

Federation of Families for Children's Mental Health of South Carolina



Federation of Families of SC Newsletter

www.fedfamsc.org

A System of Care: Why Do I Love Thee?

February 2014

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**Contact us Toll Free at
866-779-0402**

**Or in Columbia at
803-772-5210**

Upcoming Events

**Feb. 28-March 1
Annual Conference**

**March 22-23
Parent Support Provider
Training**

**April 25-26
Leadership Training**

**May 4-10
Children's Mental Health**

A System of Care: Why Do I Love Thee?

South Carolina is embarking on a mission to establish a "system of care". But do you know what a "system of care" is? According to Sheila A. Pires, a national expert in system of care development, "a system of care incorporates a broad, flexible array of effective services and supports for a defined population that is organized into a coordinated network, integrates care planning and management across multiple levels, is culturally and linguistically competent, builds meaningful partnerships with families and youth at service delivery, management, and policy levels, has supportive policy and management infrastructure, and is data-driven." Click [here](#) to find out my reasons for loving the system of care approach for working with children, youth, and their families.

South Carolina is in the planning stages of developing a System of Care that will utilize wraparound as a process. If you are a parent or caregiver and have attended the Federation's Leadership Training and would like to serve on a committee giving input to the development and design of South Carolina's System of Care, please contact us by phone at 866-779-0402 or email [Pheobe at pheobe.malloy@fedfamsc.org](mailto:pheobe.malloy@fedfamsc.org)

Principles of Wraparound

The National Wraparound Initiative, established in 2003, defines wraparound as "an intensive, holistic method of engaging with individuals with complex needs (most typically children, youth, and their families) so that they can live in their homes and communities and realize their hopes and dreams."

The Federation has long advocated for Family-Driven and Youth-Guided Care, and according to the National Wraparound Initiative, "the perspectives of the family-including the child or youth-must be given primary importance during all phases and activities of wraparound." Click [here](#) to read more.

South Carolina is in the planning stages of developing a System of

Awareness Week

Key Facts

***Approximately 1 out of 5 adolescents has a diagnosable mental health disorder.**

***The treatment success rate for children's mental health disorders is 80% .**

***Children & Youth who experience trauma display increases in stress hormones that are comparable to those displayed in combat veterans.**

Care that will utilize wraparound as a process. If you are a parent or caregiver and have attended the Federation's Leadership Training and would like to serve on a committee, please contact us by phone at 866-779-0402 or email Pheobe at pheobe.malloy@fedfamsc.org.

How Do I Love Thee? Let Me Count the Ways!

This is a line from Elizabeth Barrett Brownings' Sonnet 43. I thought of this sonnet because of this season when love is expressed. As a parent of a child who had behavioral health challenges, I must admit that sometimes he was not easy to love. Being in the throes of temper tantrums, going days without sleep because my child could not sleep, and trying to work while receiving frequent calls from school staff, often made me feel resentful. It was important for me to recognize and own my feelings so that I could address my needs in order to be a better parent to the child I love.

I have learned that during the challenging times is when my child needed to know that he was loved, unconditionally. So it was necessary to be mindful of the person and not simply focus on the challenging behaviors. I learned to count the ways that I loved him and how he showed that he loved me. [read more](#)

Parent Peer Supporters and Youth Leadership Conference:

Friday, Feb. 28- Saturday, March 1

Living a Better Day for a Brighter Tomorrow

White Oak Conference Center in Winnsboro

We are only days away from the conference. *Have you registered yet?* There are a few scholarships still available. Click [here](#) to register.

Facebook Online Support Group

Family Support Networks is a way of connecting with others who may have similar concerns regarding parenting a child or youth with emotional, behavioral, mental health, or substance use challenges. Click here to see if there is a network in your community, or contact us about starting one!

In the meantime, become a part of our Online Support Group. It is private and confidential. Visit our website at www.fedfamsc.org and our [Facebook page](#) to connect to a community that cares.

If you'd like to join a private FFSC Facebook support group, email Sarah at sarah.rolf@fedfamsc.org for an invitation.

Children's Mental Health Awareness Week Events

The Federation is providing technical assistance to help plan community events during Children's Mental Health Awareness Week. If you would like to be

involved in organizing an event in your community
please contact Pheobe Malloy or Sarah Rolf at 866-779-
0402 or click [here](#) to learn more.

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