



***Tulsa Youth Mental Health and Family
Resilience Commission***
2021-2022

Inventory

Acknowledgments

This inventory is a project of the Tulsa Youth Mental Health and Family Resilience Commission with support from the City of Tulsa Mayor's Office of Resilience. For questions or comments about the recommendations please email resilient@cityoftulsa.org.

Commission Members

- Kristi Baker, MSJ, LSSBB
- Chloe Beachy, LMSW, LCSW U/S
- Jana Bingman, MD
- Jeff Boatman, MA
- Tessa Chesher, DO
- Brittany Hayes, JD
- Rebecca Hubbard, PhD
- Rob Mouser, LPC, LADC
- Marshan Oliver-Marick, PhD, MPH
- Angelica Reina, MS, PhD
- Joi Michelle Rhodes, BSW
- Christy Spears, LPC
- Mike Stout, PhD
- Amy Tate, PhD

Inventory prepared by

- Rebecca Hubbard, PhD, LPC(c), CFLE
- Ashley Harvey, Intern

About the Youth Mental Health and Family Resilience Commission

The Tulsa Youth Mental Health and Family Resilience Commission was established in 2021 for the purposes of producing a report and recommendations to further facilitate collaboration among child-engaging systems to improve child and adolescent mental health in the City of Tulsa. The Commission is composed of 13 members and includes representation from the following sectors: behavioral health, medicine, education, higher education or research, justice, community-based, faith-based, mental health advocacy, individuals with lived experience in the child and adolescent mental health system, family members with lived experience with the child and adolescent mental health system, and a state legislator.

For more information and background about the Tulsa Youth Mental Health and Family Resilience Commission visit: <https://bit.ly/YouthMHTulsa>.

About the Mayor’s Office of Resilience and Equity

The Mayor’s Office of Resilience and Equity (MORE) works to achieve equality for all Tulsans through partnership building, education, cultural awareness, and advocacy. The office is charged with implementing a broad strategy to promote resilience and equity in Tulsa in all aspects of city life from employment, economic development, health, mental health, and human rights.

For more information about the resilience strategy, visit www.cityoftulsa.org/resilienttulsa.

Disclaimer

The information and websites provided in this inventory are for general informational purposes only. Please verify all information on official sites. For more information about this list or to add information please email resilient@cityoftulsa.org.

Date Published

This inventory was published in 2022.

Introduction

The following inventory is meant to be a preliminary list of youth mental health and family resilience services and supports currently present within the Tulsa area. It also serves to provide deeper explanation of suggestions and example programs suggested in the YMHFR Recommendations. The YMHFR commissioners hope community members will collaborate to create a comprehensive inventory and coalesce efforts to build a comprehensive continuum of care for Tulsa youth mental health. Acronyms used are defined at the end of the inventory.

Table of Contents

Family Engagement	7-13
Youth Engagement	13-18
Stigma Reduction	18-19
Services Gap and Sustained Recovery	19-25
Suicide	26-27
Additional Efforts	27-30

Family Engagement

[Oklahoma Family Network](#)

The Oklahoma Family Network (OFN) informs and connects individuals with special health care needs and disabilities, their families, and professionals to services and support in their communities. The flagship program, Oklahoma's statewide Parent-to-Parent Mentorship Program, provides emotional support, resources and information to Oklahoma families of children with any type of special healthcare need or disability. The Family-to-Family Health Care Information Center Program provides healthcare information and education, as well as opportunities for family voice and leadership. All staff at OFN are parents of children and adults who have special health care needs, disabilities, or lost a child with special needs. This makes them uniquely qualified to support other families the way they prefer.

The OFN staff carefully match referred families with trained veteran families to provide hope, support, encouragement, and assistance in locating resources that can benefit their child. Studies consistently show that children with special needs and critically ill children are more likely to experience a positive outcome when the parents are actively involved in their care. Thus, OFN staff and family leaders are strong advocates for family-centered care in all Oklahoma hospitals, residency programs, and other related medical fields and education settings.

OFN joins forces with hospitals, state agencies, community organizations, and community members on a regular basis to identify gaps in services and brings the voice of those being served to ensure that services and supports are what consumers need when they need it in a way that is culturally appropriate.

[Strengthening Families](#)

The Strengthening Families Program (SFP) is a 14-week evidence-based family skills training program for high-risk and general population families that is recognized both nationally and internationally. Parents and youth attend weekly

SFP skills classes together, learning parenting skills and youth life and refusal skills. They have separate class training for parents and youth the first hour, followed by a joint family practice session the second hour.

Oklahoma launched Strengthening Families™ in seven pilot communities in 2007 to provide concrete supports to families through early childhood programs. The Oklahoma Strengthening Families initiative provides training and structure for program staff to better support families and children in their times of need and to help families and program staff build Protective Factors that reduce the likelihood of adverse home and care environments.

SFP has been evaluated many times by independent researchers in randomized control trials or health services research, with positive results showing a in reduction in substance abuse and delinquency risk factors by improving family relationships. Hence, SFP is rated at the top of the list by international and national review groups, including the prestigious World Health Organization, Cochrane Collaboration Reviews in Oxford, United Nations Office of Drugs and Crime in Vienna, White House, National Institute on Drug Abuse (NIDA) sponsor of the original SFP research, and Office of Juvenile Justice and Delinquency Prevention (OJJDP). SFP is now being tested for the prevention of child abuse as an evidence-based program on Administration for Children and Families (ACF) grants to several states and tribes. Outcomes include increased family strengths and resilience and reduced risk factors for problem behaviors in high-risk children, including behavioral problems, as well as emotional, academic, and social problems. SFP is now widely used also as a universal primary prevention intervention in schools, churches, and communities offering SFP-16 for all families, and hoping thereby to attract more high-risk families. SFP builds on protective factors by improving family relationships, parenting skills, and improving youth social and life skills.

[Youth Mental Health First Aid](#)

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is

experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a five-step action plan for how to help young people in both crisis and non-crisis situations.

Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

[The Celebrating Families!™](#)

The Celebrating Families!™ curriculum is an evidence based cognitive behavioral, support group model written for families in which one or both parents have a serious problem with alcohol or other drugs and in which there is a high risk for domestic violence, child abuse, or neglect. Celebrating Families!™ works with every member of the family, from ages three through adult, to strengthen recovery from alcohol and/or other drugs, break the cycle of addiction, and increase successful family reunification. Celebrating Families!™ fosters the development of safe, healthy, fulfilled, and addiction-free individuals and families by increasing resiliency factors and decreasing risk factors while incorporating addiction recovery concepts with healthy family living skills.

[NAMI Family Support](#)

NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Groups provide an opportunity to gain insight from the challenges and successes of others facing similar experiences.

NAMI's support groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

- Free of cost to participants
- Designed for adult loved ones of people with mental health conditions
- Led by family members of people with mental health conditions
- 60-90 minutes long and meets weekly, every other week, or monthly (varies by location)

- No specific medical therapy or treatment is endorsed
- Confidential

By sharing experiences in a safe setting, family members can gain hope and develop supportive relationships. This group allows family members' voices to be heard and provides an opportunity for personal needs to be met. It encourages empathy, productive discussion and a sense of community. Family members benefit from other's experiences, discover inner strength and become empowered by sharing experiences in a non-judgmental space.

NAMI Family Support Group will help you:

- Aim for better coping skills
- Find strength in sharing experiences
- Not judge anyone's pain
- Forgive ourselves and reject guilt
- Embrace humor as healthy
- Accept that we cannot solve every problem
- Understand that mental health conditions are no one's fault and can be traumatic experiences

[NAMI Family to Family](#)

NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of people with mental health conditions. It is a designated evidenced-based program; research shows that the program significantly improves the coping and problem-solving abilities of the people closest to a person with a mental health condition.

NAMI Family-to-Family is taught by NAMI-trained family members who have lived experience and includes presentations, discussions and interactive exercises.

NAMI Family-to-Family not only provides information and strategies for taking care of a loved one, but also reminds family members they are not alone. Recovery is a journey, and there is hope.

The group setting of NAMI Family-to-Family provides mutual support and shared positive impact—experience compassion and reinforcement from people who understand the situation. Sharing experiences may help others in the class.

In the program, participants learn about:

- How to solve problems and communicate effectively
- Self care and stress management
- Supporting loved ones with compassion
- Finding and using local supports and services
- Up-to-date information on mental health conditions and how they affect the brain
- How to handle a crisis
- Current treatments and therapies
- The impact of mental health conditions on the entire family

[Certified Peer Recovery Support Specialist programs](#)

Peer support is recognized by SAMSHA as an evidence-based strategy with significantly positive outcomes for individuals with chronic mental illness and suicidality. The primary value of peer support specialists comes from their lived experience, which provides them with years of informal training, along with hours of formal training. Peers have a unique perspective that clinical providers do not have, promoting crucial protective factors such as empowerment and autonomy, while offering valuable and authentic connection free of clinical hierarchies. Peer Recovery Support Specialists are certified through ODMHSAS and can be accessed through CCBHC's across the state.

[Be Well Community Development Corporation - Joyful Movement Program](#)

Joyful Movement is an interactive activity to encourage physical activity and movement as a means of improving mental health. Joyful Movement is offered as a once a year 10-week challenge in the fall of each year.

Program Objectives:

- Bring together resources for the community in a culturally appropriate and responsive manner
- Enhance personal and community capacity
- Address health disparities and improve health outcomes

[Mental Health Association of Oklahoma- Hispanic/Latinx Mental Health Outreach](#)

The MHAOK is hosting the first Mental Health Fair for Hispanic/Latinx families this fall. They are also hosting virtual conversations on issues around mental health with the Hispanic/Latinx community (including stigma).

[North Tulsa Coalition Brain Chat Report](#)

The Be Well Community Development Corporation (formerly the North Tulsa Community Coalition) conducted “Brain Chats” in 2018. The Brain Chats were focus groups designed to understand perceptions surrounding mental health and access to care in an effort to identify potential solutions for addressing disparities in mental health outcomes among north Tulsa community members. Results from the focus groups illustrated that there is a distinct linkage between mental health perceptions and access to care which impacts help seeking behaviors, and is shaped by culture. Thus, cultural competence with respect to mental health must be at the forefront of strategies to ensure congruence between lived experiences and health behaviors.

NTCC joined with community partners to develop and implement Joyful Movement in response to the findings. Joyful Movement is an interactive activity to encourage physical activity and movement as a means of improving mental health and access to mental health resources. Through Joyful Movement, community members engage in organized physical activities and have access to mental health provider(s) in one setting which is aligned with community needs and interest. Joyful Movement is convened at the Jane A. Malone Center in Chamberlain Park.

Additional information for both the Brain Chat and Joyful Movement can be found at:

[Be Well Community Development Corporation - Brain Chat Report](#)

(wildapricot.org)

[Tulsa Public Schools](#)

[The Parent Resource Center](#) is designed to be an engaging community space for all Tulsa Public School parents and families. The Parent Resource Center aims to provide continuous and meaningful services, educational opportunities, and resources for parents to support their children from conception to their middle and

high school years to prepare for college, careers, and life. They utilize a collaborative and holistic approach with family engagement, community involvement, and support services to address children and families' social, educational, and emotional needs. They also partner with local community mental and behavioral health agencies that provide mental health services to students to address social, emotional, or behavioral needs.

The purposes of the resource center follow:

- Encourage families to engage with the schools.
- Assist parents with educational support services and opportunities that enable them to support their children's education.
- Offer centralized social services for families.
- Emergency infant services
- Computer Labs
- Enrollment Services
- ConnectFirst
- Anticipated Service Expansion
- GED courses (Spanish class)
- English as a Second Language (ESL) Services
- Workforce Development
- Mental Health Services
- Financial Literacy
- Parent Academy Sessions

[Jenks Public Schools](#)

Everyday Behaviors for Parents is a series of YouTube videos aimed at equipping parents to support emotional health and wellness.

<https://everydaybehaviors.com/parents/>

Social Stories encourages positive social interaction.

<https://www.abaresources.com/social-stories/>

Youth Engagement

House Bill 1568

HB1568 requires all schools to provide mental health education as part of health education for K-12 students.

Tulsa Public Schools

Student Advisory Council collaborates with local community mental health related service partners and school sites around mental wellness, such as:

- Youth “Psychological First Aid” training.
- Joint effort with the Tulsa Youth Philanthropy Initiative and MHAOK to share peer to peer mental wellness curriculum (Discuss Well - Password “DiscussWell”) to secondary students.
- Collaboration with MHAOK to promote and participate in “Youth Check” mental health screening (optional) for students age 11 and up.
- Collaboration with district and school sites to highlight youth-led “Children’s Mental Health Acceptance” month and “Children’s Mental Health Awareness” week.
- Collaboration with MHAOK to participate in Empowered Voices, a Tulsa Youth Move chapter.
- Collaboration with The Tristesse Grief Center to engage in peer bereavement support groups (Healing Hearts Club) at school sites.
- Counselor Corps encourages student examination of mental wellness and the wellness continuum as students participate in small groups to build community, learn to lead, and encourage wellness in one another.
- Students and school communities collaborate with The Parent Child Center of Tulsa, to take the Teach Kindness challenge to create a culture of kindness and wellbeing in their school community.
- Student voices are shared via the Panorama School Climate Survey, which provides valuable student feedback regarding school climate and culture, positive relationships, and school safety.

The [Strong Tomorrows](#) Program provides a variety of support services to help expectant and parenting students. The goals of the program are for students to stay in school and graduate with a viable post-secondary plan. The Strong Tomorrows Program also provides referrals for childcare vouchers, information about various city-wide social services, education/training, and employment opportunities. The program has strong partnerships with various government agencies and community-based organizations to provide educational workshops on parenting, childbirth and development, life skills, financial literacy, health related issues,

college/university admissions process, employment preparedness and much more. Strong Tomorrows works to ensure students have all the help and support they need to become well rounded, educated, employable, informed parents who can effectively advocate for their child(ren) and themselves.

Union Public Schools

- Hope/Social Emotional Learning (SEL) Resources at <https://www.unionps.org/hopeguidancesel>
- Monthly social emotional learning family newsletter (English and Spanish)
- Hope/SEL curriculum for 6/7th grade and developing PK-5th grade hope/SEL curriculum.
- A virtual calming room that is a library of SEL resources- <https://sites.google.com/view/unionvcr/home>

Bixby Public Schools

- Suicide Prevention programming (secondary), Say Something, from the Sandy Hook Promise Foundation.
- Say Something Anonymous Tip Line accessible for all students/families.
- Start with Hello Week (Sandy Hook Promise program).
- Be Well, an initiative led by high school students & the counseling team
 - to improve student wellbeing
 - bi-weekly activities hosted for all students before school and at lunch to spread joy, happiness and to foster connection, creativity, and sparking positive emotions
 - favored Spartan Therapy Dogs
 - yoga
 - creative expression projects
 - thoughtful and inspiring treats
 - yard games
 - other special activities to spread joy and kindness.
- Spartan Coffee Shop, a program designed to positively support students with attendance, behavior/social skills, and academics in high school.
- Coffee shops in two of the intermediate schools in 2022-2023.
- Partner with the Tristesse Grief Center for loss and grief support.
- Parent engagement through relatable evening seminars, and distributing relevant mental health information to students, staff and families more consistently.

- Highlighting Suicide Prevention and Mental Health Awareness in secondary school.
- Wellness support and resources for the Spartan community.
- Ongoing revisions of Community Resources shared with families to assist with crisis and/or therapeutic care outside of the school setting.
- Ongoing updates with resources.

Jenks Public Schools

[Trojans CARE \(Creating A Responsive Environment\)](#) is Jenks Public Schools' broad-based approach to addressing the needs of students who have experienced trauma and establishing positive and effective learning environments in classrooms across the district. Trojans CARE leverages partnerships with community agencies to provide embedded therapeutic services, provides professional development focused on the impact of trauma and effective trauma-informed classroom practices, and encourages students to live out the district's core values through a variety of leadership development opportunities and an emphasis on character development. Community partners include:

- The University of Tulsa Institute of Trauma Adversity and Injustice (TITAN)
- Family and Children's Services
- Counseling and Recovery Services of Oklahoma
- CREOKS Behavioral Health Services
- Gilead Counseling Services, LLC

Mental Health Association – Empowered Voices

Empowered Voices provides a safe environment for youth ages 16-24 that are passionate about improving services and systems. Members of the group work together to better their community on issues they are passionate about through vocal advocacy and community projects. Contact us by email or Instagram. Click [here](#) to learn more about Youth MOVE National. See our presentation [here](#).

teen Mental Health First Aid

teen Mental Health First Aid is a training program for teens brought to the United States by the National Council for Mental Health Being in partnership with Born This Way Foundation. It teaches teens in grades 10-12, or ages 15-18:

- Common signs and symptoms of mental health and substance use challenges.
- Common signs and symptoms of a mental health crisis, particularly suicide.
- The impact of school violence and bullying on mental health.
- How to open the conversation about mental illnesses and substance use with friends.
- How to seek the help of a responsible and trusted adult.

[NAMI Ending the Silence](#)

Ending the Silence is a free, evidence-based, 50-minute session designed for middle and high school students. Students learn about mental health conditions through a brief presentation, short videos, and personal testimony from a young adult who describes their journey to recovery. Ending the Silence presentations include two leaders: one who shares an informative presentation and a young adult with a mental health condition who shares their journey of recovery. Audience members can ask questions and gain understanding of an often-misunderstood topic. Ending the Silence is an engaging presentation that helps middle and high school aged youth learn about the warning signs of mental health conditions and what steps to take if they or a loved one are showing symptoms of a mental health condition.

[Peer Health Exchange](#)

Peer Health Exchange partners with under-resourced high schools to promote health equity by providing peer-led health education for students. Through youth engagement, online tools and resources, and school-based programs, PHE helps inspire and empower youth to make health decisions.

[SelfSea](#)

SelfSea, powered by Peer Health Exchange, provides youth with support, resources, and stories from young adults who have been there. SelfSea believes self-care is community care. The app was designed together with young people as a safe digital place where they can see themselves reflected within a supportive and inclusive community that prioritizes their identity and experiences about mental health, sexual health, and beyond.

<https://www.selfsea.org/>

Stigma Reduction

100 Black Men of Tulsa

The 100 Black Men of Tulsa is an affiliate of the 100 Black Men of America, Inc. The organization is focused on improving the quality of life within black communities. The 100 Black Men of Tulsa focuses efforts in the areas of mentorship, education, health and wellness, and economic empowerment. The organization conducted a mental health stigma reduction campaign aimed at addressing the youth perceptions of mental illness among African Americans. Content for the campaign was identified through focus groups and surveys. The campaign development was supported by the Oklahoma State Department of Mental Health and Substance Abuse and is used to guide program action and community engagement throughout the state.

Contact The 100 Black Men of Tulsa at: 100blackmenoftulsa@gmail.com

NEAR Science: Beyond ACEs Training

NEAR Science: Beyond ACEs is a free training for individuals and organizations interested in learning about how ACEs and childhood trauma impact individuals, families, and communities. The science-informed, evidence-based curriculum covers the ways toxic stress and trauma affect the brain (Neurobiology); how the impact of early adversity and trauma can be transmitted from one generation to the next (Epigenetics); an overview of the findings from the original ACEs study (Adverse Childhood Experiences); and how to strengthen and build capacity for resilience in individuals and communities (Resilience).

NAMI Pledge to be Stigma Free

The StigmaFree campaign is NAMI's effort to end stigma and create hope for those affected by mental illness. Through powerful words and actions, the social and systemic barriers for those living with mental health conditions can be shifted.

The Mighty

The Mighty is an online community of people with lived experience sharing their honest stories about mental health, chronic illness, recovery journeys, and more. This platform helps people connect with peers, elevates the voices of peers, and fights stigma by providing health care information through the lens of those with lived experiences.

Services Gap and Sustained Recovery

Healthy Minds

Healthy Minds Policy Initiative is a nonpartisan, dedicated team of policy and mental health experts who collaborate with state and local leaders to develop and advance innovative, data-informed policies and capacity-building approaches in the prevention and treatment of mental illness and substance use disorders for Oklahomans. In addition to research on the behavioral health workforce, mental health parity, and integrated care, Healthy Minds has several reports on children's mental health continuum of care concepts and a general analysis of needs and gaps in Oklahoma.

<https://www.healthymindspolicy.org/research/children/>

School Based Services from Community Mental Health Centers

Itinerant Therapists

- Community-based mental health professionals (e.g., licensed therapist or therapist under supervision for licensure) who provide services to students facing challenges that impact mental health and well-being.
- Manage a caseload of students from one or more schools but are not embedded in one school.
- Qualified to conduct intakes, develop treatment plans, provide case management and individual/group therapy/family therapy.
- May see students affiliated with agencies that serve the district through an existing partner grant and has privileges to school access to students receiving services through the grant partner agency e.g., initial crisis response through a specific grant funded service and is providing services but not embedded at a site.

Embedded Therapists

- Meet the same qualifications as itinerant therapists and can provide the same types of services.
- As embedded providers are actually housed within a school, embedded therapists may be asked to be available to provide crisis intervention, when needed. (Example: Safety assessment to determine if a student is in need of a higher level of care.
- Assigned to one school (by the agency) with the permission of the school leader.
- The school leader provides a dedicated office space for use by agency personnel.

Local Churches

Many local religious communities in Tulsa maintain a current list of mental health resources for members in need of those supports. Staff who routinely engage with members who are in crisis receive basic training on when to refer members to more intensive supports. This training ranges from a full day of training led by a licensed mental health professional to the more common inclusion of guidelines in a pastoral care handbook. NAMI Tulsa has collected resources for local religious communities that can be found on [FaithNet](#). Most commonly, referrals for counseling are made to established local agencies or licensed private practitioners including the following:

- [Joy Christian Counseling](#)
- [Cornerstone Christian Counseling](#)
- [Hope Forward Counseling and Life Coaching](#)
- [Strength of Mind Clinic](#)

Referrals for crisis care are made to established crisis lines including the COPES 24/7 Crisis Hotline, Domestic Violence Intervention Services, Oklahoma Safeline, National Suicide Prevention Lifeline, and the Family Safety Center.

Below are examples of Tulsa churches who list their mental health partners and resources on their websites:

- [Victory Church](#)
- [Church on the Move](#)

- [Transformation Church](#)
- [Asbury](#)
- [Boston Avenue United Methodist Church](#)
- [Redeemer Church](#)
- [First United Methodist Church](#)

Calm Center

The CALM Center is a safe and caring place for youth ages 10-17 to receive immediate support, assessment, and stabilization for an emotional, behavioral, or substance abuse crisis any time of day or night. Care is provided regardless of ability to pay, and a referral is not necessary. The CALM Center has 15 beds and provides immediate crisis stabilization for children who have experienced significant trauma in the form of violence, abuse or neglect, behavioral health issues, and/or substance use. During a typical seven-day stay, children work with a team to identify personal strengths, begin building life management skills, and learn positive relationship and crisis prevention skills. A board- and ASAM-certified psychiatrist along with licensed nurses, therapists, and life skills coaches work as a team with youth and their families to identify what is causing the crisis and to create a plan for change. The CALM Center fills the gap between outpatient and inpatient care for youth in crisis. Crisis situations that often lead to admissions include suicidal thoughts, defiant behaviors at school and home, and dangerous behaviors.

918.394.CALM (2256)

<https://www.crsok.org/the-calm-center/>

[The Sanctuary Model®](#)

The Sanctuary® Model is a blueprint for clinical and organizational change that, at its core, promotes safety and recovery from adversity through the active creation of a trauma-informed community. A recognition that trauma is pervasive in the experience of human beings forms the basis for the Sanctuary Model's focus not only on the people who seek treatment but equally on the people and systems who provide that treatment.

To create safe and healing environments for children, families, and adults who

have experienced chronic stress and adversity, the Sanctuary Model is being used across a wide range of settings, including residential treatment, juvenile justice, drug and alcohol treatment, school and community-based programs, partial hospitals, domestic violence, and homeless shelters.

Simply explained, the Sanctuary Model is comprised of three primary components:

- Theoretical philosophies that form the underpinnings of the model
- Trauma-informed shared language, represented by the acronym SELF (safety, emotion management, loss and future)
- A set of practical tools, known as the Sanctuary Tool Kit

[Counseling and Recovery Services of Oklahoma Urgent Recovery Center](#)

Youth Evaluation Services (YES) Tulsa is an extension of the CALM Center. YES Tulsa provides comprehensive intervention services for youth ages 6-17 and their families in crisis situations. Staff assess clients to determine the most appropriate level of care – from a 23:59 space (short term, less than 24 hours) for decompression and respite from a difficult situation to a place for the entire family to work through the crisis together. YES Tulsa offers a crisis assessment team, crisis stabilization, a mobile crisis team, 23:59 spaces, transportation, and prevention services.

[Morton Center for Community Health](#)

Morton is a Patient-Centered Medical Home and is one of Oklahoma's largest community health centers in the state. For over 90 years, Morton has been providing comprehensive medical, dental, and ancillary services to individuals regardless of race, religion, ethnicity, national origin, or one's ability to pay for services. These services include psychiatric and mental health. Morton's Behavioral Health (BH) Department is comprised of Licensed Professional Counselors and Licensed Clinical Social Workers. Counseling services are available for the entire family. Patient care and services for the whole family are provided in treatment for anxiety, anger, depression, and stress (e.g., PTSD (Post Traumatic Stress Disorder)); chemical dependence and substance abuse; group and individual therapy; recreation therapy; and other treatment modalities. During the summer, the BH department offers summer camp activities to children 5-14 years

of age. The summer camp activities include indoor and outdoor activities, along with a pizza party at the end of the summer. The program is free for eligible children.

[Oklahoma Child and Adolescent Psychiatry and Mental Health Access Program \(OKCAPMAP\)](#)

The Oklahoma Child and Adolescent Psychiatry and Mental Health Access Program (OKCAPMAP) will support the primary care provider's provision of pediatric mental health care in the primary care setting. OKCAPMAP will provide Oklahoma's primary care providers with child and adolescent psychiatry and mental health consultation, advanced behavioral health education, and referral assistance to local and statewide mental health services. OKCAPMAP services include but are not limited to:

- child and adolescent psychiatry and mental health consultation
 - psychiatric medication management
 - mental health diagnosis
 - mental health intervention
- behavioral health education
 - lunch and learns with case dissection
 - asynchronous online modules
 - in-person trainings
 - asynchronous online modules
 - online learning library
- behavioral health therapy referral assistance
 - best-fit referral assistance
 - local and statewide resources and services
 - follow up and continuity of care

[Family and Children's Services Community Outreach Psychiatric Emergency Services](#)

COPES (Community Outreach Psychiatric Emergency Services) is Tulsa's local, free and confidential 24/7 telephone crisis line and mobile crisis service. COPES provides emotional support for children and adults in suicidal crisis or emotional distress.

COPES helps students in Tulsa area schools, family members, friends, law enforcement and other professionals to ensure safe resolutions and intervention plans are put in place.

If you or someone you know is in crisis, COPES is here for you at 918-744-4800 to speak with a trained mental health professional. If face-to-face help is needed, we can go wherever the need may be – home, school, work or in the community. Our 24/7 COPES mobile response team specializes in crisis management through immediate crisis assessment, intervention, stabilization, follow-up, and linkage to community resources and mental health care.

Positive Changes

Positive Changes provides partial hospitalization treatment (PHP) for youth ages 4-17 in an outpatient setting. Children who qualify for this care have been unable to make adequate progress through outpatient counseling services, are stepping down from inpatient levels of care, or whose behaviors make it difficult to maintain in a traditional classroom setting.

Children attend the program Monday through Friday during the day and are home evenings and weekends. Children receive 3.5 hours of group rehabilitation and 3 hours of school (when public school is open) per day. Each week the children receive 1 hour of individual therapy, 1 hour of family therapy and 2 hours of group therapy. Children will also meet with a psychiatrist a minimum of twice per month. There are four locations: Oklahoma City, Bethany, Edmond, and Tulsa.

Family Support Providers

Family support providers offer family-to-family support with navigation of the mental health system and access to local, state, and national support services and resources. Individuals with experience in the youth mental health system are hired to support families in accessing and maintaining care and recovery for their child. The entities listed below offer family support providers as part of their milieu of services.

- *Parent Child Center of Tulsa*
1421 South Boston Tulsa, OK 74119
- *Family & Children's Services*
650 S Peoria Tulsa, OK 74120
- *Family & Children's Services*
2325 S. Harvard Ave. Tulsa, OK 74114
- *Family Hope House*
5840 S Memorial Dr. #111, Tulsa, OK 74145
- *Dayspring of OK*
3105 E. Skelly Dr, Tulsa, OK 74105
- *CREOKS*
4103 S. Yale Ave. Suite B, Tulsa, OK 74135 (located in Tulsa Promenade Mall)
- *Grand Lake Mental Health*
3100 Medical Parkway Claremore, OK 74017
- *Youth Services of Tulsa*
311 S. Madison Ave, Tulsa, OK 74120
- *Indian Health Care Resource Center for Tulsa*
550 S. Peoria Ave. Tulsa, OK 74120

Suicide

Senate Bill 21

SB21 requires all schools to provide suicide prevention training for school staff.

House Bill 1593

HB 1593 mandates local school boards to have a training program for teachers aimed at recognizing and addressing student mental health needs. A teacher in his or her first year must complete this training and then refresh that training every three school years.

NAMI Ending the Silence

Ending the Silence is an engaging presentation that helps middle and high school aged youth learn about the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms of a mental health condition.

Question, Persuade, Refer

Question, Persuade, Refer (QPR) is a Suicidal Thinking, Behavior, Attempts prevention training for participants to be able to recognize the warning signs of Suicidal Thinking, Behavior, Attempts and question, persuade, and refer people at risk for Suicidal Thinking, Behavior, Attempts for help.

QPR Gatekeeper Training for Suicide Prevention is a 1–2-hour educational program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g., parents, friends, neighbors, teachers, coaches, caseworkers, police officers). The process follows three steps: (1) Question the individual's desire or intent regarding suicide, (2) Persuade the person to seek and accept help, and (3) Refer the person to appropriate resources. Trainees receive a QPR booklet and wallet card as a review and resource tool that includes local referral resources.

The training is delivered in person by certified QPR gatekeeper instructors or

online. Although the foundation for the QPR Gatekeeper Training for Suicide Prevention is the same for all audiences, the training can be customized for use with specific audiences in collaboration with the QPR Institute.

<https://mhaok.org/suicide-prevention-training-qpr>

Mental Health Association Youth Mental Health Program

The Youth Mental Health Program helps to identify mental health concerns in 6th-12th graders. Within Tulsa and Oklahoma City offices, the Youth Mental Health Program staff offer by-appointment-only screenings. The screenings are also implemented through local schools with parental permission. The adolescent completes a computer-based survey of mental health concerns on a laptop. If a screener identifies a mental health concern, including suicidal thoughts or behavior, the parent and the screener will work through a plan to connect the teen with the necessary support and treatment. The screener will continue to provide support to your family until the teen engages in treatment if the family chooses to seek counseling. <https://mhaok.org/teen-mental-health-screening>

Oklahoma Department of Mental Health and Substance Abuse Services Suicide Prevention

ODMHSAS collaborates with local partners to provide several school-based suicide prevention training programs, such as Lifelines, Living Works, Talk Saves Lives, Mental Health First Aid, and At-Risk PK-12. [Click here for a list.](#)

Additional Efforts

[National Alliance on Mental Illness Tulsa](#)

NAMI Tulsa improves the lives of individuals and families affected by serious mental health conditions through education, support, and advocacy.

Support - Members help each other cope, and get through hard times. They share information and experiences with local services and professionals. A warm circle of friends offers support and hope.

Education - Long term mental illnesses such as schizophrenia and major and manic depression are biochemically caused brain diseases. They are not caused by a poor home environment. They are not the result of character flaws. Scientific research has demonstrated these truths. Public education lags sadly behind. NAMI is changing that, working through TV, radio and the press.

Advocacy - At all three levels, National, State and Local, a strong voice is available to help change services at the city and state level for the better, and to effect changes in national laws that affect families facing mental health challenges.

Research - NAMI is supportive of research that will lead to novel and effective treatments for people with mental illness. This support includes ongoing advocacy for research that will improve the lives of individuals and their families. It also includes informing people of ongoing research on various therapies, including clinical trials for new medications.

[Oklahoma Prevention Needs Assessment](#)

The Oklahoma Prevention Needs Assessment Survey (OPNA) is a biennial survey of public, private, and charter school students in the 6th, 8th, 10th, and 12th grades. The survey is a project of the Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS), and has been conducted in Oklahoma since 2004. To increase in-state prevention efforts and collaboration, ODMHSAS has partnered with the OSU Center for Family Resilience, the OSU National Center for Wellness and Recovery, and the OSU Center for Rural Health to facilitate the OPNA survey administration for the 2021-2022 school year.

The OPNA is a robust tool for providing direction to schools, districts, and communities to effectively improve the lives of students across a variety of issues: alcohol, tobacco, other drug use, mental illness, academic failure, and violence. The survey results provide the necessary information to plan important prevention and intervention strategies. It will also help schools, districts, and counties judge the effectiveness of current prevention and intervention efforts. The information gained from these surveys will allow school districts and the State of Oklahoma to continue to provide comprehensive prevention programs for our schools and children. The focus of the OPNA is on health risk behaviors such as violence and

alcohol, tobacco, and other drug use that can result in injury and/or impede positive development among youth. The survey also includes risk and protective factors, which are attitudes, behaviors, and opinions that research has shown to be highly correlated with these health risk behaviors.

[Hope Centers](#)

In August 2020, The Oklahoma Department of Human Services collaborated with existing community partners to develop a new platform referred to as ‘Community HOPE Centers’ to serve the needs of the state’s most vulnerable children.

Collaborating with existing partners, they developed robust programming and provided support and resources to children and families to combat unprecedented levels of Adverse Childhood Experiences (ACEs) related to COVID-19, infusing the Science of Hope to address the needs of children and families.

Program Activities include:

- Provide trauma-informed mental and emotional health professionals to work with children and program staff to address new, higher levels of childhood trauma.
- Embed a DHS employee to connect families to resources like TANF, SNAP, workforce programs, and LIHEAP.
- Work with students to help facilitate engagement in remote/virtual learning platforms, including help with homework and other assignments.
- Provide deeper enrichment activities to combat social and emotional distress.
- Provide two meals and a snack to children daily to address rising food insecurity.

[Tulsa City-County Health Department](#)

The science of child development shows that the foundation for sound mental health is built early in life. A child’s sound mental health provides the essential foundation and stability that supports all other aspects of human development – from the formation of friendships and ability to cope with adversity to the achievement of success in school, work, and community life.

The Tulsa City-County Health Department provides the Child Guidance program, which offers specialized assistance to families that include young children with challenging behaviors. They promote and offer relationship-based and trauma-informed assessments and interventions that include the child and the caregiver. Issues such as communicating with others, managing difficult emotions, developing self-confidence and positive social skills, and practicing new behaviors are often addressed.

Current Services provided under the Child Guidance program include:

- Childcare consultations and trainings
- Parenting groups
- Circle of Security
- Infant massage
- Coping skills
- Social skills
- Parent-child interaction therapy
- *Theraplay*
- Child-parent psychotherapy
- Trauma-focused cognitive behavioral therapy
- The Incredible Years- A 12-week group-based program designed to promote parents' competence and self confidence in using positive parent management skills with children ages 3 – 8 years.

Acronyms

AFSP = American Foundation for Suicide Prevention

NAMI = National Alliance on Mental Illness

NFFMCH = National Federation of Families for Children's Mental Health

MHA = Mental Health America

MORE = Mayor's Office of Resilience and Equity