

FAMILY CONNECTIONS

*News for Families from the West Virginia Department of Health and
Human Resources, Bureau for Behavioral Health's
Office of Children, Youth and Families*

*Family Connections
Issue 1*

*Happy Holidays! Welcome to the
first edition of the Family
Connections Quarterly Newsletter.
The holidays may be a little
different this year with the physical
distance of COVID-19, but there are
things which to be thankful. Check
out the list of things to be thankful
this year on the last page of the
newsletter.*



SUPPORT FOR FAMILIES WHEN CHILDREN ARE IN CRISIS

The Bureau for Behavioral Health funds regional Children's Mobile Crisis Stabilization Teams, which are featured in this month's newsletter. Rachel Davisworth Goff manages grants for this service. Read more about mobile crisis services in this newsletter or find regional agencies [here](#). If your child or youth up to age 21 is in crisis, call or text 1-844-HELP4WV or 1-844-435-7498. This service is available statewide.

“What I like about Mobile Crisis Services is it works with families to help keep them together as well as assure their children thrive at home, school and in the community with resources that are useful and helpful.”

Cassandra Toliver,
Program Manager, Office of Children, Youth and Families



DO YOU NEED HELP WHEN YOUR CHILD IS IN AN EMOTIONAL OR BEHAVIORAL CRISIS?

Families with youth ages 0-21 experiencing an emotional or behavioral crisis can call the Bureau for Behavioral Health Children’s Mobile Crisis Response and Stabilization at 1-844-HELP4WV or 1-844-435-7498. The family defines what is a crisis for the child or youth. Families do not have to have medical insurance or be enrolled in additional services to access this important service, which is available to help disrupt and de-escalate the crisis. The Crisis Specialist will begin to respond immediately once they are called, and if desired come to the home, school, or community approximately within one hour of the request.

SELF CARE CORNER ATTITUDE OF GRATITUDE



What life experience has had the biggest positive impact on you?

What are some things you can be thankful for on your hardest days?

Which stress-relieving items are you grateful for?

What do you find yourself taking for granted?

What's something positive that happened to you today?

What qualities or talents are you thankful you have?

The unit is staffed 24 hours per day/7 days a week. Using de-escalation could help the child avoid unnecessary trips to the emergency room, out-of-home placement, or law enforcement intervention. After the crisis, the Mobile Crisis Response Team will follow-up to offer other resources in the community to help children and families thrive together.



FAMILY COORDINATORS AND HOW THEY CAN HELP YOU

My name is Roxanne Chaney. I am the Lead Family Coordinator with the Bureau for Behavioral Health, and I would like to tell you how Family Coordinators throughout West Virginia can help you.

Family Coordinators can assist you by informing you of resources in your area. They can also direct you through those services. Do you have a need in your family and do not know where to start searching? Are you or is someone in your family anxious, depressed or struggling with substance use? Are you or your children frustrated with virtual learning, need school supplies or food? Do you need support with parenting? Family Coordinators can direct you to the resources you need.

Click on this [link](#) to find out how to contact the Family Coordinator in your area.

STATEWIDE AND REGIONAL FAMILY ADVISORY BOARD

The Statewide and Regional Family Advisory Board is a forum where families are heard. The purpose of the Statewide and Regional Family Advisory Board is for families to provide feedback to the Bureau for Behavioral Health, Office of Children, Youth and Families and local mental health agencies. The feedback assists in improving services. Individuals interested in joining a Family Advisory Board, please contact Roxanne Chaney at Roxanne.K.Chaney@wv.gov.



A LIST OF THINGS FOR WHICH WE CAN BE THANKFUL

FAMILY
FRIENDS
LOVE
BOOKS
MUSIC
DESSERTS
HEALTH
WEEKENDS

PETS
ART
COFFEE
PHOTOS
WARM
DRINKS
NATURE
BABIES
CHILDREN
FLOWERS

DANCING
SLEEP
LEARNING
PEACE
RAINBOWS
LAUGHTER
COLORFUL
LEAVES