

Voices of Wellness

A Children's Behavioral Health Newsletter

May 2019

Welcome!

My name is Linda and I'm the new Kansas System of Care Project Director. I have lived in Kansas for 40+ years. I have worked for the State of Kansas since 1982 and have fulfilled many roles throughout my career. I have been married for 34 years and have two adult children with two beautiful grandchildren.

I retired from the State of Kansas in 2017 and enjoyed retirement for a couple of years, until the call to System of Care beckoned me. I believe this program is a vital need throughout the state to assist our children to become well adjusted and to be able to navigate through life. Our society has added many burdens to our children's lives that no child should have to deal with alone. I am excited to be part of the Kansas System of Care and the work to build a complete system that cares for Kansas children and families throughout their formative years.

Sincerely,

Linda Buchheister
Kansas System of Care Project Director



MOVING FORWARD TOGETHER

A Children's Behavioral Health Summit

Join us to be part of an interactive and informative summit to grow and improve services for children's behavioral health in Kansas.

This summit is made possible by a partnership of the Kansas Department for Aging and Disability Services (KDADS), Keys for Networking, WSU's Community Engagement Institute, and The national Training and Technical Assistance Network.

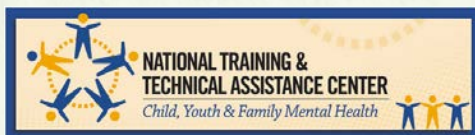
For family scholarships,
please contact Keys for Networking at 785-233-8732.

When: June 17-18, 2019

Where: Capitol Plaza Hotel Topeka

**Who: Youth, parents, community providers, and
state leaders**

To register, visit <https://bit.ly/2W0kSMu>,
scan the QR code with your phone, or call
Janell at 316-779-4014.



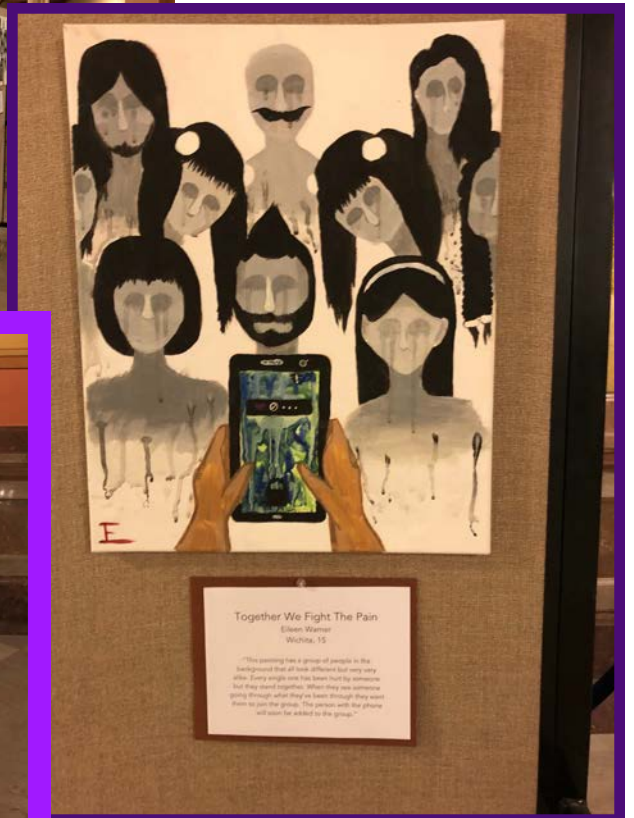
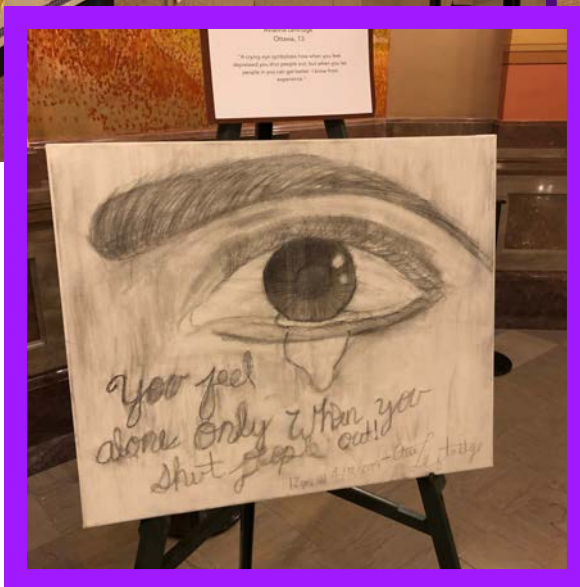
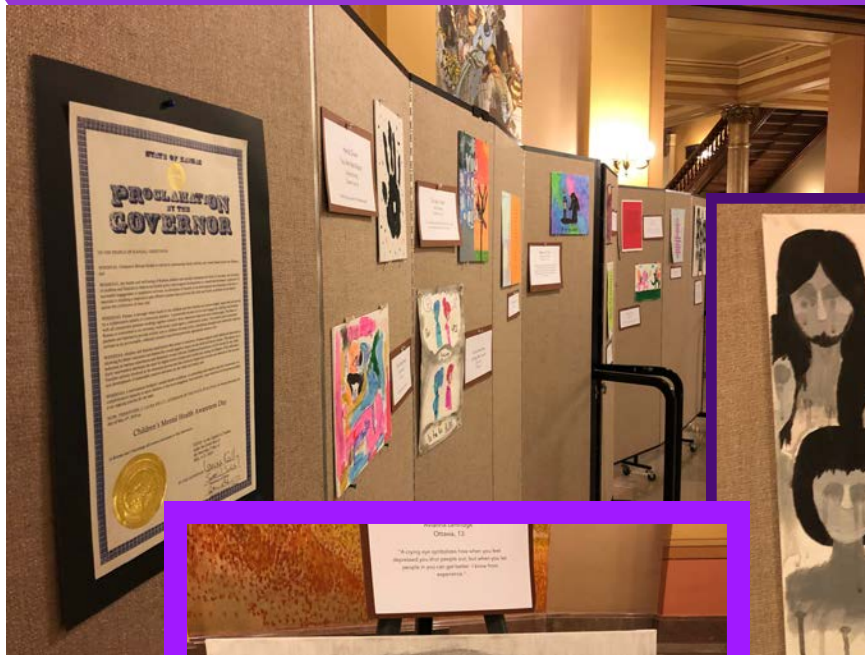
If you have questions,
contact Linda Buchheister:
Phone: 785-296-4744
Email: Linda.Buchheister1@ks.gov



Youth Mental Health Month Art Showcase

The 2nd Annual Youth Mental Health Month Art Showcase is officially underway! We received more than thirty submissions from young people from Ottawa to Garden City.

The collection will be displayed in the 1st Floor Rotunda of the Capitol Building in Topeka through May 16th. On May 30th, it will be on display at South Central Mental Health's "Spring Into Mental Health Community Celebration". From there, it will embark on a tour throughout the state that will last until the end of August.



The Hangar: A Youth Drop In Center

It's an exciting story, one of inclusion, community, finding a place where you belong, and it's driven by young people - the ones who bring hope to our communities.

The Hangar started as an idea. South Central Mental Health Center was working on solutions. Where do young people go after school? In Augusta, KS there aren't very many options, so they set to work creating a new option for young people. They wanted to create a place where young people would be safe and have resources to face every challenge, somewhere they would *want* to be.

It's a tall order and one that they filled completely. Right across from the Augusta high school and just a stone's throw from the police station, The Hangar serves as a place for 14-21 year olds to hang out. Monday-Friday from 3pm-6pm young people can work on homework, attend workshops, be part of a peer group, get job development, play games, receive tutoring, or create art.





To say it's "cozy and welcoming" would be an understatement. The team that put together The Hangar thought of everything. There's a small kitchen well-stocked with snacks, an art room full of supplies, video game consoles, board games, plenty of tables and chairs, laptops and iPads on loan, and decor that brings the whole place together.

Their code of conduct and membership process allow them to create a space of safety for young people to pursue their goals and be successful.

If you have questions about The Hangar or want to know more so you can create something like this in your community, contact Debra Garcia at debra.garcia@wichita.edu or 316-295-7441.



The Hangar is open during the summer Monday 3pm-7pm, and Tuesday through Friday 1pm-7pm.

Partner Highlight



Keys for Networking, Inc.

900 South Kansas Avenue, Suite 301
Topeka, Kansas 66612

Keys for Networking is partnered with the Kansas System of Care to support and engage youth and families throughout the state.

Their mission is to give Kansas parents the information and skills to keep children (with emotional, behavioral problems) at home and in school. They help parents whose children/adolescents have emotional behavior problems find services that work: primary health, mental health, substance abuse prevention and education.

Through this partnership, the Kansas System of Care is working to elevate youth and family voice and engage more youth and families in the statewide conversation about children's behavioral health.

To learn more about them and their great work, visit keys.org.

System of Care Core Principles



Family
Driven



Youth
Guided



Trauma
Informed



Community
Based



Culturally &
Linguistically
Competent



Best-Practice
Guided



Changes...

In March of 2019, Debra Garcia joined Wichita State University's Community Engagement Institute working as the System of Care Project Manager. Simon Messmer, the previous Project Manager, moved to another place of employment late in 2018. Though he cannot be replaced, Debra has set about making the position her own and using her unique experience and perspective to help the Kansas System of Care make progress,

Since 2005, Debra's career focus has been in public education and community mental health where she developed her passion for identifying ways to improve the quality of life experience for children and their families struggling with mental health challenges and trauma. In her previous position working with South Central Mental Health Center, Debra devoted her attention to the direct care of youth and families and the creation of new programs to meet their needs (such as the availability of parenting education and support classes for the community, evidenced based practices in interventions, and establishing the first youth drop in center in the Midwest).

Debra earned her Master's degree in Organization Development and her Bachelor of Science in Human Services / Psychology / Sociology from Friend's University. Debra has over a decade working in the private sector in upper management, developing organizational programs and curriculum, leading change initiatives and guiding staff project teams in various directorial, coaching and mentoring roles.

Debra is committed to family life which includes her husband, two grown kids and their families.



Debra Garcia, MSOD
Kansas System of Care
Project Manager
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How to Be An Ally

In honor for Pride Month coming up in June, let's talk about how to be a supportive ally to LGBTQ youth. We're still working on understanding just how effective protective factors can be against risks like depression, anxiety, suicidal thoughts or attempts--but we do know that they ARE effective. When a young person identifies as part of the LGBTQ community, the risks become higher and the **protective factors become even more important.**

How can we support LGBTQ youth in Kansas during Pride Month and all year round?

1. Be a supportive parent, mentor, or peer.

One simple way to be supportive is to refer to the young person by their chosen name and pronouns. If you don't know their chosen pronouns, just ask!

2. Identify your space as a "Safe Space".

Hang up a sign designating your office, classroom, restaurant, business, or home as a "Safe Space" for LGBTQ youth. Make your own or order one at [glsen.org/safespace](https://www.glsen.org/safespace).

3. Join a gay/straight alliance.

There are many local gay/straight alliances in schools helping young people feel heard and accepted. A good one to check out is GLSEN Kansas (<https://www.glsen.org/chapters/kansas/chapter>).

4. Ask how you can be supportive.

When you're not certain, just ask the young person in your life how they'd like to be supported!

These are very simple ways you can create protective factors for youth who are at high risk. For more information on what you can do, check out **[CenterforResilientChildren.org](https://www.CenterforResilientChildren.org)**.

I Have A Confession

by Sarah Myose

I HAVE A CONFESSION.

MY NAME IS SARAH MYOSE, and
I AM QUEER.
ABSOLUTELY-
DEFINITELY -
RAINBOW-LOVING-
FABULOUSLY-
QUEER.

AND
I HAVE ANOTHER CONFESSION.
I AM ABSOLUTELY-
INCREDIBLY-
TERRIFIED
OF BEING QUEER.

16 years old I was driving my mom home
I asked her for the first time
What would it mean if she found out her child
was gay?
She said she would be
Absolutely-
Incredibly-
Terrified-
Of her queer child.

16 years old I knew that I was queer, pansexual,
and polyamorous.
This was not good news to hear.
I was shaking.

I HAVE A CONFESSION,
MOM AND DAD,
20 year old me cried.
ONNANOKO TO OTOKONOKO DAISUKI.
I LIKE GIRLS AS MUCH AS I LIKE BOYS.

What?
What about our family?
What about our name?
What about our relatives back home?
Don't you know you should be ashamed?

I could not feel past my tears.

The reality is that about 40,000 asian, pacific
islander immigrants identify as queer in the
United States.

And we may never be fully accepted and
celebrated for who we are. Being queer means
being a source of shame.

But let me tell you all.
The problem is not you.
The problem is prejudice.
The problem is discrimination.
The problem is being silenced.

BUT I HAVE A CONFESSION.
I WILL NOT BE SILENCED.
I WILL NOT BE FORCED TO LIVE FROM
CONFESSION TO CONFESSION
HAVING TO HIDE MYSELF WITH SHAME AND
PAIN.

TODAY I ASK:
THAT YOU BEGIN REALIZING YOUR STAKE IN
THIS STORY.
THIS IS THE REALITY OF SO MANY IMMIGRANTS
LIVING IN THIS DIASPORA.

TODAY I ASK:
NO MORE CONFESSIONS.
NO MORE.
NO MATTER WHO YOU ARE
NO MATTER WHO YOU LOVE
WE HAVE THE RIGHT TO LOVE FREELY.

TODAY I ASK:
GIVE US FREEDOM
GIVE US FREEDOM FROM CONFESSIONS
NO MORE PAIN
NO MORE SHAME
NO MORE.
BECAUSE
BEING ABSOLUTELY
DEFINITELY
RAINBOW LOVING
FABULOUSLY
QUEER
IS NOTHING TO FEAR.

You Can Get Involved!

Statewide SOC Advisory Council

The Kansas System of Care Advisory Council is a passionate group of youth, families, mental health professionals, consumers, and others who guide the work of the Kansas System of Care. Together, they make vital decisions regarding the children's mental health system. With their invaluable lived experience, they provide insight into the current mental health system, provide feedback, and brainstorm new ways to support youth and families.

Which Committee is Right for You?

Social Marketing Committee

Join this committee if you...

- want to help develop and implement new ways to talk about mental healthcare in Kansas
- want to influence policies and practices through communication
- like to create
- like to brainstorm new ideas

Training and Workforce Development Committee

Join this committee if you...

- are passionate about helping people succeed
- like to ensure that others have the right tools for their job
- enjoy seeing people grow and learn new skills
- like to organize and create

Cultural and Linguistic Competency Committee

Join this committee if you...

- are passionate about improving access to care for under-served populations
- have ideas on how to engage diverse communities
- want to see improved strategies for elevating the voice and experience of under-served populations

Discovery for Success Committee

Join this committee if you...

- want to help find new solutions to improve mental healthcare in Kansas
- are excited about identifying needs and discovering new ways to meet them
- feel strongly about expanding the availability and quality of care for Kansas youth and families

For more information on any of these opportunities, contact Linda.
Phone: 785-296-4744 Email: Linda.Buchheister1@ks.gov

Contact Us

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System of Care Online



kdads.ks.gov/SOC



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SystemofCare/](https://facebook.com/KS
SystemofCare/)



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