

Parent to Parent Network

VOLUME 1 ISSUE 2

APRIL-JUNE 2015



Newsletter

In this Issue:

- From the Director
- Coffee Call
- CMHA Events
- Upcoming Events
- Parenting Class

We must become the change we wish to see in the world.

- Mohandas (Mahatma) Gandhi

“The true measure of success is how many times you can bounce back from failure.”

— [Stephen Richards](#)

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do.

So throw off the bowlines.
Sail away from the safe harbor.
Catch the trade winds in your sails.
Explore. Dream. Discover.
- Mark Twain

From the Director

—Approximately 90,000 children are affected by mental health challenges in Nebraska, and communities across the state have made this issue a priority by recognizing Children’s Mental Health Awareness. Local and statewide Family-Run Organizations joined forces with community coalitions and other state agencies such as Magellan, Department of Health and Human Services, BHECN, and many others, to increase awareness and provide educational opportunities this past May by joining more than 1,000 communities across the country in celebrating the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Children's Mental Health Awareness. The mission raised awareness about the importance of positive mental health from birth. Nebraska’s specific awareness campaign, (*Coming Together is Fundamental*) focused on a need for renewed focus on children’s behavioral health, as it is the foundation on which children build their futures.—

CHAMBER HOLDS COFFEE CALL

The Norfolk Area Chamber of Commerce held an Ambassador “Coffee Call” at Parent to Parent Network on Wednesday, April 8. Approximately 30 representatives of businesses and organizations throughout the community attended this event. Kim Kwapnioski expressed support of the work done by the organization and presented us with Chamber gifts. In addition, Duane Goff presented us a coffee mug filled with Chamber knowledge.

Children’s Mental Health Awareness Events

From May 28 – May 30, 2015, Families, Family Organization staff, Pony Express Riders, and community professionals joined together to celebrate the end of another successful Children’s Mental Health Awareness Week for the state of Nebraska. In Norfolk, Parent to Parent Network hosted a family picnic at Ta-Ha-Zouka Park where approximately 80 people attended. The picnic began with Pony Express Riders arriving to take letters to Lincoln. After the Pony Express Riders departed, there was a presentation and plaque awarded to Robert Gereaux for his leadership and commitment he provided for his years of dedicated service to Parent to Parent Network. A hotdog and sloppy joe meal followed. The picnic concluded with families being treated to games and door prizes.



Upcoming Events

July Parenting Class – Active Parenting (1234 Parenting) will be held at the Parent to Parent office on Saturday, July 18th, from 9:00am – 5:00pm

August Family Support Group – Family Picnic. Date, time, and location will be determined and communicated at a later date. Please stay tuned.

Fit ‘N’ Fun Family Festival – Saturday, August 1st from 9:00am – 1:00pm, at Norfolk’s Skyview Lake registration located at www.parent-parent.org

27th Annual Early Childhood Conference – Saturday, August 1st from 8:00am – 3:15pm, at the Lifelong Learning Center on the Northeast Nebraska Community College campus. (registration located at www.parent-parent.org)

National Night Out – Tuesday, August 4th from 6-8pm at Central Park in Norfolk.

PATCH Health Fair – Friday, September 11th, 7:00am – 5:30pm and Saturday, September 12th, 7:00am – 12:00 Noon, at the Cox Activity Center on the Northeast Nebraska Community

If you would like to include an article in future issues of The Parent to Parent Network Newsletter. Please contact and send to Clifton Hogancamp at chogancamp@parent-parent.org. In the subject put P2P Newsletter

On Saturday, May 30, 2015, approximately 250 Nebraska residents attended the celebration in Lincoln. The first event of the day included presenting letters from families concerning Children’s Mental Health to the new CEO of the Nebraska DHHS, Courtney Phillips, on the steps of the Capitol. Afterwards, families were entertained at Hollywood Bowl and Lost in Fun.



We had a great family representation from our service area this year, and we look forward to continuing with more of that same family participation next year! Thank you to all that attended and supported the event!



Open Your Heart And Home To A Teen Today...Become A Foster Parent!



Contact Jennifer Buss
888-537-9727
Jennifer.buss@nebraska.gov
Make a difference!

Nebraska Department of Health and Human Services  2015H

Active Parenting 1234 Parenting

Parent to Parent Network

July 18, 2015

1234 Parents is an entertaining and informative program for parents of children ages 1-4. This program is a video-based interactive learning experience for parents or caregivers of young children.

The program teaches parents the fundamental attitudes and skills needed for their own health and well-being, and for that of their children

The cost for this class will be \$15.00 for the workbook.

A certificate of completion will be provided.

Class limited to the first 15 participants.

Saturday, July 18, 2015 from
9am to 5pm.

Lunch on your own from
12- 1pm.

201 Miller Ave
Norfolk, NE

Please call 402-379-2268 or
1-877-226-8819



Parent to Parent Network
201 Miller Avenue
Norfolk, NE 68701
Phone 402-379-2268

Board of Directors:

President : Alicia Dorcey, Grace
Counseling Service

Vice President: Joel Carlson, At-
torney

Treasurer: Dan Fuerhoff, Certi-
fied Public Accountant

Secretary: Cathie Anderson, Oak-
land Craig Public Schools

Candace Allen, United Way

Bev Ferguson, Liberty Centre

Mark Claussen, School Psycholo-
gist Norfolk Public Schools



Parent to Parent Network is affiliated with the
Nebraska Federation of Families for Chil-
dren's Mental Health

Members of:

National Alliance for Mentally Ill (NAMI)

National Federation of Families for Children's
Mental Health

Parent to Parent Network is a private, non-profit, commu-
nity based organization devoted to strengthening families
in Nebraska. Organized in 1998, the program has grown
substantially through the years, including outreach to sev-
eral communities in Northeast Nebraska.

We hire people who are or have been primary care-givers
for children with behavioral health, emotional, or school
issues. Our Advocates are trained to help, but their
strength lies in having "been there", and having found
ways to navigate the systems affecting their child.

We charge no fees for our services. We're members of the
Nebraska Federation of Families for Children's Mental
Health and the National Federation with the same name.

Services are provided confidentially. You determine what
services you want. We may make suggestions, but you
have the final say!

Advocacy on behalf of the families we serve is an integral
part of the services we provide. We look upon those to
whom we advocate as being partners rather than oppo-
nents. We prefer what we call collaborative advocacy. We
know that our families are best served when we make and
strengthen partnerships with other helping organizations.
Our advocacy is done with regard for one overriding princi-
ple: ***that the family voice be heard.***

OUR WEB ADDRESS IS:
WWW.PARENT-PARENT.ORG

Staff:

Scott Lambrecht, Executive Director

JoAnn Pieper, Office Manager

Clifton Hogancamp, Information Systems Specialist

Kimberly Dye, Family Advocate

Karla Kahlo, Family Advocate