

St. Joseph County Resources 101

Services & programs
for youth & families

September 3, 2020

What would YOU like to know?

Please type questions using the chat feature



St. Joseph County
CARES

System of Care

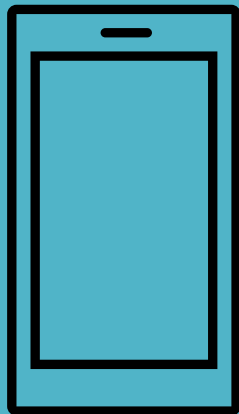
www.sjccares.org

Rebecca.Zakowski@oaklawn.org



Part 1: General Help

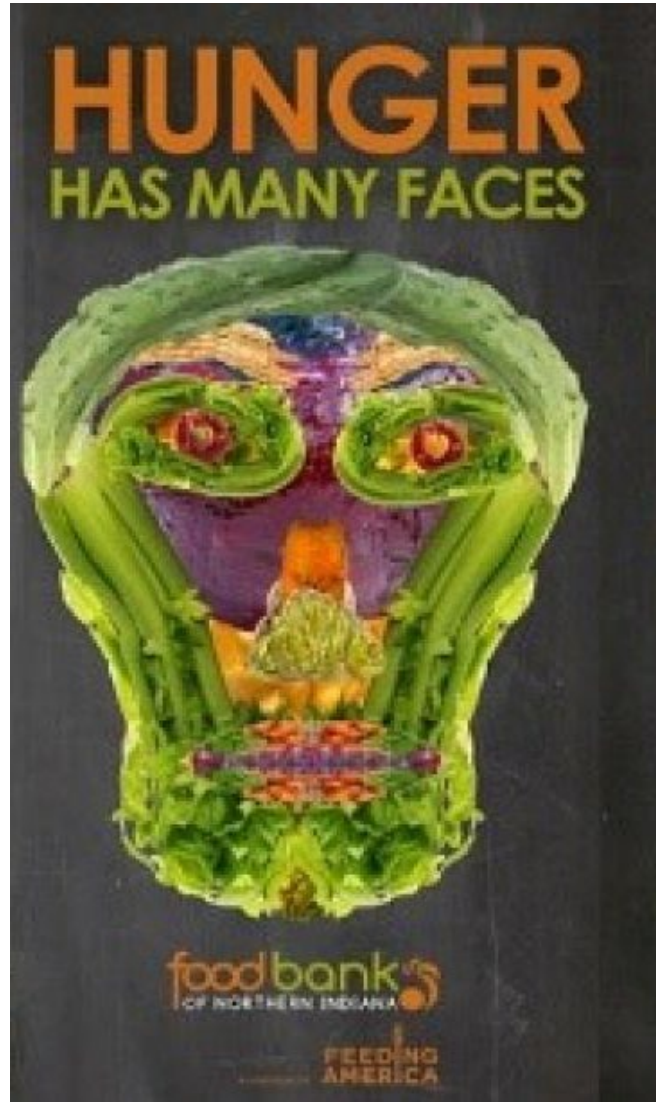
2-1-1



Free & Confidential Call Line that connects caller to a 'navigator' – or - Website <https://in211.communityos.org/> provides a guided search

Recently integrated with Indiana Family & Social Services Administration

Healthcare, Food, Clothing, Housing & Utility Assistance, Mental Health & Addiction, Education, Childcare, Employment, Tax Assistance, Parenting Support, Covid



Food Assistance

Food Bank of Northern Indiana:
www.feedindiana.org

Mobile pantries

Food 4 Kids Backpack program

www.feedindiana.org / food-pantries

Covid -19 Resources

Symptom Questions: 2-1-1

Testing Sites: [Coronavirus.in.gov](https://coronavirus.in.gov)

Resources: <http://mishawaka.in.gov/covid19>;

<https://southbend.in.gov/covid-19-resources-support/>

Advice, guidance on school, events or to report a violation: <https://www.sjcindiana.com/302/Health-Department>

Beacon Health System Hotline: [855-523-2225](tel:855-523-2225) (8:00 a.m. – 8:00 p.m.)



Rental Assistance Program

- Partnership with City of Mishawaka for families who've experienced loss of income due to Covid-19 & have demonstrated need for rental assistance
- For families below 80% AMI (area median income - \$4720/ family of 4/ month)
- Landlord must be willing to partner
- Application/ more info: 574-284-2060



Part 2: Trainings



INDIANA YOUTH INSTITUTE

Championing Kids. Strengthening Communities.

www.iyi.org

Trainings for educators
and youth workers

Continuing Ed
Scholarships:
<https://www.iyi.org/professional-education-grants/>

School Capacity Grants
– improve equitable
college and careers
readiness outcomes
for all students

QPR

For Suicide
Prevention

QPR

2- hour evidence-based suicide prevention program

Trains 'gatekeepers' who know how recognize warning signs, ask about suicide ideation, and find help

Meets Indiana education licensing requirement of 2 hours of suicide prevention training

More information:
rebecca.Zakowski@oaklawn.org

ACE Interface



ACE Interface

2- hours, Free

Intro to Adverse Childhood Experiences study, neurobiology of trauma, how to help people heal

Offered via Zoom 4th Monday of the month, 9:00 – 11:00 a.m.; www.oaklawn.org/events

Available to bring to your organization or group: kgreenreeves@beaconhealthsystem.org

Transforming Trauma Series



OAKLAWN

Toward Health & Wholeness

September 11: How to do this Work and Sustain (9-11 a.m.)

September 16: Countering Fear and Overwhelm (9-10 a.m.)

September 22: Mitigating Harm on Ourselves When Working with Clients in Trauma-Saturated Environments (12:00 - 1:00 p.m.)

October 5: Working with Youth in This Current Atmosphere (4:15 -5:15 p.m.)

October 16: Building Community Resilience & Self-Healing Communities (9:00 - 10:30 a.m.)

www.oaklawn.org/events



Restorative Justice/ Restorative Circles Trainings

Community Building Workshop- 4 days (targets teachers & community members wanting to begin implementation or further develop)

Repair of Harm/ Layer II – 3 days
(Community Building Workshop
Pre-requisite)

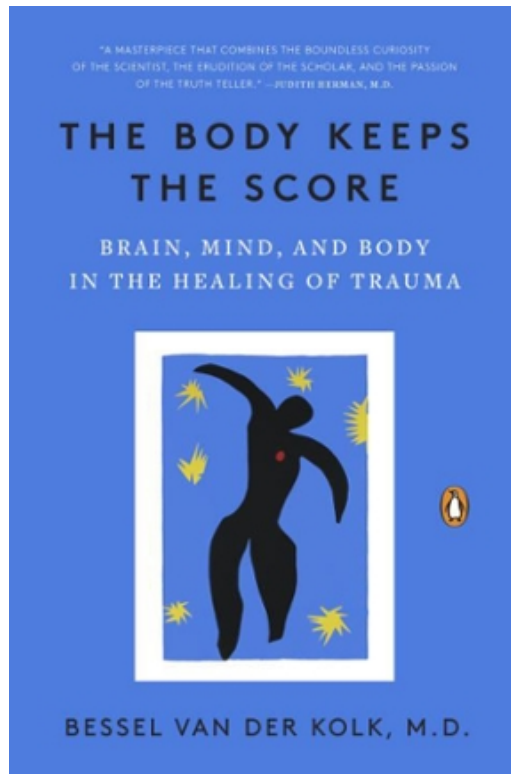
For cost and more information,
contact Kathe Streeter,
kstreeter@sbcsc.k12.in.us



St. Joseph County Public Library

Relevant Reads

<https://sjcpl.libnet.info/website/event/4509021>



September 22: Overview and general discussion of the book.

September 29: Neurobiology of trauma.

October 6: Mental health and trauma in our community.

October 13: Community resources for building resilience.

October 20: Self-healing communities and how to get involved.

Certificates will be issued which can be submitted for Professional Growth Points

The Zoom meeting link will be sent to all registrants the week before the discussion.



www.sjccares.org

Child Abuse Reporting 101:
<https://www.sjccares.org/child-abuse-reporting-101>

Mental Health , Minorities, & Covid-19:
<https://www.sjccares.org/mental-wellness-for-minorities-in-the-covid19-era>



Part III: School-Specific Resources



E- Learning Support

Velshonna Luckey,
Director of Outreach
& Partnership
Development

vluckey@uwsjc.org

574-232-8201



Mindful U:

passionate about creating a school culture in which staff incorporates mindfulness and yoga practices into the school curriculum with simple, fun activities.

Research based, secular, developmental and trauma informed yoga & mindfulness programs

Goals: to increase teacher self-care and student self-regulation, focus, emotional resilience, and connection in relationships.

Website: mindfuluyoga.com

Email: mindfuluyoga@gmail.com



Programs for Teachers

The Opioid Public Health Crisis

Catch my Breath (Teen Vaping – for an adult audience)

Stress Happens – You’ve Got This – Virtual Course, Professional Growth Points (Managing stress in the classroom)

More info/ to schedule: Diana Weaver:

dweaver3@beaconhealthsystem.org

Programs for Students



Be a Friend, be a Hero (5th & 6th): Friendship & transitioning to Middle School

Achieve (K-12): Physical Activity & Nutrition

Draw the Line/ Respect the Line (6th – 8th, 5 lessons): Decision Making in Complex Situations

Catch My Breath (5-12): Youth e-cigarette, JUUL, and Vape Prevention

This is NOT About Drugs (9-12): Risks of Misusing Prescription Opioids

Dream Achiever (9 & 10, 6-8 weeks): Dream Managers Coach Small Groups of Teens through the Process of Identifying a Dream and Taking Steps Toward Achieving It

Information & to Schedule: Diana Weaver, dweaver3@beaconhealthsystem.org



CIVIL RIGHTS HERITAGE CENTER

INDIANA UNIVERSITY SOUTH BEND

Social Justice & Culturally Responsive Education

Website:

<https://clas.iusb.edu/centers/civil-rights/culturally-responsive-educational-resources.html>

Newsletter, Curricular Support,
Pedagogical Resources, Immersive
Experiences

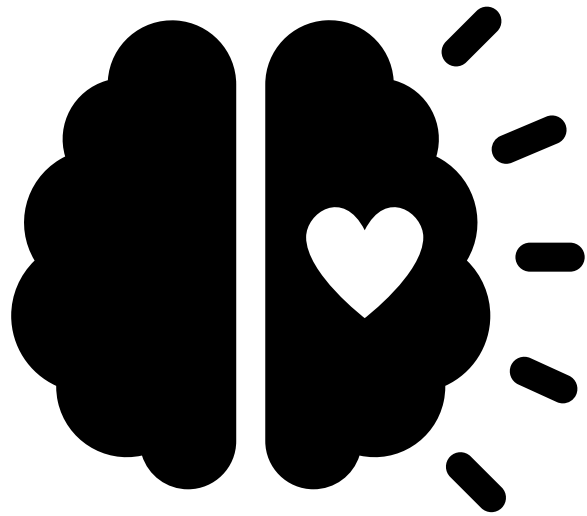
Educator

survey: <https://forms.gle/Ygc2hs3tsaxSBQVL6>

Administrator

survey: <https://forms.gle/5gYpQPRnJW5vMvV17>

Rebecca.Zakowski@oaklawn.org



Part IV: Mental Health/Emotional Wellness



Student Referrals:

www.oaklawn.org/referrals

Transition to Independence Program (TIP): helps youth ages 14-29 with emotional or behavioral challenges transition toward successful independence



**William J. Shaw
Center for Children
& Families**

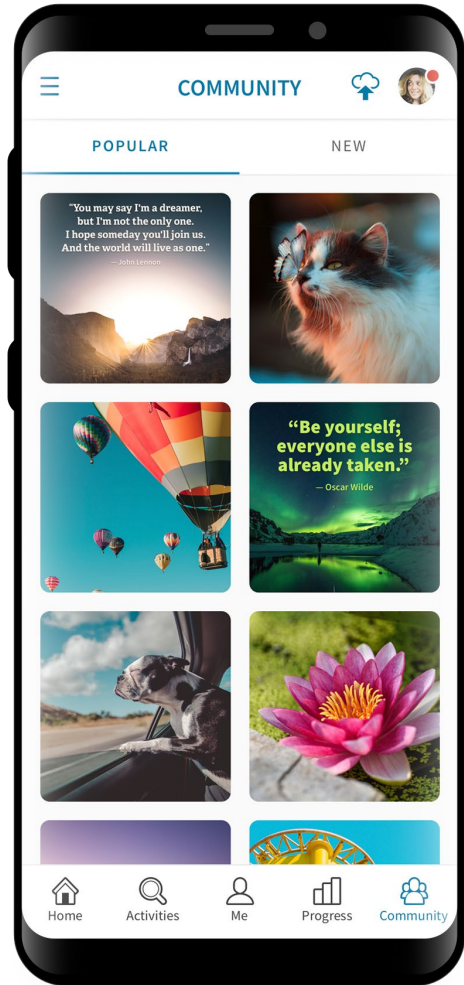
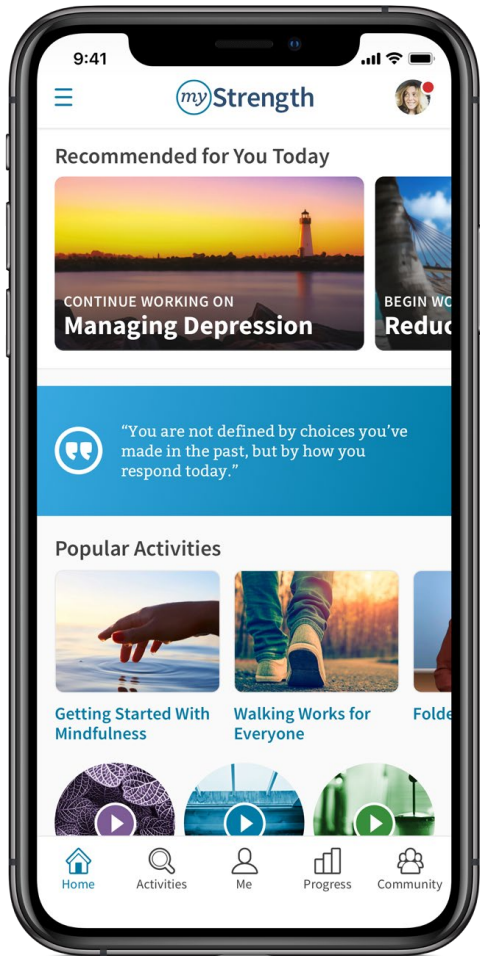


Child & Family
Therapy – Sliding Fee
Scale

Support Group for
pregnant women who've
experienced intimate
partner violence

574-631-0954

Shaw.nd.edu



My Strength Mobile App

Confidential, free app-based individualized support for managing depression, anxiety, stress & much more

Age appropriate for mid-teen through adult

Sign up:
www.sjccares.org/mystrength-for-schools-families

Or www.mystrength.com; password Oaklawncommunity



OAKLAWN

Toward Health & Wholeness



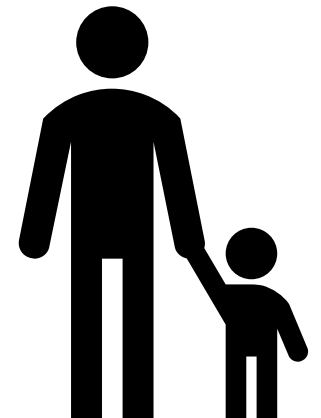
[Bewellindiana.com](https://www.bewellindiana.com)

Centralized website of mental health and wellness resources throughout the state of Indiana

Video education

Includes substance abuse & recovery, Covid-19, and assistance

Part V: Parenting Support





Cross-System Review Panel

A free, hour-long meeting between parent and representatives of several youth-serving systems & organizations in the community to share their experience and brainstorm solutions for their at-risk child

Email:

rebecca.Zakowski@oaklawn.org

www.margaretjessop.com

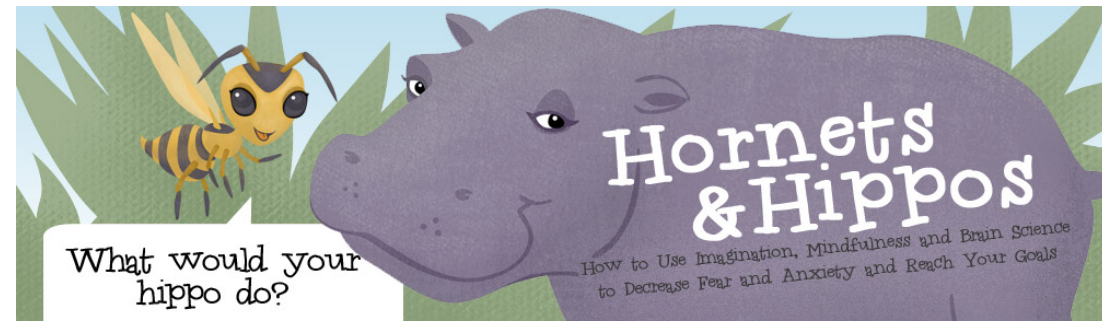
Monthly Free Parenting Class Zoom Calls

Parents can submit questions
ahead of time

2nd Wednesday of the month, 4:00 p.m.

Register:

<https://margaretjessoppsyd.com/hornets-and-hippos/>



Hornets and Hippos Fear and Anger Workshop

September 12 & 26, 10:00 a.m. – 1:00 p.m.

Cost: \$120

Ages 6 – 12 & their parents

Info & to register, email:

hornetsandhippos@gmail.com

More information:

<https://margaretjessoppsyd.com/hornets-and-hippos/>



Family Development Program

Case management program for families who wish to become financially self-sufficient

Works to make sure family has stability with housing, utilities, family relationships, health, transportation, etc., to allow for continued progress toward identified goals

Call 574-284-2060, email family@realservices.org



BE STRONG FAMILIES



Parent Cafes

A 2- hour opportunity to connect with other parents in a safe space to share honest conversations around the challenges and the triumphs of parenting

Rooted in the evidence-based protective factors; more of a social event than a seminar

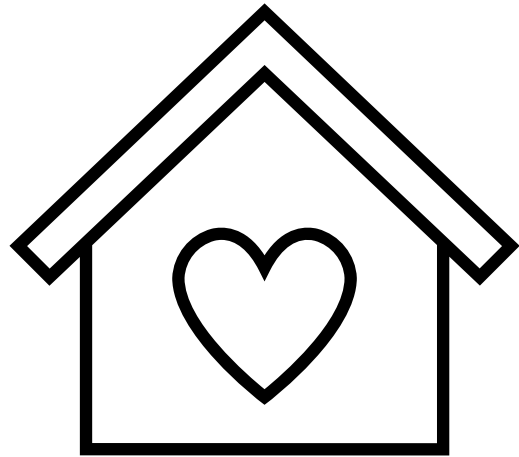
Currently being offered virtually over Zoom

Rebecca.Zakowski@oaklawn.org;
www.sjccares.org



Parenting in Motion

- 3- Day Zoom Symposium bringing together a number of local experts for information on movement that helps manage stress, mental health support for children & parents, and medical understanding of stress and resilience.
- **October 27, 28, 29**
- **Noon – 4:30 p.m.**
- hornetsandhippos@gmail.com
- Rebecca.zakowski@oaklawn.org



Part VI: Other Resources

Grief & Loss



Camp Evergreen Family Workshop Saturday, September 19th, 9:00 am to 3:00 pm; 501 Comfort Place in Mishawaka. Children ages 6-12 who have experienced the loss of a loved one. Email Kim Mathews at evergreen@cfhcare.org for more information.

“If a teacher has any questions about grief and loss issues they can reach out by email or phone and if I don’t know a resource right away I will search for one.”

Holly Farmer: farmer@cfhcare.org

Free presentations on grief & loss issues

Individual & family counseling

Community Bereavement Program for individuals & families that have experienced a sudden, traumatic death including murder, suicide, addiction, sudden illness, accidents

Services for those who have experienced the death of a baby drying pregnancy, childbirth, or infancy



The LGBTQ Center

Social & emotional
support groups

Diversity Training

Parent Support

Email:

[info@thelgbtqcenter.org;](mailto:info@thelgbtqcenter.org)

574- 234-1411



Youth Service Bureau of St. Joseph County

Emergency Shelter

Drop In Center

Street Outreach

Young Moms Self-Sufficiency
Program

Crisis Line: 574-235-9396

Non-crisis: 574-235-9231

www.ysbsjc.org



Mosaic Health & Healing Arts

Indiana's first family medicine practice that is openly welcoming to LGBTQ people, families and friends

Telemedicine
Appointments

574-537-2680

Mosaichha.org

PURDUE ***EXTENSION***

Virtual Classes

Food & Nutrition

Health & Wellness

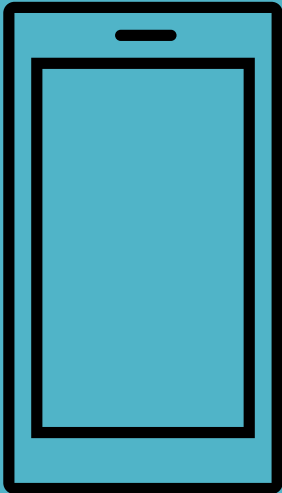
Money Management

Human Development

Info: Olivia Western,
owestern@purdue.edu

574-235-9604

Help 24 X 7



Crisis Text Line: 'Beacon' to 741741

Domestic Violence Hotline: 1-800-799-7233

Indiana Child Abuse/ Neglect Hotline: 1-800-800-5556

National Runaway Safeline: 1-800-RUNAWAY

National Safe Place (teens): 'SAFE' & location to 44357

Sexual Assault Hotline: 1-800-656-4673

Suicide Prevention Lifeline: 1-800-273-8255

The Trevor Project (LGBTQ+ Youth): 1866-488-7386

Disaster Distress Hotline: 1-800-985-5990