

Agenda Coalition Meeting

March 20, 2015, 12:00 – 1:30 p.m.

Lisa Elliott, PhD
WATCH Chair

Tiana Gooden, LCSW
WATCH Vice-Chair

Connections Child &
Family Services
Counseling

Clinicas Mi Doctor

Communities In
Schools of North Texas

Marla Conger, M.D.

Cook Children's
Behavioral Health
Center

Cumberland
Presbyterian Children's
Home

Denton Community
Health Clinic

Denton County
Federation of Families

Denton County Health
Department

Denton County MHMR

Denton Independent
School District

George Ebertin

Family Tree Program

Karen Goff, M.D.

Grace Counseling
Center

Green Apple Therapy

Lisa Henry, PhD

Marilyn Janke, M.D.

Lewisville Independent
School District

Rhonda Love, PhD

Love to Live Well

Vanessa Morales, DC

Susie Ramisetty-Mikler,
PhD, MPH

Touched By Suicide of
North Texas

United Way of Denton
County

University Behavioral
Health

Julie Wright

Youth & Family
Counseling

Welcome & Introductions

Lisa Elliott, Ph.D.
Licensed Psychologist and Clinic Manager
Cook Children's Health Care System

Approval of the Minutes (**ACTION**)

Dr. Lisa Elliott

Regional Workshop Training:
Health Literacy

Courtney Barnard, LMSW
Coordinator, Regional Services
Cook Children's Health Care System

All Members

Education Work Group Update

Rachel McGinnis, LMSW, QMHP-CH
Director of Child and Adolescent Mental Health Services
Denton County MHMHR Center

Website Update

Tiana Gooden, LCSW
Owner and Therapist
Gooden Counseling

Community Conversations

Dr. Lisa Elliott

Adjourn & Networking

Dr. Lisa Elliott

***Note: In lieu of a May coalition meeting, we are asking for your support with the
May 7th Workshop and in sharing social media messages for Mental Health Month.***

**Next Meeting: Friday, July 17th, 12:00 – 1:30pm
Denton County Health Department, 535 S. Loop 288, Denton, 76205**

Coordinator: Courtney Barnard, LMSW
Cook Children's Community Health Outreach
801 Seventh Avenue | Fort Worth, TX 76104
682-885-3070 (Office) | 682-885-4909 (fax)
courtney.barnard@cookchildrens.org
www.WATCHdenton.org

WATCH Wellness Workshop – May 2015 Event Overview **DRAFT**

Time/Date/Location

Name of event: WATCH Wellness Workshop –
Family Voice and Choice / Collaboration
(working title)

Date: Thursday, May 7, 2015

Time: 9:00 a.m. – 1:00 p.m.

Location: TBD

Audience

Expected attendance: 50 – 70 people

Target Audience: Social workers and counselors, school nurses, occupational therapists, juvenile probation staff, parents and community members

Each person/organization attending will be encouraged to bring a family member (a “shining star”)

Purpose of Event

- ✓ Facilitate opportunities for mental health providers to increase their knowledge about mental health issues and available services
- ✓ Disseminate evidence-based mental health practices
- ✓ Recognize Mental Health Month and National Children’s Mental Health Awareness Day
- ✓ Focus on Wraparound principles of: family voice and choice, collaboration, & community-based
- ✓ Assess the status of collaboration among children’s mental health service providers in Denton County

Summary

Families are a key component to getting support to children with mental health needs. Often times, in order to help the child the whole family must be supported. Learn to empower families to find their voice and value a family’s priorities. Participants will then engage in assessing the status of collaboration in Denton County.

*Pending: Continuing education credits will be available for social workers, LPCs and LMFTs.

Agenda

Agenda Item	Objective/Notes	Speaker
Check-in <i>8:30am – 9:00am</i>	<ul style="list-style-type: none"> • Participant check-in • Participants set networking materials out on tables • Coffee and water available 	N/A
Welcome and housekeeping <i>9:00am – 9:05am</i>	<ul style="list-style-type: none"> • Welcome participants • Housekeeping – materials, restrooms, breaks • What we hope you gain from the program • Introduce Tiana Gooden 	Rachel McGinnis, MSSW QMHP-CS WATCH Education Work Group Chair Director, Child and Adolescent Mental Health Services Denton County MHMR Center
Overview of the WATCH coalition <i>9:05am – 9:15am</i>	<ul style="list-style-type: none"> • History of WATCH • Strategic priorities • Current activities • Introduce Patti Derr 	Tiana Gooden, LCSW WATCH Vice Chair Owner and Therapist Gooden Counseling
Presentation #1: Family voice and choice <i>9:15am – 11:15am</i>	<p>*Pending: 2 CEU credits available</p> <p>Learning objectives</p> <p>At the end of this presentation, attendees will be able to:</p> <ol style="list-style-type: none"> 1. Define family voice and choice 2. Understand the role of family voice and choice in the wraparound process 3. Describe strategies to support family voice and choice on a systems level <p>This presentation will include table discussions between parents and providers.</p>	Patti Derr Executive Director and Parent Texas Federation of Families for Children’s Mental Health

Agenda Item	Objective/Notes	Speaker
Break <i>11:15am – 11:25am</i>		
Presentation #2: Collaboration Discussion <i>11:25am – 12:00pm</i>	<ul style="list-style-type: none"> • Assess collaboration • Use text program to survey and display results immediately • Get individual and group/table thoughts <p>Points of discussion/Questions:</p> <ol style="list-style-type: none"> 1. Review collaboration scale – How do you define collaboration? (types/levels of collaboration) 2. Where are we on the scale? 3. Where do we want to be on the scale? 4. How can we get there? 5. What will I/my organization contribute to help us get there? 6. What do we want to see WATCH do/provide re: website and workshop content? 	Lisa Elliott, Ph.D. WATCH Chair Licensed Psychologist and Clinic Manager Cook Children’s Medical Center
Lunch <i>12:00 – 12:30pm</i>	<ul style="list-style-type: none"> • All participants get lunch and begin eating 	
Presentation # 2: Collaboration Discussion (continued) <i>12:30 – 12:50pm</i>	(Continued)	Lisa Elliott, Ph.D. WATCH Chair Licensed Psychologist and Clinic Manager Cook Children’s Medical Center
Adjournment and Networking Reception <i>12:50 – 1:00pm</i>	<ul style="list-style-type: none"> • Complete evaluation • How to get CEUs • Thank you • Networking Reception 	Rachel McGinnis, MSSW QMHP-CS



Check out presentation
materials from our
latest Workshop

**Strengthening family
voices and support**

*Focusing on improving the **mental health** of children in Denton County*

Playing matters!

Angry with your child? Want to restart your relationship?
Unplug from the outside world and plug in to your child
with play. It matters!



Bite into a healthy lifestyle!

To give you lasting energy without being hungry or having blood sugar swings, **try this 1-month challenge:**

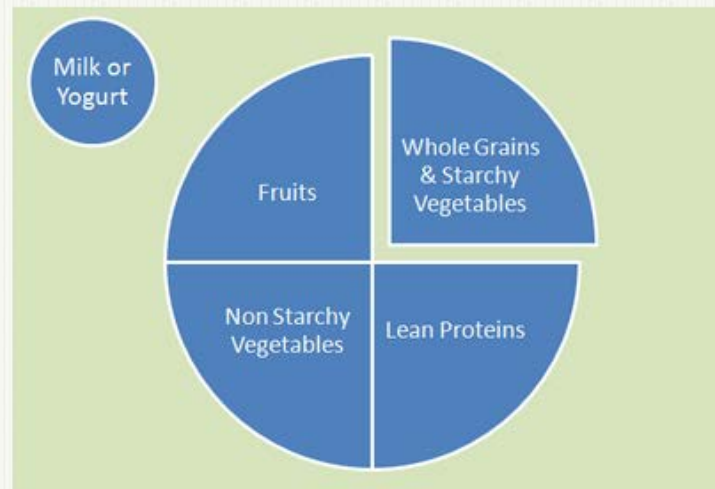
- Choose at least **2** food groups for each **snack**
- Choose at least **3** food groups for each **meal**

Bonus challenge:

- Check your portions to reach and keep a healthy weight

Get more tips on how to do this every day:

- [10 Tips Nutrition Education](#)
- [Healthy eating on a budget](#)
- [MyPlate recipes](#)



Regional Workshop 2015 Health Literacy: Is your message understood?

Health Literacy Principle #1

Keep sentences short and simple.

How to use principle #1

1. Aim for 15 words or less.
2. Use simple sentence structure.
3. Use bulleted lists instead of long sentences.

Helpful resource:

- Ask yourself: What do the readers need to know?
- Rewrite sentences with simple sentence structure.
- Edit your text again, after you have re-written
- Ask someone else to read the materials. (preferably a test-run with the target audience)

Health Literacy Principle #2

Use familiar words

How to use principle #2:

Choose words that are:

1. Less than 3 syllables
2. Less than 6 letters

OR

3. If you have to use it, teach with it! i.e. – bacteria (germs)

Helpful resource:

- Children’s Writer’s Word Book 2nd Edition
- Use the thesaurus in Microsoft

Health Literacy Principle #3

Use conversation style and active voice.

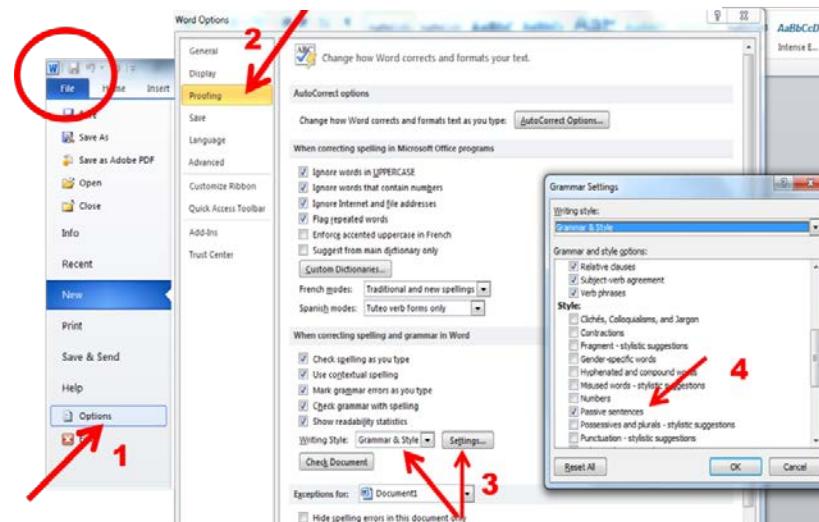
How to use conversation style:

1. Use **you, your, yours** to address the reader of the material.
2. Use **I or we** as the “voice” directing the action in the piece of material.

How to use active voice instead of passive voice:

1. Avoid using –ed or –ing on the end of verbs.
2. Avoid using any form of “to be” or “was” in front of verbs. (i.e. will be, should be, can be)

Helpful resource:



Set Microsoft spelling/grammar check to show passive sentences

Regional Workshop 2015 Health Literacy: Is your message understood?

Health Literacy Principle #4

Be direct and specific.

How to use principle #4 for written materials:

1. Use bulleted lists
2. Use less description
3. Know your audience

How to use principle #4 for verbal communication:

1. Allow for short pauses when speaking to let the listener catch up
2. Simply stop and ask: "How are you doing? or You doing ok?"

Helpful resource:

How to use Teach Back

- Use a caring tone of voice and attitude.
- Use plain language.
- Ask the listener to explain back, using their own words.
- Phrase the question, as "How would you explain this to your babysitter?"
- Emphasize that the responsibility to explain clearly is on you, the educator.
- If the listener is not able to teach-back correctly, explain again and re-check.

Health Literacy Principle #5

Aim for a 4th – 6th grade reading level

How to help lower reading grade level:

1. Use Health Literacy Principles #1 – 4
2. Set your Microsoft Word settings to check the reading grade level

Helpful resource:

