



DCMHS Kids Line

SPRING 2010

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 DCMHS Director:

It is officially spring! Change is in the air. It's a time of renewal—for the earth and for each of us. Despite difficult financial times, our division is making significant strides to increase access to effective treatment and services for children and families throughout Delaware. The Division of Child Mental Health Services, working with providers, community partners and families is:

- **Responding to the needs of families impacted by the recent Lewes case**, providing information about available mental health services and supports both directly and through family organizations, preschools, schools and community meetings. DCMHS is grateful for funding from the Criminal Justice Council to enhance existing services for child victims. We have expanded home-based clinical screening services and provided additional clinician training on treating very young children (with their families) who have experienced or who have suffered from child traumatic stress. ACT NOW received additional training. SOAR and People's Place were funded to offer support groups.
- **Opening new services** as we create a system of care for young children with serious mental health challenges and their families. **More than 80 children have entered treatment** with their parent or caregiver. More than 40 therapists in our community are trained to use Parent-Child Interactive Therapy (PCIT), an evidence-based treatment designed for young children with very challenging, disruptive behaviors. **Two new home-based, intensive PCIT programs** started in March—one in Sussex County and one in New Castle County.
- **Starting Early Childhood Mental Health Consultation services in Delaware**—Awarded Child Care Development Funds through DHSS' Division of Social Services, DCMHS now has 4 contracted licensed mental health professionals who provide free child-specific mental health consultation to early child care programs! Our focus is programs with high at-risk pre-school populations and our goal is to reduce disruptive behaviors and improve children's social-emotional wellness.
- **Developing a comprehensive state suicide prevention plan** addressing individuals of all ages: With partners including the Division of Substance Abuse and Mental Health/DHSS, the Mental Health Association of Delaware, the Office of Prevention and Early Intervention of the Children's Department and others, we are



Every Child's
Mental Health Matters

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nearing completion of this important planning work.

We are very happy to announce a tremendous new opportunity! A new name and vision are proposed in the FY11 Governor's Recommended Budget. With the approval of the General Assembly, the Children's Department will combine DCMHS with the Office of Preventions and Early Intervention (OPEI) to create the "**Division of Prevention and Behavioral Health Services.**"

The integration of the Office of Prevention and Early Intervention (OPEI) and DCMHS is intended to improve services for children and families of Delaware. Inside this edition of our quarterly newsletter you can read highlights of many services currently provided and imagine the myriad benefits the integration will yield.

Our goal is to seamlessly provide timely and appropriate services to address issues early and to reduce the number of children and families needing intensive or non-voluntary services from the Department later.

I want to thank all of the advocates and others who presented public testimony at our Joint Finance Committee Hearing in February in support of our budget proposal.

Finally, I want to publicly welcome Vicky Kelly, Psy.D., to DCMHS as the division's new Deputy Director, effective April 27th *see picture, right*. Dr. Kelly is a clinical psychologist with significant experience in the provision and management of clinical services for children and their families in Delaware. We are delighted she has joined our leadership team!



The division staff and I are looking forward to a 2010 filled with opportunities and to working more closely with our families, providers and community partners to further enhance our statewide public children's behavioral health system!

Susan Cycyk

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



SAVE THE DATE: WEDNESDAY, MAY 26th, 2010, 9:00 am—4:00 pm

DCMHS will host this year's MAY IS MENTAL HEALTH MONTH conference on **May 26th** at Dover Downs in Dover, Delaware. This year's conference is titled: "Vicarious Trauma: Taking Care in Crisis." The keynote speaker is **Dr. Laurie Pearlman** from the Headington Institute.

Dr. Pearlman has devoted most of her career to the understanding of traumatic stress, its impact on survivors and those who work with survivors. For her work, Dr. Pearlman has received awards from the International Society for Traumatic Stress Studies (ISTSS), the Connecticut Psychological Association, and the American Psychological Association Trauma Division. She has published numerous articles, chapters, and books on psychological trauma, including its assessment (*Trauma and Attachment Belief Scale Manual*, 2003), and on the deleterious impact of working with survivors known as vicarious traumatization, a term coined in the 1990 article she co-authored on the topic.

DCMHS' PROVIDER AND PARTNER NEWS



Congratulations to Diakon (Brandywine Program) for receiving their 3 year CARF accreditation.

Congratulations to Unison Health Plan! This Delaware Medicaid Managed Care Organization was recently ranked in the top twenty of Medicaid health plans nationwide by U.S. News and World Report/NCQA America's Best Health Plans.

Congratulations to Glyne Williams who serves on the DCMHS Advisory and Advocacy Council and has long partnered successfully with DCMHS and will, effective February 2, 2010, become the Chief of Administration in the Division of Medical and Medicaid Assistance (DMMA). Our congratulations to Glyne and to DMMA!

Aquila of Delaware, Inc. celebrated its new office opening at 1812 Newport Gap Pike, Wilmington. Guests were treated to opening comments by Lt. Governor Matt Denn and the refreshments and tours that followed. (*see photo, right*)

Congratulations, Aquila!



Lt. Gov Denn with Joan Chatterton and Dr. Mandell Much of Aquila at opening.

Crossroads of Delaware held its open house for its new offices in December, 2009. The new office is located on 109 West 7th Street in Wilmington and easily accessed through public transportation. The offices are very spacious and well equipped to serve our clients and families. Congratulations to Executive Director Dr. Michael Barbieri, and his staff!

Congratulations to the **University of Delaware's Center for Disabilities Studies and Family Voices**, partners in a recent competitive grant award from the Delaware Division of Public Health! The *Family Support Initiative for Children and Youth With Special Needs* grant will be used to form an umbrella organization around all the family organizations serving youth with special needs and disabilities.

Terry Center held its **Fall Festival** for children and families in October, 2009. The event featured lots of food and activity; a real celebration! Lindsey Dyal and Kendal Wicks orchestrated the event, creating a fun and lively atmosphere. The event began early in the morning, when children in each classroom built scarecrows. The staff, children, and teachers shared laughs over lunch and then began the activities, including: pumpkin decorating, face painting, pin the arm on the skeleton, musical graves, eyeball toss, dangling donuts and much more. The event received an overwhelmingly positive response from the children and staff, leaving them all with fond memories.

Terry Children's Psychiatric Center's 40th Anniversary pot-luck luncheon/social was held in November. This was a real milestone event, celebrated by staff with each
(*continued on top of page 4*)

Provider and Partner News (continued from page 4)

bringing their favorite dish to share. The children learned about TCPC history by reading facts cards on the walls in various hallways. Staff and children met in the festively decorated gym and ate lunch together while sharing pieces of TCPC history. At cake time, everyone sang "Happy Birthday" to TCPC!

TCPC held its International Day open house on December 9. The theme was "*Winter Wonderland Around the World*" and was dedicated in the loving memory of last year's event coordinator Suzie Wollenberg, a staff member who passed away. The theme depicted how other countries such as Russia, China, Mexico, Nigeria and Jamaica traditionally celebrate the holidays. The busy day kicked off with a school open house in which the parents of the children served at the Terry Center were invited into the classrooms of their children to discuss classroom activities with the teachers, followed by an international luncheon for parents, children and staff. As lunch concluded the children were treated to games based on how different countries play them, such as: "Jacks" Chinese style and "Red Light" Nigerian style. **The Silvertones**, a choir of staff and youth from the Silver Lake Day Treatment Center performed.

SilverLake Treatment Consortium held its **Fall Festival** on November 18. As has become the tradition, many families of the youth at Silver Lake attended the event and enjoyed a delicious home-cooked traditional Thanksgiving meal provided by Middletown and Brenford cooks, Helen Reader and Ed Lewis. Dinner was preceded by an opportunity to meet with the Silver Lake educators. Following dinner, the youth presented a number of short videos depicting public service announcements focused on problems associated with substance abuse. These videos were produced by SLTC youth with technical guidance from Scott Michaels, who has been working with the SLTC youth for the past several years on a media awareness program called Media Matters (funded through Jewish Family Services), and Miles Dean from the YMCA, who has been working with our youth regarding Drug Abuse Prevention. Following the video presentations, the Silver Tones, a choir composed of youth and staff from Silver Lake performed, under the direction of Dawn Rowe, YRC III at Silver Lake. Parents and other family members were very proud of the efforts of their children in both the video productions and choir performance.

Silver Lake Treatment Consortium Receives Fitness Equipment from Leisure Fitness

DCMHS is happy to report that, after working with Carl Schnee, Esq., "wish lists" for gym materials for Terry Center and Silver Lake Treatment Consortium are being filled! **Leisure Fitness Inc.** is donating a new multi-station gym as well as an elliptical machine! DCMHS very much appreciates Mr. Schnee's interest and the generosity of Leisure Fitness!

Delaware's B.E.S.T.* for Young Children and Their Families

(*Bringing Evidence-based Systems of Care and Treatment)



Thirteen More Delaware Therapists Trained in PCIT

The group of thirteen clinicians pictured (*right*) completed the **Parent-Child Interaction Therapy (PCIT)** full-week, 40 hour training in December 2009. They are currently providing treatment to children with very challenging, aggressive and/or disruptive behaviors (ages 2 to 5 yrs.) and their families. The PCIT trainers provide ongoing clinical consultation. With the addition of these 13 more therapists, the total number of therapists trained in and using PCIT in Delaware is now 44!



**PCIT Training (3rd Training Group)
December 7 – 11, 2009**

Seated (left to right): Rosa Barnes, JP McCall, Michael Spears, and Amanda Morrison.
2nd Row (kneeling L to R): Cathy Brokaw and Kerri Murphy.
Back Row (L to R): Shannon Moyer, Denise Repka, Kristal Roberts, Georgia Pollard, Kellie Turner, Niagia Williams, Josh Masse (co-trainer), Tim Early, and Cheryl McNeil (Trainer)

"I just wanted to tell you that this PCIT training is wonderful and I'm really enjoying it. I had to step out for Inter-agency Committee on Adoption today (all the private agencies plus the state) and I told everyone how wonderful it is.... Thanks so much for this opportunity!

*Mary Lou Edgar, MSS, LCSW, Program Manager
Upper Bay Adoption and Counseling Services*

DCMHS is very happy to report that **more than 80 children** and their parents or caregivers have received mental health treatment from therapists using the PCIT evidence-based treatment designed for young children (ages 2 to 5 years) with very challenging, aggressive and/or disruptive behaviors of the sort that too often result in expulsion from early childcare programs.



NEW Intensive, Home-based PCIT!

DCMHS is very pleased to announce that this new, intensive, home-based PCIT treatment program has started!

The LATIN AMERICAN COMMUNITY CENTER has opened a program in **New Castle County** and **DELAWARE GUIDANCE SERVICES, INC.** has opened a program in **Sussex County**. (*continued on the next page.....*)

DCMHS has NEW home-based services! (continued from page 5)

Therapists and clinical supervisors for this new service completed the full week-40 hour PCIT training February 22—26, 2010, and began offering treatment to children with severe behaviors and their families in March. This new service has as its focus population young children (2-5 years of age) whose challenging, aggressive and/or disruptive behavior requires more intensive treatment than can be provided in an outpatient, office-based setting. Staff will also be able to provide outpatient PCIT when it is clinically indicated.



PCIT—focusing on young children

DCMHS' NEW—Statewide Early Childhood Mental Health Consultation (ECMHC) Service

With a Child Care Development Fund award from the State's Division of Social Services, DCMHS is now providing Early Childhood Mental Health Consultation Services **at no cost to Delaware early childhood education programs** across the state. Contracted, licensed mental health professionals with experience in working in pre-school settings and with training in evidence-based mental health practices (pictured right) are now partnering with early child care provider staff, providing child-specific mental health consultations at the request of the programs and working together to decrease problem behaviors while increasing positive, pro-social behaviors to promote the child's social and emotional wellbeing. *Research shows that social-emotional wellbeing is most important when predicting success as children move from pre-school settings to enter first grade.*



Photo L to R top: Kristin Fowles, Alicia Scott, Stav Gornic and center Pamela Morrison

Primary Early Childhood Mental Health Consultation Goals:

1. Preventing expulsion of children from early child care programs due to problem behaviors
2. Helping young children enter elementary school "ready to learn" by increasing social-emotional wellness, reducing problem behaviors and increasing positive, pro-social behaviors.



Lisa Greene, Ph.D., will join the ECMHC team in July, 2010

DCMHS looks forward to sharing data on the outcomes of this new service!

A Report on DCMHS' Recent Response to Delaware's Lewes Community



The Division of Child Mental Health Services has been involved in the State of Delaware's response to the Sussex County community. DCMHS' roster of TF-CBT therapists, community clinicians trained by our division in evidence-based, trauma-specific treatment, provided an immediate resource. DCMHS distributed broadly information about trauma-specific treatment to pediatricians across the state, to agencies working with children and their families in the Lewes area, and to the public. We acquired additional funding from the Criminal Justice Council to strengthen the network of support for victims of the Lewes case and their families. This developing network now includes the DCMHS Child Priority Response Team (CPR) in Lewes, La Esperanza in Georgetown, People's Place, Survivors of Abuse in Recovery (SOAR) and community therapists throughout the region. DCMHS has implemented a triage process through CPR-Sussex to provide brief in-home therapy to victims' families and refer for longer-term therapy when symptoms persist. The CPR unit has thus far served 13 children and their families. The La Esperanza Center is providing outreach, parent support and mental health triage to Hispanic victims. With DCMHS's support, the Center is reaching out to the Spanish-speaking community through radio and contact with other Hispanic-serving organizations. The Center has thus far supported 6 families and linked 3 children to bilingual therapists. Importantly, La Esperanza is enhancing DCMHS' crisis response by providing translation services. DCMHS continues to sponsor family support groups at People's Place and SOAR. These groups support families through open discussion and psycho-education on topics like stress management, coping with the legal process, normal sexual development in children, and maintaining household routines. Collectively, the clinics have served 39 adults and 11 teens.

DCMHS continues to indirectly support victims through training. Over 50 community therapists have been trained in Preschool PTSD treatment under the federal Delaware's B.E.S.T. grant. School Counselors in the Cape Henlopen and Indian River School Districts will receive parent support trainings in March and April, and DCMHS is teaming up with the local medical community to host a training of pediatricians and family practitioners on May 10th. A national expert will present in Dover on May 26th on the subject of Vicarious Trauma.



DCMHS uses our Delaware's B.E.S.T. for Young Children federal grant to host Pre-School Post-Traumatic Stress Disorder (PTSD) Treatment Training

Michael Scheeringa, M.D., MPH, a professor and researcher at Tulane University's Department of Psychiatric and Behavioral Health Services and a nationally recognized expert in preschool trauma treatment, conducted a two-day training at the Dover Sheraton for clinicians on a manualized, evidence-based Preschool Post-Traumatic Stress Disorder Treatment. Eighty individuals attended the training,

including 52 clinicians. Eight of the 52 clinicians participating in the training were currently treating young children who are victims in the Lewis abuse case. Clinicians rated the training as very valuable.

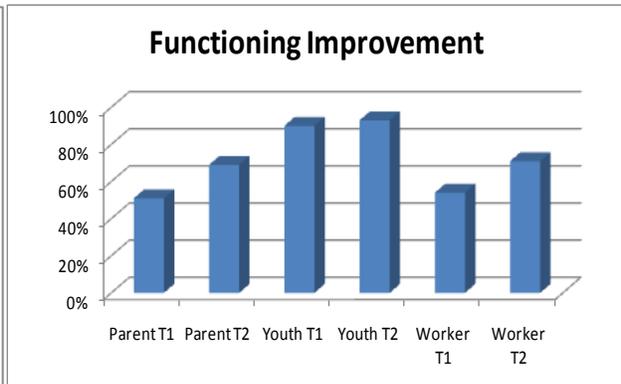
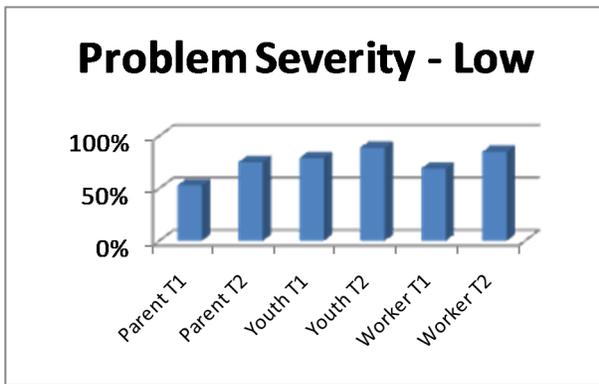
Many others were professionals working with young children who make referrals for young child services. They noted that this training helped them understand how children and families could benefit from this intervention and it will help them to make informed referrals.



DCMHS Report on Outcomes for Children and Their Families Served

DCMHS is committed to excellence in children’s behavioral healthcare. To this end, using the **Ohio Scales**, the division measures whether children improve after receiving services more intensive than outpatient.

Based on Ohio Scales survey results for children served during FY 09, DCMHS continues to achieve outstanding client outcomes. Both parents and youths report that they see reductions in Problem Severity (rated low, moderate or high) along with improvements in Functioning, and Satisfaction with the mental health services received between the initial administration of the survey (Time One or T1; when services are initiated) and their second survey approximately six months later (Time two or T2). In addition, the DCMHS clinical coordinator/worker assessment data corroborates the Parent and Youth report data with regard to their assessment in **reduction in problem severity** and **improvement in functioning**.



DCMHS Part of Delaware Team at Region III Act Early Summit

The Act Early Region III Summit held March 25-26 in Philadelphia was one of eleven regional Act Early Summits conducted across the nation, sponsored by the Association of University Centers on Disabilities, HRSA and CDC. Each summit convened a team of 10 – 12 key stakeholders from each state who are invited based on their expertise and roles. Organizations represented on Delaware’s state team included: Part C of IDEA State Services & Child Development Watch, State Preschool Special Education (Section 619), State Public Health/Early Childhood Comprehensive Systems Administration, State HeadStart and Early HeadStart, State Autism Organization, Parents/Families, Easter Seals, the Division of Child Mental Health Services, and the University Center for Excellence in Developmental Disabilities (UD/Center for Disabilities Studies).



During the summit, our state team laid the groundwork for more effective statewide early intervention and early childhood services for children with Autism Spectrum Disorders (ASD) and related disabilities. Next steps will be facilitated by the availability of an immediately available opportunity for a \$3,000 mini- grant as well as soon-to-come opportunities to compete for significant federal funding to further support Delaware’s effort. The state team will be expanded as work progresses.

Office of Prevention and Early Intervention (OPEI)

Preventing safe and healthy children, nurturing families and building strong communities is what OPEI is all about. OPEI works with children, families, communities, schools and other partners to prevent the development of high-risk behaviors including child maltreatment, alcohol/tobacco/drug abuse, juvenile delinquency and truancy, mental health issues and violence.

The mission of OPEI is to provide prevention and early intervention training, public education and services through partnerships to strengthen children, families and communities. Prevention is broadly defined as the promotion of protective factors and the reduction in risk to children, families and communities. Services are designed to reach children and families before problems become deeply entrenched by identifying and addressing the root cause(s) that may lead to negative outcomes for children and families.



OPEI addresses negative or troubling behavior in children and youth with a broad array of services across four essential levels:

1. Universal Prevention targets the general public or a group that has been identified on the basis of individual risk.
2. Selective or Targeted Prevention targets individuals or families at high-risk by virtue of their inclusion in groups or sub groups with established risk factors, such as demographic risk factors, environmental risk factors and biological risk factors.
3. Indicated Prevention targets individual or families with established person risk factors.
4. Early Intervention is for those children and families who have moved past risk and begun to engage in negative or undesirable behaviors.

OPEI services are available statewide and are culturally responsive. OPEI educates others about the value of prevention, proactively manages a range of services that prevent the onset of negative behaviors, measures the impact of services by collecting and analyzing data and helps to build the community's capacity to support families. OPEI's social marketing efforts increase awareness of and allegiance to prevention of negative behaviors as well as the promotion of health and wellness. Investing in prevention increases positive outcomes and is a judicious use of resources. OPEI's focus on innovative partnerships is essential to building truly integrated and effective front end service delivery system. OPEI routinely works with faith and community-based organizations with shining examples of what works best—unique collaborations to support kids and families. Most recently, OPEI's activities have included:

- supporting Goodwill, Inc and others in successful grant writing efforts;
- collaborating with the United Way and the Department of Education around the social and emotional well-being initiatives and supporting child care centers;
- providing leadership in the state's efforts to prevent suicide as the recipient of the Garrett Leaf Smith SAMSHA grant award for Suicide Prevention;
- Working with Kids Count on efforts to reduce child poverty; and
- Partnering with the Moss Foundation and Children and Families First on afterschool programming and supported responsible fatherhood and health relationships initiatives.

Child Development-Community Policing Initiative with the City of Wilmington (CD-CP)



On Dec. 23rd, the staff from Sallie Mae opened their hearts to assist **180** of our DCMHS clients and families by providing holiday gifts and cheer to those in need. Families received gifts on their wish list as well as food boxes and gift cards. This is the first year (of hopefully many years) with Sallie Mae as partners in this wonderful effort. DCMHS truly appreciates the generosity and kindness of all the Sallie Mae staff who participated!



How the magic happens.....

Many people came out to support the festivities including Wilmington Mayor Baker and Public Safety Director Jim Mosley, several executives from Sallie Mae, as well as DCMHS staff and City Police who are part of our Child Development Community Policing (CDCP) Initiative.



*Pictured left to right are: Jack Hewes, Sr. Executive V.P. & Chief Lending Officer, Mike Maier, Sr. V.P., Business Re-Engineering, Sinen Dip, Jim Truitt, SVP and Chief Compliance Officer, Sinoun Dip, Judi Beamer, Cassie Connell, **Santa...** (aka Mark Protas) and Arlene Cohan.*

DCMHS Employee Recognition



DCMHS' congratulations go out to JILL WARD, our Employee of the Quarter for the fourth quarter of 2009!



Jill joined the DCMHS Intake and Assessment staff five years ago and has long been recognized as a valued member of the staff. She collects and interprets data, always showing strong initiative and taking on additional tasks that clearly contribute to the work of the unit. She serves as liaison with the doctoral student interns and staffs several committees (e.g. Quality Management and Utilization Management). She was invaluable in the successful planning for and coordination of the recent staff office relocations.

Beyond providing consistently strong support for the unit, Jill is one who volunteers to organize luncheons and other events where staff of the division are able to connect with each other, share a meal or snack and enjoy the "team-ness" that comes with working here. In a time with serious fiscal challenges and sometimes low morale, she continually interacts with her co workers with endless enthusiasm, kindness and a can-do attitude. Jill is a thoughtful, hard-working and loyal employee of the State of Delaware and we are so happy she works here in DCMHS!

Mental Health/Criminal Justice Task Force Update:

The Supreme Court Mental Health Task Force is chaired by Chief Judge Ridgely. Cabinet Secretary Vivian Rapposelli and Division Director Susan Ccyk serve on this Task Force. Martha Gregor and Richard Margolis have also been involved.

Recently, the task force has focused on the need to identify individuals with mental illness, substance abuse or co-occurring disorders as early as possible in their contact with the criminal justice system. Standardizing information in assessments, increasing the ability to communicate and share information that best creates seamless transitions into and out of the criminal justice system have been topics of discussion.

The task force has reviewed issues around capacity, service continuum gaps, and training for law enforcement

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



DCMHS Child Mental Health Advisory and Advocacy

Council Update: Next Meeting: MAY 20th, 12: 30—2:30 PM DE Youth and Family Center, 1825 Faulkland Road, Wilmington, De

The Child Mental Health Advisory and Advocacy Council met on March 25, 2010, at the Rockford Center. Meeting highlights included the following presentations to the Council:

- Children's Department's Joint Finance Committee Hearing Report and DCMHS FY 11 priorities—Susan Ccyk
- DCMHS' response to the Lewes Case—Chuck Webb, Howard Giddens
- Update on Delaware's B.E.S.T. for Young Children and Their Families, DCMHS' federal grant to create a mental health system of care for children birth to age 5 yrs.—Mary Moor
- DCMHS' new service—Early Childhood Mental Health Consultation—Alicia Scott
- Update on the Child Protection and Advocacy Commission's Committee on the mental health of children in foster care—Keith Zirkle, DFS
- Mental Health Services for Youth in Juvenile Justice –Aileen Fink
- Prevention and Early Intervention—Dana Sawyer
- Reports from the Legislative and Transition committee-Pat Maichle

Upcoming activities in which Council members may wish to participate:

- May 26—DCMHS conference: Vicarious Trauma: Taking Care in Crisis—Dover Downs, 9am—4pm
- June 3 & 4—Protecting Delaware's Children, a multidisciplinary conference sponsored by the Child Protection Accountability Commission in partnership with the Family Court of the State of Delaware