

Help Me Grow North Texas News

June 2021 Edition

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Reminders:

- Next Quarterly Subcommittee meetings will be held in September
- Next Collaborative Meeting will be held in July 21st 8:30-10 AM
- Follow us on social media (Facebook, Twitter, & Instagram) @HelpMeGrowNTX

TEA Recess Grant Supports Dallas Providers

June 2 through 4, the United Way of Metropolitan Dallas TEA Recess grant sponsored a Be Strong Families Parent Café Training. This training focused on empowering twenty-five Family Advocates and Parent Educators from ChildCare Group with this powerful family-centered experience. Parent Cafés are structured discussions that use the principles of adult learning and family support. It is a nationally recognized peer-to-peer learning model designed to help families grow stronger from the inside out.

Participants are trained on the Strengthening Families Protective Factors and how to create a safe space for families to explore their strengths. All participants received additional resources to conduct future Cafés and continue the Be Strong Families mission of helping families grow strong.



Metropolitan Dallas

Biannual Collaborative Meeting

Twice a year the entire Help Me Grow North Texas stakeholder network and larger North Texas early childhood community are welcome to join into the Help Me Grow North Texas biannual collaborative meeting. These meetings happen in January and July every year to give updates, allow time for networking, share Help Me Grow North Texas data, and request feedback or ideas from the network. The next meeting will be held on Wednesday, July 21 from 8:30-10 a.m. via the zoom link listed below. Come ready to listen, learn, and collaborate.

If you have not received the calendar invitation and would like to attend, email Faith.Rivera@mhmrtc.org and mention the July 21st meeting.

Join Zoom Meeting

<https://us06web.zoom.us/j/83918810248>

Meeting ID: 839 1881 0248

Passcode: 962173

Agenda:

- 1) Introductions/Welcome
- 2) Agency Updates
- 3) Networking Breakout Rooms
- 4) RBA/Turn the Curve Introduction/Overview
- 5) Ages & Stages (ASQ) Data Review and Discussion




JOY Campaign

Cook Children's recently launched their J.O.Y. (Just Breathe. Open Up. You Matter.) Campaign which is a communication initiative that aims to encourage hope and resilience among children and teens and to prevent youth suicide. The campaign includes a variety of videos and resources related to coping skills and other mental health needs.

The six videos below were created by Cook psychologists and therapists to target specific skills or strategies to cope. The crisis contact information sheets in English and Spanish are also listed below.

- 1) [Distorted Thinking with Stephanie Golden](#)
- 2) [Mindfulness Strategies and Techniques with Traci Cocetti](#)
- 3) [Belly Breathing and Pinwheel Breathing with Whitney Appleby, Ph.D.](#)
- 4) [How to Make a Coping Skill Bag with Kim Cox](#)
- 5) [Imagining Your Feelings are Like Clouds with Lisa Elliott, Ph.D.](#)
- 6) [Art Journaling: Drawing Your Feelings with Marissa Benners, Ph.D.](#)

Crisis contact information for youth 

If your child is a danger to themselves or someone else, do not delay!

- Take your child to the nearest emergency room.
- Call 911 if you cannot transport your child safely.

If you are not sure:

If your child is a danger to themselves or someone else, call for advice or help.


Cook Children's Psychiatry Intake Line
682-885-3917

- Press the emergency prompt.

Tarrant County MHMR Crisis Line
1-800-866-2465

- Available 24 hours a day
- Provides face-to-face assessments to help families decide how to help their child.

JOY Just breathe. Open up. You matter.
cookchildrens.org/joy



If you need to talk or if you are concerned about someone, please call for advice or help.

Suicide Prevention 1-800-273-8255 (TALK)
suicidepreventionlifeline.org
Text "Home" to 741-741

Crisis Text Line

24/7 LGBTQ Crisis Support Text "Trevor" to: 1-202-304-1200 Trevor Life Line, Trevor Chat, Trevor Text	1-866-488-7386
Hope Line 24/7 Call or Text for counseling and local resources	1-877-235-4525
RAINN National Sexual Assault Hotline 24/7 Advocate and Counseling - English and Spanish	1-800-656-4673
SafeHaven Domestic Violence	1-877-701-7233
SAMHSA Substance Abuse and Mental Health Services Administration	1-800-662-4357
Transcure's Mobile Crisis Outreach Team (MCOT) Serving greater Dallas area.	transcure.com/services/MCOT/
Texas Youth Helpline	dfps.state.tx.us/youth-helpline

Información de contacto de crisis para jóvenes 

Si su hijo es un peligro para sí mismo o para otra persona, ¡no demore!

- Lleve a su hijo a la sala de emergencias más cercana.
- Llame al 911 si no puede transportar a su hijo de manera segura.

Si no está seguro:

Si su hijo es un peligro para sí mismo o para otra persona, llame para pedir consejo o ayuda.

Línea de admisión de Psiquiatría de Cook Children's 682-885-3917

- Presione 4 para español y será conectado a un correo de voz y lo primero que escuchará es un mensaje en inglés que dice "La persona con la que está tratando de comunicarse no está disponible actualmente", luego escuchará un mensaje en español de Psych Intake (admisión de Psiquiatría) y se le pedirá que deje un mensaje y alguien le devolverá la llamada.

Línea de crisis de MHMR del condado de Tarrant 1-800-866-2465

- Disponible las 24 horas del día.
- Proporciona evaluaciones cara a cara para ayudar a las familias a decidir cómo ayudar a su hijo.

JOY Sólo respira. Abre/compártelo. ¡Tú importas!
cookchildrens.org/joy



Si necesita hablar o si está preocupado por alguien, llame para pedir consejo o ayuda.

prevención del suicidio 1-800-273-8255 (TALK)
suicidepreventionlifeline.org
Texto "Home" to 741-741

línea de texto de crisis

Asistencia en casos de crisis LGBTQ las 24 horas del día, los 7 días de la semana Envíe un mensaje de texto "Trevor" al: 1-202-304-1200 Línea de vida Trevor, Chat Trevor, Texto Trevor	1-866-488-7386
Línea Hope Llame o envíe un mensaje de texto las 24 horas del día, los 7 días de la semana para obtener asesoramiento y recursos y servicios locales	1-877-235-4525
RAINN Línea gratuita nacional de agresión sexual Ayuda y Consejería las 24 horas del día, los 7 días de la semana: inglés y español	1-800-656-4673
SafeHaven Violencia doméstica	1-877-701-7233
SAMHSA Abuso de Sustancias y Administración de Servicios de Salud Mental	1-800-662-4357
Transcure's Mobile Crisis Outreach Team (MCOT) Al servicio del área metropolitana de Dallas	transcure.com/services/MCOT/
La Línea de Ayuda Juvenil de Texas	dfps.state.tx.us/youth-helpline

Benefits of Partnering with Help Me Grow North Texas

Arlington ISD

Arlington ISD Dads Engaged for Excellence is an initiative to encourage dads, uncles, brothers, and other positive male role models to become more active in their students' education. The presence and involvement of dads and other positive male role models protect children from many vulnerabilities. Engaged fathers, whether living in or outside of home, help foster a child's overall health and socio-emotional well-being. Statistics reveal when fathers or father figures are engaged in their student's education they are more likely to:

1. Learn more
2. Perform better in school
3. Exhibit healthier behavior
4. Have fewer discipline problems
5. Participate in extracurricular activities
6. Enjoy school more

Help Me Grow North Texas has recently strengthened its relationship with Arlington ISD and includes fathers voices in decision making. Johnathane Gaffney, affectionately known as Coach Gaffney, has come along side Help Me Grow North Texas to leverage his experiences and collaborate with circles of influence. He is also a strong voice within the leadership of the Help Me Grow North Texas Family Engagement Subcommittee.

"Being a responsible dad is one of the greatest gifts that one can obtain. It's a constant give and receive relationship that teaches each participant. The lessons of understanding, compassion, selflessness, hard work, sympathy, social awareness, and so forth should be used in the classroom of life." - Johnathane H. Gaffney Sr., Parent Facilitator (Dads Engaged for Excellence)

Help Me Grow North Texas continues to engage the community. The leadership looks forward to continuing the partnership with the AISD Dad's Outreach Initiative in hopes of leveraging the relationship with individuals and organizations to bolster participation of families and agencies within the area. Coach Gaffney will be joining a newly formed team of seven Family Partners for Help Me Grow North Texas. This will continue to strengthen support for families by including families in decision making for family-centered care.



Father Fest 2021

In spite of the challenges of COVID-19, Coach Gaffney recently led the charge with hosting Arlington ISD's first in-person event since March 2020. Father FEST 2021 occurred on May 15, as a free outdoor event that celebrated responsible fatherhood and families. With the backdrop of live music and food, over 25 community partners engaged nearly 1,000 attendees with fun, interactive, family activities. While families enjoyed the fun, they also strengthened bonds as they created memories together. Equally impactful, the festival allowed community partners to share resources to equip and support families, particularly for the summer months.



“This event took an extreme amount of coordination, collaboration, and teamwork. Many thanks go to the Arlington ISD school board, Superintendent Dr. Cavosos, Parent and Community Engagement Director Aaron Perales, the Dad’s Engaged for Excellence Supervisor Eric Phillips and many more for their support of this event. Thank you to the many volunteers and the AISD departments that came together to make this event happen. Thanks to the community partners including Help Me Grow North Texas for participating in this event.

Last but not least, thank you to our community members who participated. We look forward to more events such as this in the 2021-2022 school year.”

-Johnathane H. Gaffney Sr.: Parent Facilitator, Arlington ISD

