

Community Catalysts for Change

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Allen County Drug & Alcohol Consortium, Inc.

June 27, 2023



Learning Objectives

Attendees will:

- Gain insight on coalition engagement for community change strategies for LGBTQIA+ youth.
- Be able to identify community partners who would be most appropriate for supportive services for the LGBTQIA+ community.
- Have a better understanding of how the Community Catalyst grant could be used to inspire ownership of community level change within the broader populace.



At BRAVE, the goal is to provide effective, equitable, understandable, and respectful quality care and services that are responsive to diverse cultural health beliefs and practices, preferred languages, health literacy, and other communication needs.



<https://thinkculturalhealth.hhs.gov/clas>



- BRAVE's target population is LGBTQIA+ youth and young adults under the age of 35.
- Building partnership and collaboration with people with lived experience (PWLE) to build programming is an effective strategy to create lasting community transformation.



Building Radically Affirming & Validating Environments



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



Thank you!

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Neurodevelopmental Center

of Southwestern Indiana
integrated care for youth & families

Kayce Smith, LCSW

Southwestern Behavioral Healthcare

June 27, 2023



Learning Objectives

1. Participants will be able to identify strategies used to address mental health & substance use disorders under the Catalyst grant.
2. Participants will be able to compare their own strategies to those presented.
3. Participants will be able to learn about the push for collaboration in the field of mental health and addiction.

Neurodevelopmental Center

of Southwestern Indiana
integrated care for youth & families

The NDC is the product of a partnership between Southwestern Behavioral Healthcare (SBH) and Easterseals Rehabilitation Center (ESRC) to help reduce the barriers for youth with complex needs to access care.



We Strive to Enhance:

Access to Care

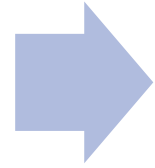
Integration of Care

Quality of Care



Population Served

Must be an
Indiana Resident

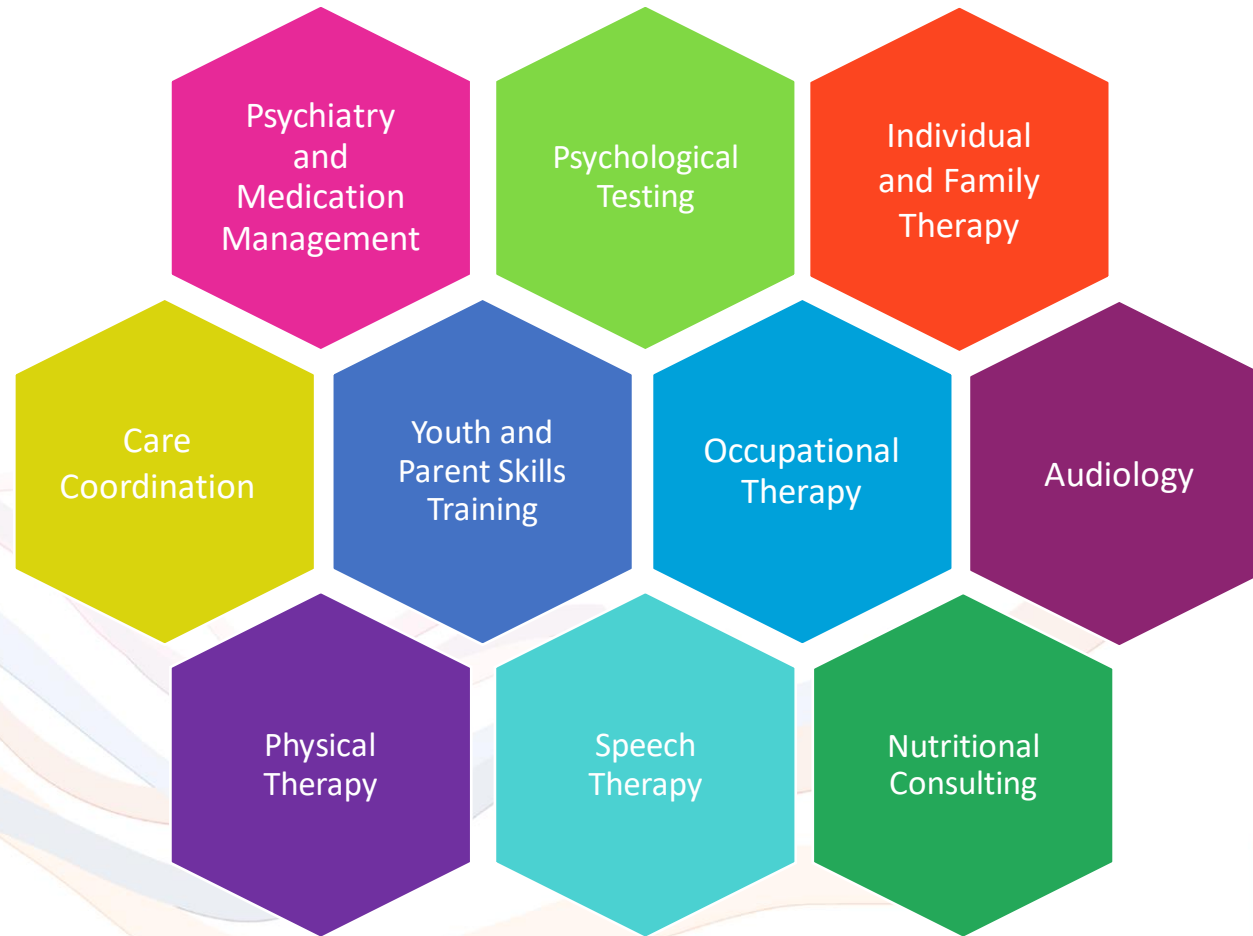


Must be Age 17 or
below upon
referral



Must suspect or
have an
established mental
health and ID/DD
concern

Provided Services



Current Data

Since January 2023, NDC has received **113** referrals for youth.

100 Met eligibility criteria and were *staffed* with the Multidisciplinary Team.

46 Referrals moved forward to *start services*.

13 Are *pending staffing*.

Catalyst Grant



COLLABORATION



QUALITY



EFFICIENCY

Collaboration

Develop multidisciplinary center for youth who experience mental health and ID/DD concerns.



Partnered with ESRC to expand on specialized services within the community.



Incorporated multidisciplinary approaches to treatment and training.



Created a Project Advisory Council.



INDIANA MENTAL HEALTH AND ADDICTION CONFERENCE

Quality

Provide ID/DD training for current and future professionals to successfully work with youth.

Partnered with University of Southern Indiana, University of Evansville, and IU School of Medicine - Evansville

Offering expanded education opportunities within the community

Working to improve efficient provider onboarding and continuing education training

Efficiency

Create *Efficient Workflows* toward *Reduction in Redundant Communications*.

**Engage in
*Multidisciplinary
Services***

**Provide
*Shared Trainings
Across Agencies***

Future Replication Steps

Learn

Our goal is to have learned the best, most efficient processes to be family focused and prevent re-traumatization.

Create

Create training models that can be duplicated for professionals and families alike.

Reduce

Reduce barriers to care – What agencies can you partner with?

Thank You!

Kayce Smith, LCSW
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Representing Healing

Aaron J Lane, MSOL, LSW
Courageous Healing, Inc.

June 27, 2023



Learning Objectives

- Introduce Courageous Healing, Inc.
- What we stand for...
- Our approach to mental healthcare



The Business of Healing...



What we stand for....

Therapists who are culturally competent

- Finding a therapist suited to you can be overwhelming, our goal is to make it easier. Our therapists are culturally responsive and have diverse disciplines and backgrounds. They are here to help you heal and grow personally, vocationally, and relationally. We can help you navigate depression, anxiety, grief, self-esteem, anger, stress, relationships, and more.

Care that is trauma-informed

- Our therapists are trained in some of the most efficient trauma-informed and evidence-based approaches in the country. That includes Rapid Resolution Therapy (RRT), Wellness Recovery Action Plan (WRAP), Addiction Peer Recovery (CAPRC II), Eye Movement Desensitization & Reprocessing (EMDR), QPR Suicide Prevention, and more.

A space that is safe for you

- We take pride in offering various confidential therapeutic services, including group therapy, specialized workshops, events, individual, couples, and family therapy in a safe setting. Our center is designed to feel safe and supported while you work towards your goals.

Services that are accessible

- Upholding economic equity for mental health care is essential to us. At Courageous Healing, you have the option to engage in teletherapy (online), in-person therapy services, or a combination of both with sensitivity to COVID-19 recommendations and protocols. Courageous Healing currently uses Zoom to conduct secure video sessions so you can experience exceptional care from your home.

Our Approach



Where are you?

Mental Health Continuum Model



<ul style="list-style-type: none"> • Normal mood fluctuations • Calm & takes things in stride • Good sense of humour • Performing well • In control mentally • Normal sleep patterns • Few sleep difficulties • Physically well • Good energy level • Physically and socially active • No or limited alcohol use/ gambling 	<ul style="list-style-type: none"> • Irritable / impatient • Nervous • Sadness / overwhelmed • Displaced sarcasm • Procrastination • Forgetfulness • Trouble sleeping • Intrusive thoughts • Nightmares • Muscle tension / headaches • Low energy • Decreased activity/socializing • Regular but controlled alcohol use / gambling 	<ul style="list-style-type: none"> • Anger • Anxiety • Pervasively sad / hopeless • Negative attitude • Poor performance / workaholic • Poor concentration / decisions • Restless disturbed sleep • Recurrent images / nightmares • Increased aches and pains • Increased fatigue • Avoidance • Withdrawal • Increased alcohol use / gambling is hard to control 	<ul style="list-style-type: none"> • Angry outbursts / aggression • Excessive anxiety / panic attacks • Depressed / suicidal thoughts • Over insubordination • Can't perform duties, control behaviour or concentrate • Can't fall asleep or stay asleep • Sleeping too much or too little • Physical illnesses • Constant fatigue • Not going out or answering phone • Alcohol or gambling addiction • Other addictions
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BREAKING THE STIGMA

#RePresentingHealing



MENTAL HEALTHCARE DOES NOT HAVE TO LOOK LIKE
ANYTHING OR ANYONE YOU HAVE EVER SEEN BEFORE...

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Authenticity



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Centering Blackness



Thank you!

Aaron J. Lane, MSOL, LSW

www.courageoushealing.org



Courageous Healing, INC



@CourageousHealingInc



INDIANA MENTAL HEALTH AND ADDICTION CONFERENCE

Inspiring Indianapolis Youth

Paola Palami

Lutheran Child & Family Services (LCFS)

June 27, 2023



Learning Objectives

- Participants will be able to learn more about the INSPIRE program.
- Participants will be able to learn more about how LCFS is supporting youth in the workforce.
- Participants will be able to learn more about the ***Inspiring Indianapolis Youth*** Program and the tools that are used to support the children.

INSPIRE

- Identify Needs, Support Potential, Increase Resiliency & Empowerment
- 2 Gen Services Approach
- Collaboration with multiple partners
- Help families gain the skills/resources they need to escape the cycle of poverty via
 - Improved education
 - Enhanced employment
 - Increased health and wellness
 - Expansion of social capital



INSPIRING Indianapolis Youth

- Pilot Program – Anna Brochhaussen Elementary School
- We help children develop...
 - Social skills
 - Promote positive mental health
 - Promote prevention of substance misuse
 - Promote a safe & welcoming environment
- Enriching activities
- Peer Mentoring
- Plans for expansion

Youth in the Workforce

High School Apprentices

- 3-year program
 - Modern Apprenticeship
- Begins junior year of HS
- Professional development
- Peer Mentors
 - Elementary school students
 - HS Peers
- Building Professional Network

Reference.

Thank you!

Paola Palami

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