

# St. Joseph County Resources 101

Services & programs  
for youth & families

2020-2021

# What would YOU like to know?

Please type questions using the chat feature MHMA, Camp  
Mariposa



St. Joseph County  
**CARES**

System of Care

[www.sjccares.org](http://www.sjccares.org)

[Rebecca.Zakowski@oaklawn.org](mailto:Rebecca.Zakowski@oaklawn.org)



# Part 1: General Help

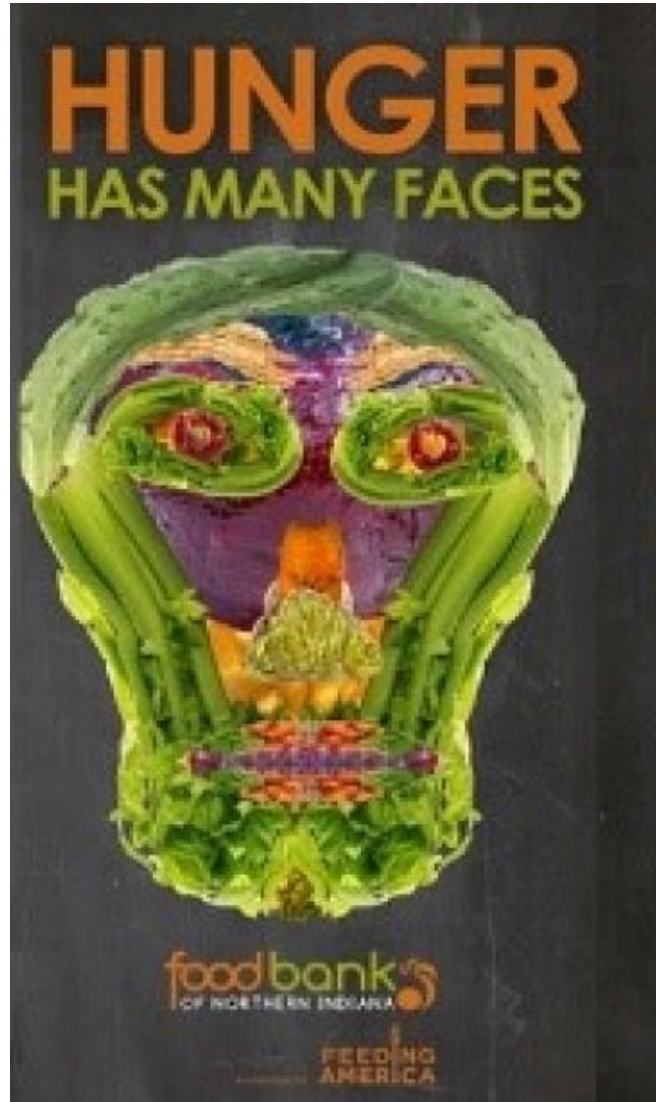
# 2-1-1



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](http://www.feedindiana.org)

Mobile pantries

Food 4 Kids Backpack program

[www.feedindiana.org](http://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



*Championing Kids. Strengthening Communities.*

[www.iyi.org](http://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](mailto:rebecca.Zakowski@oaklawn.org)



# ACE Interface

2- hours, Free

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

Offered via Zoom 4<sup>th</sup> Monday of the month, 9:00 – 11:00 a.m.; [www.oaklawn.org/events](http://www.oaklawn.org/events)

Available to bring to your organization or group: [kgreenreeves@beaconhealthsystem.org](mailto:kgreenreeves@beaconhealthsystem.org)



## 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](mailto:kstreeter@sbcsc.k12.in.us)



[www.sjccares.org](http://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



## 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](http://mindfuluyoga.com)

Email: [mindfuluyoga@gmail.com](mailto: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:  
Kimberly Green Reeves:  
[kgreenreeves@beaconhealthsystem.org](mailto:kgreenreeves@beaconhealthsystem.org)

# Programs for Students



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

Achieve (K-12): Physical Activity & Nutrition

Draw the Line/ Respect the Line (6<sup>th</sup> – 8<sup>th</sup>, 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

More info/ to schedule: Kimberly Green Reeves:  
[kgreenreeves@beaconhealthsystem.org](mailto:kgreenreeves@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

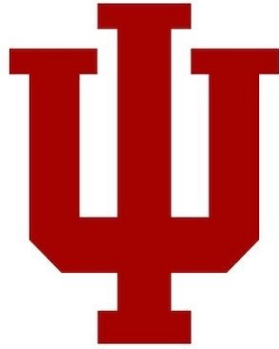
Educator

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

Administrator

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

[Rebecca.Zakowski@oaklawn.org](mailto:Rebecca.Zakowski@oaklawn.org)

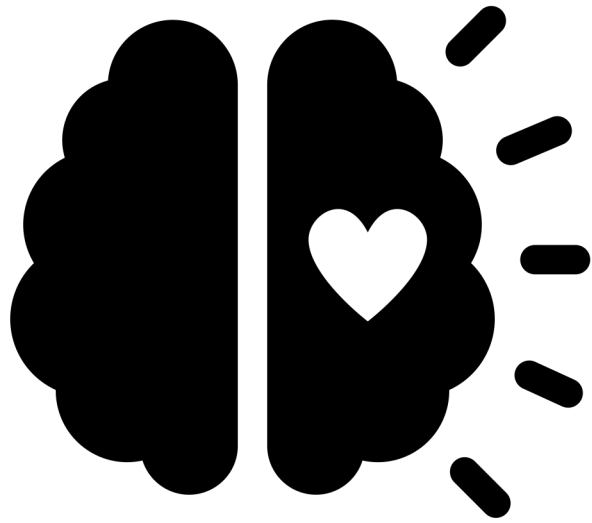


## Indiana University's School Mental Health Initiative

Website:

<https://ismhi.indiana.edu/>

Our mission at the Indiana School Mental Health Initiative is to work alongside school districts and community partners to create a community of practice by providing resources, consultation, professional development, and education that promote and sustain the social, emotional, behavioral, mental, and physical health of Indiana's school-aged children.



# Part IV: Mental Health/Emotional Wellness



## Student Referrals:

[www.oaklawn.org/referrals](http://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**

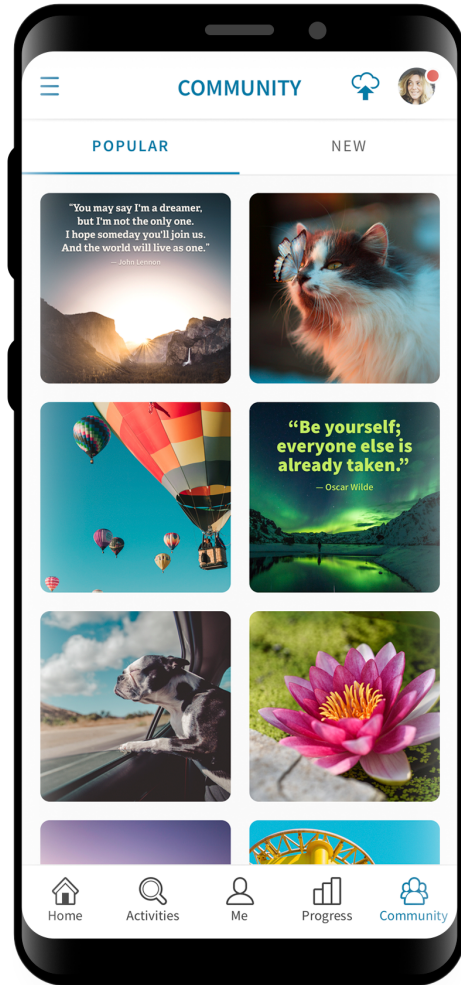
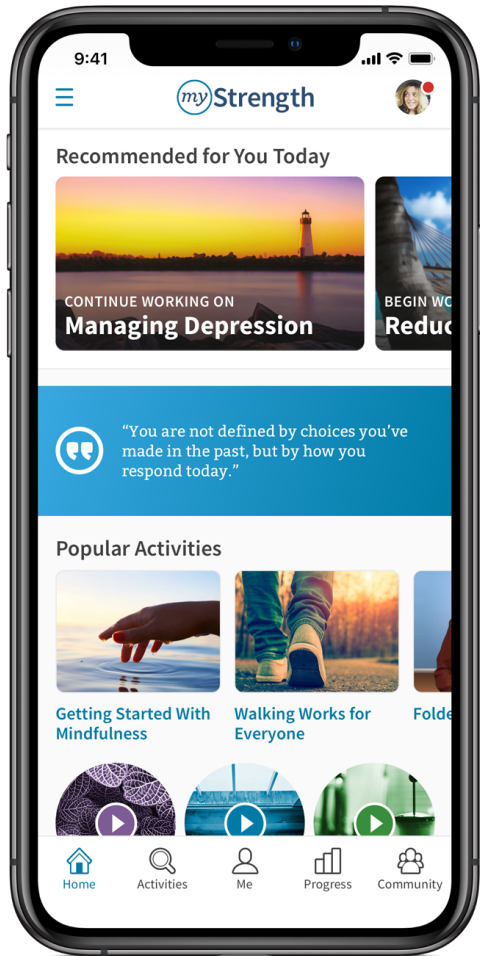


Child & Family  
Therapy – Sliding Fee  
Scale

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

574-631-0954

[Shaw.nd.edu](http://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](http://www.sjccares.org/mystrength-for-schools-families)

Or [www.mystrength.com](http://www.mystrength.com); password Oaklawncommunity



OAKLAWN

Toward Health & Wholeness





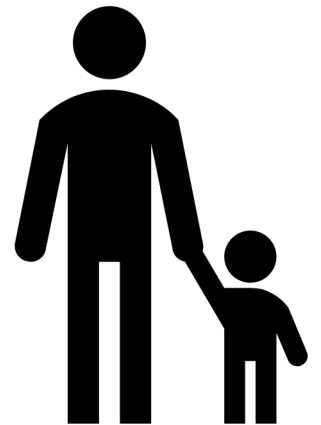
## [Bewellindiana.com](https://www.bewellindiana.com)

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





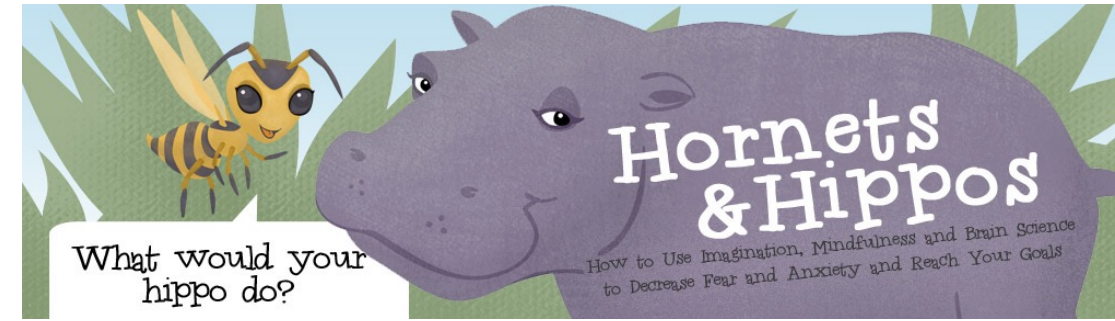
# Cross- System Review Panel

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](mailto:rebecca.Zakowski@oaklawn.org)

[www.margaretjessop.com](http://www.margaretjessop.com)



## **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](mailto: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](mailto:family@realservices.org)



# 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

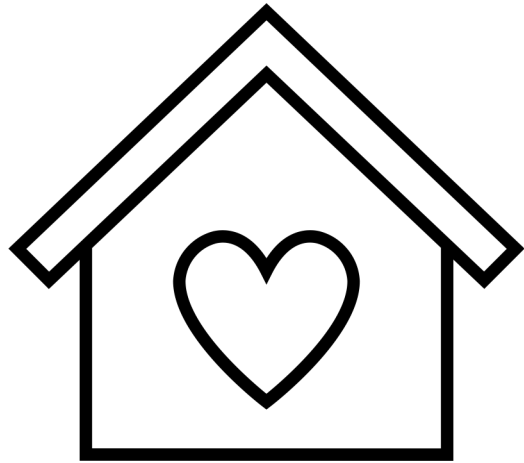
Currently being offered virtually over Zoom

[Rebecca.Zakowski@oaklawn.org](mailto:Rebecca.Zakowski@oaklawn.org);  
[www.sjccares.org](http://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](mailto:hornetsandhippos@gmail.com)
- [Rebecca.zakowski@oaklawn.org](mailto:Rebecca.zakowski@oaklawn.org)



# Part VI: Other Resources



# Grief & Loss



Camp Evergreen Family Workshop Saturday, September 19<sup>th</sup>, 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](mailto: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](mailto: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](http://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](http://Mosaichha.org)



# Virtual Classes

Food & Nutrition

Health & Wellness

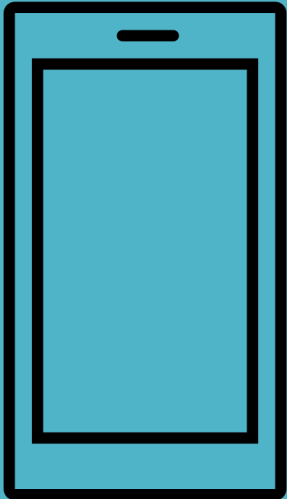
Money Management

Human Development

Info: Olivia Western,  
[owestern@purdue.edu](mailto: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): 1-866-488-7386

Disaster Distress Hotline: 1-800-985-5990