



DCMHS Kids Line

FALL 2009

Jack Markell, Governor	A Newsletter from the Division of Child Mental Health Services Department of Service for Children, Youth and Their Families State of Delaware	Vivian Rapposelli, Cabinet Secretary
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A Message from the Director:



Susan Cycyk,
DCMHS Director

Fall and the changing season brings with it exciting changes in Delaware's Division of Child Mental Health Services, including an increased effort to assure that children who are in the custody of the Children's Department due to abuse or neglect receive timely and appropriate treatment, and a new effort to reach young children and their families. To better serve children in the child protection/child welfare system, we are using current state resources, in partnership with the Division of Family Services, our provider community and advocates, to organize ourselves a bit differently, beginning November 1st. With a bit of creative management, and the support of our partners and staff, we expect to connect children with treatment quickly and work with families to improve home life for children in foster care. We'll tell you more about our progress in our Winter newsletter.

We are fortunate that our work to build a vibrant system of care for young children and families is funded through a six-year \$9M grant from the U.S. Substance Abuse and Mental Health Services Administration. We could not have otherwise offered the nationally-recognized, cutting edge training on working with very young children that is discussed in this newsletter. Over 700 people committed to serving children – as doctors, nurses, teachers, foster parents, early childhood workers, clinicians, social workers, lawyers, family members, etc. – participated in three days of trainings targeted to helping pre-schoolers with behavioral issues and their families develop stable and healthy relationships. We know that what happens in early childhood influences brain development and significant stress can cause lifelong problems. We are committed to working with Delaware's early childhood community to enhance the skills of parents and those who work in childcare settings, to strengthen the skills of the professional treatment community, and to expand services available to this vulnerable population.

While we are in the midst of a change in seasons, some very good things will remain the same. We will continue to support children, youth and families to thrive in their most natural environments – to live at home, attend school, and get their mental health and/or substance abuse treatment through a network of local community-based agencies. We work with a network of accredited providers; you can read about a few of them in this newsletter. We will continue to provide important treatment for youth in YRS secure care facilities. Our staff will also continue to offer quality substance abuse and mental health treatment and to effectively manage transitions for children and families who need our support but who are not connected with this Department in any other way.

Some things change, some remain the same, and some are enhanced. In the latter category fall several efforts: to work more closely with schools; to coordinate more efficiently with the medical community; to strengthen the Family Voice within our Division and to build a Youth Voice; and to focus on developing a skilled and more plentiful workforce of practitioners in our community.

Regarding workforce, thanks to the support of Sec. Rapposelli, Gov. Markell, and the state's General Assembly, we have a little resource, even in this tight economy, to train our providers in evidence-based practices, and continuously raise the standard of care for children and families who need behavioral health treatment. It is a great way to begin a new season!

Susan



Every Child's
Mental Health Matters

Delaware's B.E.S.T.* for Young Children and Their Families (*Brining Evidence-based Systems of Care and Treatment)



The Division of Child Mental Health Services' \$9M, six-year Substance Abuse and Mental Health Services Administration (SAMHSA) grant funded training in Parent Child Interaction Therapy (PCIT) during the week of August 17—21, 2009, at the Sheraton Dover.

Cheryl McNeil, Ph.D., presented on positive behavior management and PCIT during two half-day workshops (August 17/Dover and Sept. 12/Newark). More than **250 early child care provider staff attended**. Dr. McNeil provided concrete, hands-on strategies to manage difficult child behaviors that were practiced by participants, giving them skills to use in early childhood classroom settings and hours of training to help them meet the requirements of the Children's Department's Office of Child Care Licensing.



In addition, clinicians participating in the full week, 40-hour PCIT August training, and identified at least one child with a parent/caregiver with whom they would begin treatment immediately following the training. Clinical consultation will be provided to all trainees for 12 months.

Evaluations, with a near-100% response rate from all participating in the week's training, indicated that **100% of all who responded would recommend the training to a colleague in their community!**



Participating in the 40-hour PCIT training were:

Row 1 (l to r): Carol Dyer, Karishma Chengappa/Asst. Trainer, Mindy Webb,

Row 2: Cori Meek, Ann Brennenman, Kristin Walson, Deborah Alioto Miller, Stacy Grossman, Emily Stanley, Sarah Robins, Adina Seiderfeld, Judy Jones, Mary Moor, Tarmisha Hutchinson,

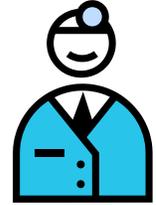
Row 3: Helenann Stimer, Paul Hiatt, Stephanie Chopko, Diane Amery McGuffin, Gail Croft

DCMHS participates in All-Grantee SAMHSA Conference: As a requirement of our federal Substance Abuse and Mental Health Services Administration grant to expand services and build a better system of care for young children with mental health issues, we are required to participate in annual national meetings that include other systems of care grantees and across the country. The July conference had more than 1200 attendees!



Delaware was recognized as a new grantee that met the grant deliverable of bringing the full 10-member team required. Our representatives included: (left to right) Julie Cutler (Family Co-Chair, Delaware Child Mental Health Advisory and Advocacy Council), Randal Wimberley, Ph.D. (representing the Director, DCMHS), Verna Thompson (Department of Education Early Childhood Partner), Janet Taylor-McDowell (Youth Coordinator), Nancy Widdoes (PI/Managed Care System Administrator, DCMHS), Mary Moor (Project Director), Leah Cochran (Technical Assistance Coordinator), Mindy Webb, (Clinical Consultant), Julia Vahlsing (Evaluator) and Karen Townsend (Family Coordinator). DCMHS welcomes our new Family Coordinator and Youth Coordinator who started full-time on the grant initiative this fall.

Engaging the Medical Community—DCMHS Workshop & Outreach



The Division of Child Mental Health Services (DCMHS) often works with medical practitioners when working with a specific child and family to ensure care integration and coordination. DCMHS also work with partners in the medical community with regard to system-level issues. For instance, DCMHS is represented on the Mental Health Committee of the Delaware Chapter of the Academy of American Pediatrics.

DCMHS invited members of Delaware's medical community, including pediatricians, family practice physicians and school nurses to a September 10, 2009, evening workshop in the Newark area. The one-CME event was co-sponsored with the Delaware Medical Society and the Delaware Chapter of the American Academy of Pediatrics.

The workshop was attended by more than **50** individuals who learned about DCMHS and its role in providing children's public behavioral healthcare in Delaware, including providing services to children without insurance and to children with Medicaid who need more intensive, extended treatment than can be obtained through the 30 hours of outpatient treatment in the basic Medicaid child benefit. The workshop also included presentations about Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and Parent-Child Interaction Therapy (PCIT), two evidence-based interventions available through DCMHS and its providers. Delaware rosters of clinicians trained in these best practices were distributed to promote increased access to effective treatment for children and their families.

DCMHS Training Track.....Get On Board!



On September 22, 2009, Dr. Mee-Lee, M.D. presented to our providers at an invitational workshop on working with co-occurring disorders. The presentation was held at Aquila of Delaware. The discussion focused on the difficulties in providing integrated substance use and mental health treatment simultaneously, and addressed assessment, programmatic and clinical interventions that support work with adolescents with co-occurring disorders. The half-day workshop was part of DCMHS' collaboration with the Division of Substance Abuse and Mental Health, DHSS on a SAMHSA Co-Occurring Disorders State Incentive Grant.

On September 17, 2009, CMH presented a training program at Del Tech Stanton on Fetal Alcohol Syndrome Disorder (FASD). Dan Dubovsky, MSW, a consultant, from the Substance Abuse and Mental Health Services Administration was received very well by approximately 80 attendees representing all three service divisions, OPEI, community providers, advocacy organizations and others. Mr. Dubovsky provided an excellent overview of what FASD is, risk factors, and physical, functional and other areas linked to FASD. Although the incidence of FASD in the general population is 1 in 100, the actual number is likely higher due to underreporting.

Mr. Dubovsky explained the various issues in mental health for individuals with FASD and their families, which include a high percentage of comorbid mental health disorders. As FASD is technically a medical disorder, there has been a paucity of well documented psychiatric and psychological interventions developed.

CMH looks forward to working more with Mr. Dubovsky and SAMHSA as we are planning on bringing him back next calendar year for follow-up.

Aquila's Joan Chatterton, RN, LCSW, provided training on street drugs and adolescent substance abuse trends on the afternoon of October 2nd. We were excited to see Departmental staff from all divisions, detention centers, and providers in the audience. Approximately 60 people participated.

Joan reviewed the commonly and less commonly abused substances for our adolescents and young adults and the behavioral changes that come about from use and detoxification. The challenge for those who work with substance abusing adolescents, as well as often for the adolescent, is knowing what substance or combination of substances are being ingested. More often than not, there is considerable variability across counties and what the substances are more commonly called. Joan also talked about Post Acute Withdrawal Syndrome (PAWS) for each of the major classes of substances (i.e., stimulants, hallucinogens, alcohol, prescription etc.).

UPCOMING OPPORTUNITIES:

November 7, 2009 Mental Health Association in Delaware & the Attention Deficit Disorder Association: **8th ANNUAL PEOPLE OF COLOR MENTAL HEALTH CONFERENCE** *Healthy Minds: Minding the Mind, Body, and Spirit*, Saturday, November 7, 8:00 a.m. – 4:00 p.m., Del Tech, Wilmington. Fee: \$15

December 3-4—PCIT Advanced Training and **December 7—11, full week PCIT** training for clinicians with follow-on clinical consultation. Contact Mary Moor at 302-781-3212 or email mary.moor@state.de.us to enroll.

January 7-8, 2010—DCMHS will provide **2-day basic TF-CBT** training with follow-on clinical consultation to therapists. Call Gwen Derr at 302-633-2695 or Chuck Webb to enroll.

Engaging Families ~ DCMHS and Division of Family Services



Foster Parents Invited to DCMHS Fall Conference:

DCMHS, with the help of the Division of Family Services staff **Nicole Cunningham**, invited foster parents statewide to attend the Delaware Conference on Young Child Mental Health and Child Traumatic Stress held September 11, 2009, at Clayton Hall in Newark. There was no cost for registration for the full-day conference. Cheryl McNeil, Ph.D., presented on **Parent-Child Interaction Therapy**, a mental health intervention for young children and parent/caregiver where the child (aged 3 - up to 6 years) has emotional or behavioral problems with symptoms such as biting, hitting, throwing objects, throwing tantrums or refusing to follow rules. DCMHS has trained more than 20 therapists across Delaware to use this mental health intervention, creating access to young child mental health treatment using evidence-based practice where none existed before. DCMHS looks forward to partnering with DFS to identify children and parents/foster parents who may benefit and linking them to effective treatment. A roster of therapists who have competency in providing PCIT was distributed at the 9/11/09 conference and is available from DCMHS. **Referrals** should be made directly to PCIT therapists on the roster.

Esther Deblinger, Ph.D., one of the developers of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) presented on the effectiveness of TF-CBT when used with young children with symptoms of child traumatic stress from physical and/or sexual abuse or witnessing domestic or community violence. Symptoms can include being easily startled, difficulty sleeping, frequent nightmares, being very upset by sights, sounds, and smells that trigger the memory of a traumatic event in the child's life. **Referrals** should be made to DCMHS at 302-633-2695, where free screening for child traumatic stress is available and, where the screen is positive, the child and family will be linked to trauma-specific treatment, TF-CBT.

A 2004 study by the National Institute of Mental Health found that nearly half of the sample of 3,803 youth between the ages of 2 and 14 years entering foster care had clinically significant emotional or behavioral health problems. A literature review for the Casey Family Programs (Landsverk, Bursn, Stambaugh & Rolls Ruetz, 2006) concluded that between one half and three-fourths of children entering foster care exhibit behavior or social competency problems that warrant mental health services. They found further that this rate applies to children involved in child welfare who are able to remain in their own homes, at risk for removal to foster care.

DCMHS is moving rapidly to ensure that evidence-based, effective treatment is accessible for youth in Delaware, specifically including foster children, who need mental health treatment. Effective treatments for the primary presenting problems of children in foster care, child traumatic stress and behavior disorders, are now available in Delaware thanks to the clinical training provided by experts that DCMHS has provided free to mental health providers across the state. Building a system to serve young children in need of mental health services and their families, using a system of care approach, will enable us to intervene earlier with effective treatment to improve outcomes for children in child welfare.

DFS' Office of Child Care Licensing (OCCL) and DCMHS Collaborate to Provide Free Positive Behavior Management Training to Early

Childcare Providers Across the State: OCCL and DCMHS staff worked together to identify the need of early childcare provider staff for training in positive behavior management. DCMHS arranged for Cheryl McNeil, Ph.D., an internationally recognized expert, to present on positive behavior management and Parent-Child Interaction Therapy (PCIT) at workshops to which early childcare provider staff were invited, including two half-day workshops (August 17/Dover and Sept 12/Newark) and the full day 9/11/2009, workshop. **Training Outcome: 1785 hrs of Level I training in positive behavior management were provided to 390 licensed child care providers across the state, helping them to maintain licensure.**

Nearly **100%** of respondents to the training satisfaction survey said they would recommend the training to a colleague and **98%** learned strategies they thought would be helpful to them in providing care to children.

Engaging Families ~ DCMHS and Division of Youth Rehabilitative Services



Family Night at DYRS Detention Centers!



Family involvement is key to our success in supporting youth involved with the Children's Department. Division of Child Mental Health Services (DCMHS) staff in our state's secure care detention centers have been collaborating with staff in the Division of Youth Rehabilitative Services (DYRS) **to increase family contact for youth in the detention centers.** DCMHS and detention staff have developed and facilitated **Family Night events** where families can come into the facility to participate in an educational program on a topic of interest, then have a meal and special visit with their child.

Ms. Jennifer Showers of DCMHS, aware of the high rates of substance use for these youth, proposed Family Night to provide education, support and resources to the families of the youth. The Family Night program, strongly supported by Superintendent **John Stevenson**, includes substance use awareness including possible signs of drug use and information about community resources. Positive feedback from families led to a decision to hold Family Night about every other month. **To date, three Family Night events have been held at Stevenson House and about 89 family members have participated!** **New Castle County Detention Center Superintendent Mitchell Rock** and DCMHS staff **Anne Marie Marquis, Rebecca Richmond and Monet Drummond** created monthly Family Nights for the families of youth at New Castle County Detention that include information about all the services available to youth (e.g. medical, education, mental health and substance abuse services). May's Family Night event highlighted mental health issues in recognition of National Mental Health month. Each month, a meal and special visit are part of the program. **Nearly 60 family members have participated in the New Castle County Center Family Night events.** For more information about the Family Night events at Stevenson House, contact Jennifer Showers at 302-424-8145 and at New Castle County contact Monet Drummond at 633-3136.

TRAUMATIC STRESS SCREENING AND SERVICES FOR GIRLS IN DYRS NEW CASTLE COUNTY COMMUNITY SERVICES

The Girls Screening Program is a DCMHS/DYRS collaborative initiative. It is funded through a Delaware Criminal Justice Council (CJC) grant and was recently approved for a third year of funding. The program began screening in August, 2007 and was designed to offer free mental health and substance use screening to girls in New Castle County who are entering probation at levels 2, 3 and 3A. Girls who are identified through screening as having had exposure to traumatic events and trauma specific symptoms are offered free trauma specific treatment with the Life Skills Life Story curriculum, originally developed at the New York University Child Study Center. Girls who need non-trauma focused treatment (outpatient or more intensive) are offered assistance to identify and connect with treatment resources in their community.

As of June 30, 2009 the program has screened 112 girls. The screening is conducted with the youth and their caregiver and includes measures of general functioning as well as focused screening for trauma, depression and substance use. Screening data for the 112 girls suggests:

- About 1/3 (about 34%) of the girls and their caregivers did not report any significant concerns in functioning.
- About 2/3 or **66% were identified as having difficulties in functioning** (home, school community) that warranted some level of mental health services.
- 40 of the 112 girls, or about **36% of the girls reported trauma exposure and trauma-related symptoms.**

34 girls (30%) did not have trauma specific symptoms (although many reported exposure to traumatic events) but had other mental health or substance use issues that suggested the need for outpatient treatment services. For more information about this screening program that links girls with trauma symptoms to appropriate clinical interventions, please contact Aileen Fink, DCMHS at 633-2608.

DCMHS Provider News

DCMHS July 2009 Provider Forum Highlights:

DSCYF's Budget Analyst Brian Reynolds provided an overview of the FY2010 budget process, advised providers at the meeting that the FY2011 budget process is underway, and solicited input on additional outsourcing ideas to aid efforts to down-size State government. Current DCMHS initiatives were discussed:

1. Increasing referrals to mental health and substance abuse treatment providers from DFS, emphasizing our interest in helping strengthen the providers' working relationship with DFS regional teams.
2. Enhancing direct involvement with schools, asking the group to advise us of their current activities in this area
3. Ensuring that we are maximizing Medicaid and SCHIP enrollment of our clients.
4. The TF-CBT program and the current year challenge of significantly increasing utilization.

DCMHS' Quarterly Provider Forums continue to be an excellent forum to work with our community providers to build a stronger public/private continuum of services for the children and families we serve together.

Aquila Receives Accreditation:

August 2009—Aquila achieved a 3 year accreditation in Assessment and Referral, Intensive Outpatient Services, Outpatient, and Day Treatment from CARF, The Commission on Accreditation of Rehabilitation Facilities. Congratulations!

SilverLake Treatment Center Receives New Equipment:

Delaware's Department of Education contacted Dave Casto to invite DCMHS facilities to apply for stimulus funding to upgrade kitchen equipment. DCMHS staff quickly developed an application, submitting it in time for consideration for funding. DCMHS is pleased to announce that Silverlake Treatment Center did receive the new equipment upon approval if its application. A new commercial-grade dishwasher for Brenford has been installed at Brenford RTC and a new gas convection oven has been installed at the Middletown RTC, enhancing our division's services for youth in the Silverlake Treatment Center.

Aquila Open House:

Director Ccyk and CMH staff were pleased to attend Aquila's Open House celebrating the opening of their new offices. Lieutenant Governor Matt Denn was on hand and made a few opening remarks congratulating Aquila on their service to the community, but also noted the important work of the Division and Department in working with these challenging children and families.

The new Aquila offices have plenty of space for their therapeutic groups and other activities. The classroom for their day program is complete with the latest technology.

It is great to see our providers grow. Congratulations to Mandel Much and Joan Chatterton and the Aquila staff. Aquila runs programs across the state and they are a valued partner for the Division.



L to R: Lt Governor Matt Denn, Joan Chatterton and Mandel Much

Latin American Community Center Open House:

CMH was well represented at the Latin American Community Center Open House in early September. The LACC's Open House occurs annually and celebrates the Month. Along with Cabinet Secretary Rapposelli, CMH staff along with representatives from the Department were pleased to celebrate and honor LACC's significant contribution to the community. LACC is a critical community provider of outpatient services for CMH and we appreciate their ongoing collaboration and partnership.

DSAMH Summer Training Institute: The Division of Substance Abuse and Mental Health presented its 38th Annual Summer Institute, *Partnerships: Changing the World*, held at the Embassy Suites in Newark from July 27-July 31, 2009. Kenneth Minkoff, M.D., delivered the keynote address. Dr. Minkoff is recognized as one of the nation's leading experts on the integrated treatment of individuals with co-occurring psychiatric and substance disorders (ICOPSD) or "dual diagnoses." More than 465 people signed up to participate in this week-long event full of educational workshops both day and evenings. Participants could learn about information ranging from ethics, assessment and treatment planning to relapse prevention strategies and information on growing a private practice in Delaware.

DCMHS was pleased to sponsor a workshop on the Adolescent Community Reinforcement Approach/Assertive Continuing Care (ACRA-ACC) model by Drs. Mark and Susan Godley of Chestnut Health Systems who developed the model as part of the Cannabis Youth Treatment evidence-based practice. The ACRA-ACC model is the one DCMHS proposed in the Research-to-Practice grant application that was submitted to SAMHSA in April, 2009. The workshop was structured to present the major treatment components elements of the intervention as well as practice in delivering some of the model's specific techniques. Reviews from the presentation were excellent!

DCMHS Employee Recognition



Congratulations to Kristine Conner who was named **DCMHS' 2nd Quarter FY 09 Employee of the Quarter**. Here is a sampling of what her colleagues said about her:

Kristine joined the DCMHS Wraparound team approximately a year ago after serving on the Georgetown team for about six years previously, and she has made an outstanding contribution. She is an absolutely tireless and dedicated advocate for the children and families on her caseload. She exercises good judgment, is very clear-headed and grasps complex mental health needs even though she is not a trained clinician. She establishes rapport with a range of clients, providers and agencies, quickly developing their trust. This relationship allows her to push and cajole in order to get things done. But despite her advocacy, she tries to meet her clients where they are.

Kristine comes up with creative ideas for families, helps them connect with resources they may not have thought of. She has designed a computer-based form that has helped the rest of the Wraparound team with submitting flex-fund requests more efficiently. Rather than accept the status quo, she seeks training for her families and their providers and educators. Kristine was central in promoting an educational seminar for the educational staff working with one of her clients who has an autism spectrum disorder. This turned into an important event that benefited other students as well. Without Kristine's advocacy and willingness to think creatively instead of waiting for someone else's initiative, this would not have happened.

DCMHS Mourns the Passing of Two Valued Staff Members:

DCMHS is mourning the loss of **Suzi Wollenberg**, a dedicated staff member of TCPC for over 30 years. Suzi was an extremely talented music therapist who helped hundreds of emotionally challenged children through music and the arts. Children loved to come to Suzi's music room and staff frequently talked about how her work made such a difference for the children she served everyday.

Suzi worked hard at bringing in performers from across the world to perform at TCPC, which was quite a treat for the children and staff from across the division. Much of these efforts were done "off hours" and through actively pursuing grants. Suzi was a consummate professional and advocate for children. She will be sorely missed by her family, the children and families she served everyday and her CMH family.

On Thursday August 13th there was a gathering at Gebhart Funeral Home on Philadelphia Pike attended by many of her friends and co-workers from DCMHS. A tree was recently planted in her memory at the Terry Center.

DCMHS also mourns the loss of **Walter Johnson**, a long time Youth Rehabilitation Counselor at the Terry Center who passed away after a long illness. Walter worked as a seasonal casual for 12 years. During his years at Terry Center, Walter worked alongside his brother, Michael Johnson, YRC III at Terry Center. Walter was very dedicated to the children he served at Terry Center as well as to those many children whose lives he touched as a community volunteer.

In 2007, Walter was the recipient of the Wells Fargo Volunteer Service Award. This award recognized his time, energy and expertise in mentoring young boys and coaching/organizing youth football in Wilmington. This work went far beyond the field as Walter believed his job was to teach young boys and girls how to succeed in life, not just in football. To reach this goal, Walter organized mentors, academic tutoring programs, etc. to teach self pride, social skills and academic excellence with a focus on developing future leaders and role models for their communities.

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**THINK OF THE
CHILD FIRST!!!**



DCMHS Child Mental Health Advisory and Advocacy Council Update: [Next Meeting— October 21, 2009](#) Del Youth and Family Center, 1825 Faulkland Road, Wilmington

A Family Member's Perspective—By Julie Cutler, Co-Chair of the Council

Recently I joined DCMHS staff and community partners at two conferences devoted to systems of care. In June, Daniel Hoover, Ph.D., and I attended the Portland State Research & Training Center's "Building on Family Strengths" conference where we presented on sustaining wraparound programs in a post-grant environment. In July, I joined members of Delaware's B.E.S.T. for Young Children grant team at SAMSHA's All Grantees Conference. Programming alternated between plenary sessions and technical assistance components in areas such as early childhood, trauma, child welfare, juvenile justice, education, family involvement, youth empowerment, grant management, sustainability, and more. As family member co-chair of the Council, I attended sessions on the role of the grant's governance council. We also spent time with members of the SAMHSA technical assistance partnership team assigned to work with Delaware. Throughout the week, and transcending the technical sessions, several **themes** appeared to predominate, at least to this layperson!

Sustainability – The message was clear: Early development of a sustainability plan is crucial to long term program success. Communities in different phases of their 6-year grants had opportunities to learn from each other's past successes and lessons learned.

Role definition and boundaries – This area seems to present a universal challenge throughout grant communities. SAMHSA built in flexibility to enable grant communities to develop systems meeting their specific needs; however, grant communities should also be prepared to confront challenges that are likely to arise.

Cultural competence – Communities discussed regional and national experiences, challenges, and successes in working with increasingly diverse populations.

Family and youth voice – As a parent, the most inspirational elements of both conferences were the youth and young adults participating in the youth track. Every one of these young people is, or has been, in a system of care. The conference youth tracks were led by system of care alumni. For a few days, these kids who struggle in their daily lives were able to come together, be themselves, make friends, muster the courage to speak and perform in front of a large audience, and experience a feeling of success. What a privilege it was to witness!