can get information and support by sharing ideas and experiences. The Federation of Families is a family-run advocacy organization who provides support for families with emotional, behavioral or psychosocial issues in the state of South Carolina. We can be reached at 866-779-0402 or can be reached by email at info@fedfamsc.org.

CONFERENCE SESSIONS

Beyond my Values: A Cultural Competence Experience

Don't Duck Mental Health

Positive Behavior Supports at School and Home

New Fads in Alcohol

Resolving Conflicts, Working Together: Informal Resolution and Facilitated IEPs

QPR Suicide Prevention

Medical Homes

Gangs & Violence

Youth Self Advocacy

Dealing with Substance Abuse Issues

Cyber Bullying and Internet Safety

Medications for Behavioral Support

School Based Mental Health

Positive and Preventive Classroom Management

Getting Help for Your Youth

An Overview of Common Mental Health Disorders

On the Road to Family Driven Care

Family Involvement: Facilitation of Family Driven Care

Transition to Post-School Activities

Juvenile Justice System

Linking Families, Schools, and Communities Conference

Date: October 9-10, 2009

PLACE: Columbia Metropolitan Convention Center
\$35 per day or \$60 for the 2-day conference (lunch included)
FREE for Youth (ages 12-21 only)

Limited Hotel Rooms available for a special rate, while rooms last!

Linking Together: Families, Schools, Mental Health
and Child and Family Serving Agencies

Purpose:

To bring educators, families, youth, mental health professionals, social workers, and policymakers together to promote effective children's behavioral and mental health practices

Credits Provided for the Following:

- Social work contact hours
- Contact hours for mental health professionals
- Continuing education hours for educators
- Certificates for foster parent training hours

Sessions and Topics:

- 24 breakout sessions for educators, families, agencies, and youth
- Separate Youth Track available both Friday and Saturday!
- School Wide Positive Behavior Interventions and Supports: A half day workshop on secondary and tertiary supports presented by Dr. Howard Muscott
- Exhibitors and awards presentations for exceptional PBIS schools, and for the Children's Mental Health Week Poster contest
- Featured national keynote speaker: Dr. Howard Muscott and national youth leader LeDerick Horne

Co-Organizers:



Federation of Families
of SC



SC Department of
Mental Health



South Carolina
Department of Education
Together, we can.

SC Department
of Education

Project Focused Agenda



Registration forms are available by contacting the Federation of Families of SC
at 1-866-779-0402 or www.fedfamsc.org.

PARA INFORMACIÓN EN ESPAÑOL, LLAME AL 866-779-0402 Y PREGUNTE
POR JENAH CASON.

Family Support Networks

The Federation of Families of SC assists many parents of children with emotional, behavioral, or mental health disorders to establish community parent networks. For others we provide information and technical assistance.

If you are the parent of a child or adolescent who has been identified with a mental health disorder or is having emotional or behavior problems and you are concerned, please join other families who will understand what you and your family is experiencing.

Attending a meeting with other families experiencing similar situations at home, in school and with agencies and professionals can be a comforting experience for parents who

have felt they were the only parents having such an experience with their child.

If there is not a group listed in your community please call our office toll free at 1-866-779-0402. We may be able to connect you with other parents in your community. If you live in one of the areas below you may contact the group facilitators directly.



Check our website regularly for any changes to meeting information or new support networks added.

Abbeville

Call for time and location
Luana Rath (864) 314-8705

Anderson County

2nd Thursday, 6:30pm
Anderson County Library
Luana Rath (864) 314-8705
Jimmie Craig

Barnwell County

WINGS
Call for time and location
Catherine Mack(803)284-1026

Barnwell County

3rd Monday, 7:00 pm
Barnwell County Library
Lena Hoggenbottom (803)
259-5628

Beaufort County

Call for time and location
Rita Jaklitsch (843) 706-2395
Sharon Brown (843)757-7107
Cecile Bibaud (843)842-2743

Beaufort County

Phone Support only
Melina Lee (843)379-4411

Charleston County

Phone support only
Kristin Jacksa (843) 881-7277 or cell (843) 367-0199

Chester County

NAMI SC
Chester Public Library, Call
for time
Katherine Caldwell (803)
581-7672

Dillon County

Phone support only
Laurie Caulder (843) 752-1610

Edgefield County

Call for time and location
Kerry Johnson (803) 940-1383

Fairfield County

4th Saturday, 10:00-11:00am
Fairfield Memorial Hospital
Kerry Johnson (803) 940-1383

Greenville County – Greer

Greer/Greenville/Spartanbur
g
2nd Monday, 6:15—7:30
Westminster Presbyterian
Church
NAMI Greenville Office
Kelly Troyer (864) 331-3300

Hampton County

1st Sunday
Call for time and location
Mary Morris (803) 943-9191

Lancaster

County
3rd Sunday 3:00pm
Lancaster County Library
Bridgett Reeves (803) 273-9133

Laurens County

Call for time and location
Kerry Johnson (803) 940-1383

Lexington/Richland

County
1st Tuesday 7:00–8:00 pm
Three Rivers Hospital –
Hwy.378
Michelle Baker (803) 779-0402

McCormick County

Call for time and location
Kerry Johnson (803) 940-1383

Newberry County

3rd Monday 6:00-7:00pm
Newberry County Hospital
Kerry Johnson (803) 940-1383

Oconee County

2nd Tuesday
Call for time and location
Luana Rath (864) 314-8705

Orangeburg County

Call for time and location
Stephanie Backman 866-779-0402

Pickens County

4th Saturday, 10:30am
Pickens County Library (Easley)
Luana Rath (864) 314-8705

Saluda county

Call for time and location
Kerry Johnson (803) 940-1383

Spartanburg County

3rd Monday
New Day Clubhouse
Ashville Hwy, Spartanburg
www.upstateparentsnetwork.org
Natasha Lyles (864) 384-4295

Sumter County

Phone support
Maureen Fitzgerald (803) 469-9729

Williamsburg County

Phone support only
Glander Pressley (843) 382-8685

York County

NAMI SC
Rock Hill, call for time and location
Danice Vance (803) 324-5964
Betsy O'Brien (803) 802-4484



What if Federation of Families of South Carolina earned a penny every time you searched the Internet? Or how about if a percentage of every purchase you made online went to support our cause?
Well, now it can!

GoodSearch.com is a new Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and watch the donations add up!

School-wide Positive Behavior Interventions Support (PBIS)

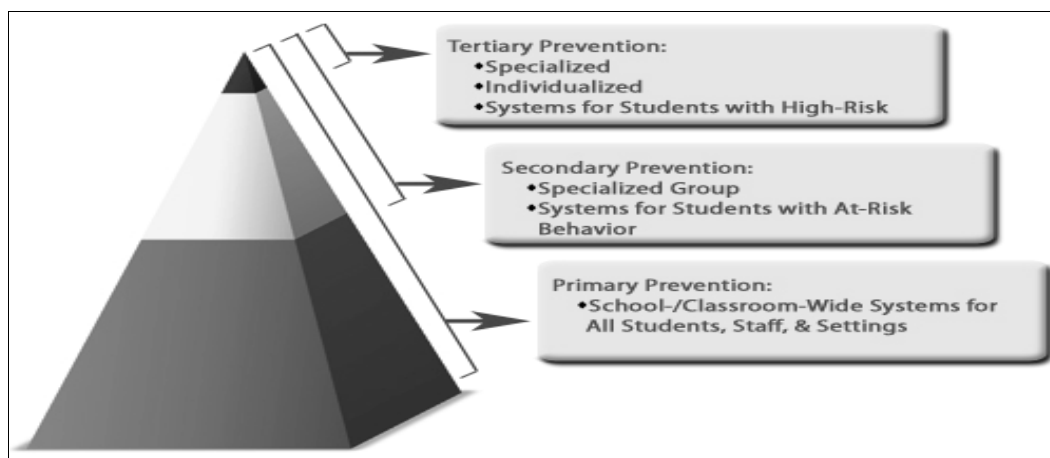
What is School-wide PBIS?

Numerous products are available for school personnel, parents, and care-providers, all with the promise of erasing targeted behaviors. Unfortunately, no magic wand single-handedly works to remove the barriers to learning that occur when behaviors are disrupting the learning community. The climate of each learning community is different; therefore, a one size fits all approach is less effective than interventions based on the needs of each school.

One of the foremost advances in school-wide discipline is the emphasis on school-wide systems of support that include proactive strategies for defining, teaching, and supporting appropriate student behaviors to create positive school environments. Instead of using a piecemeal approach of individual behavioral management plans, a continuum of positive behavior interventions support for all students within a school is implemented in areas including the classroom and non-classroom settings (such as hallways, buses, and restrooms). Positive behavior interventions support is an application of a behaviorally-based systems approach to enhance the capacity of schools, families, and communities to design effective environments that improve the link between research-validated practices and the environments in which teaching and learning occurs. Attention is focused on creating and sustaining primary (school-wide), secondary (classroom), and tertiary (individual) systems of support that improve lifestyle results (personal, health, social, family, work, recreation) for all children and youth by making targeted behaviors less effective, efficient, and relevant, and desired behavior more functional.

The following diagram illustrates the multi-level approach offered to all students in the school. These group depictions represent systems of support not children:

Continuum of School-Wide Instructional & Positive Behavior Interventions Support



Why is it so important to focus on teaching positive social behaviors?

Frequently, the question is asked, "Why should I have to teach kids to be good? They already know what they are supposed to do. Why can I not just expect good behavior?" In the infamous words of a TV personality, "How is that working out for you?"

In the past, school-wide discipline has focused mainly on reacting to specific student misbehavior by implementing punishment-based strategies including reprimands, loss of privileges, office referrals, suspensions, and expulsions. Research has shown that the implementation of punishment, especially when it is used inconsistently and in the absence of other positive strategies, is ineffective. Introducing, modeling, and reinforcing positive social behavior is an important step of a student's educational experience. Teaching behavioral expectations and rewarding students for following them is a much more positive approach than waiting for misbehavior to occur before responding. The purpose of school-wide PBIS is to establish a climate in which appropriate behavior is the norm.

For more information about School wide Positive Behavior Interventions Support, contact **Mike Paget**

SC State Dept of Education, 1429 Senate Street, Suite 503, Columbia SC 29201

Ph: 803-734-1477 Fax: 803-734-4605 Email: mpaget@ed.sc.gov or check out the website: www.ed.sc.gov/agency/Standards-and-Learning/Exceptional-Children/PBIS.html

The Federation of Families for Children's Mental Health and the Federation of Families of South Carolina advocate for family-driven care throughout our state and nation. For more information about family-driven care or a training near you Contact us at 866-779-0402.

Definition of Family-Driven Care:

Family-driven means families have a primary decision making role in the care of their own children as well as the policies and procedures governing care for all children in their community, state, tribe, territory and nation. This includes:

- Choosing supports, services, and providers
- Setting goals
- Designing and implementing programs
- Monitoring outcomes
- Partnering in funding decisions
- Determining the effectiveness of all efforts to promote the mental health and well being of children and youth.



Teen Star Demi Lovato Announces Partnership to Support TeensAgainstBullying.org

Once the target of bullying, teen singing sensation Demi Lovato is passionate about the cause. She is supporting the effort by appearing on the new Web site and doing a digital ribbon cutting at PACER for the Aug. 7, 2009 site launch. Learn more at [TeensAgainstBullying.org](http://www.TeensAgainstBullying.org).

Source: <http://www.PACER.org/newsletters/eblast/current.asp>

PACER Center's National Center for Bullying Prevention today launched [TeensAgainstBullying.org](http://www.TeensAgainstBullying.org), an innovative bullying prevention resource where teens can become a powerful part of the movement to end bullying. Teens themselves participated in the creative process of developing the site. Through videos, blogs, and social networking, the site's resounding message is "the end of bullying begins with you."

A Stress Free Morning Routine for Back to School

Let's go! Let's go! Come on ... you're going to miss the bus! I don't know where your favorite jeans are; it's not my responsibility. What do you mean you still have homework? Did you brush your teeth yet? Let's go! I'm leaving... NOW! We hope your mornings don't sound like that above. If it does, it's not too late to turn that ship around. The key to having a stress free morning routine is to have a smooth bedtime routine. Remember, a routine is something that is followed regularly, standard procedures. Without the consistency you will have an uphill battle. Here are some tips to a stress free morning routine:

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> ★ • No yelling. Raising your voice, albeit frustrated, is only going to escalate matters. ★ • Early to bed, early to rise. That one is simple. ★ • Showers and baths should be taken at night. You think you'll have time in the morning, but you rarely do. ★ • Look over all homework for completeness before bed; don't assume it's finished. ★ • Before bed, insure lunches are made, backpacks are packed and there are no surprise "Oh I need xxx today!" ★ • Give singular instructions. Don't say, "I want you to finish your homework, eat breakfast, get dressed, comb your hair, | <ul style="list-style-type: none"> brush your teeth and be in the car by 8:15." To a child, that sounds like "blah blah blah blah blah blah blah." One instruction at a time works wonders. • Provide instructions once. If you're doing this, stop: "Johnny, it's time to get dressed." Two minutes later, "Johnny, we're going to be late if you don't get dressed now." Two more minutes later, "Johnny, honey, I told you to get dressed." "Johnny, Mommy is going to be late, now go get dressed." To a child that sounds like "Oh mom is good for asking about five more times before she really goes ballistic!" Repeated requests only send the message that junior doesn't really have to do it now. | <ul style="list-style-type: none"> • Set consequences and stick to your guns. If you tell your child the car is leaving at 8:15 sharp, make it happen. Clearly you can't leave your child behind, so leaving without her isn't an option. Tell her you will be leaving whether she is ready or not. Sending a 10 year old to school with uncombed hair, pajamas and an empty belly might be just the catalyst for change. You are the parent; you set the tone for the morning routine. You need to be actively involved in the morning routine. Good Luck! |
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