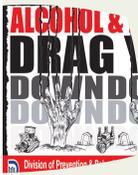




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○ Fall/Winter ○ 2014

DPBHS Kids Line

A Newsletter from the Delaware Children's Department
Division of Prevention and Behavioral Health Services

RESILIENT CHILDREN AND FAMILIES
LIVING IN SUPPORTIVE COMMUNITIES

Jennifer Ranji
Cabinet Secretary

Director's Message



Susan A. Cycyk

Thanks to our staff and partners, we are reaching more and more children, youth and families in early education settings through high school, through prevention, early intervention and treatment. The majority of the children and youth we serve are succeeding at home and in their communities, as a result of our work. The Division's reach is broad and the impact is deep.

In this issue of the *DPBHS Kids Line Newsletter*, we share information regarding the work our elementary school-based programs provided during the summer, as well as some initial data on the services provided by the Middle School Behavioral Health Consultants. We also share information on four federal grants that the Division has been awarded. The federal grants, awarded by the Substance Abuse and Mental Health Service Administration (SAMHSA), will allow us to enhance behavioral health services for many of Delaware's children and youth, and to continue to offer innovative services.

Recent articles in local news outlets focused on substance use in Delaware. Although the substance use issues discussed in the recent news articles have spotlighted adult issues, many of our Delaware youth also battle with substance use. **Treatment is available; please visit our website (kids.delaware.gov/pbhs/pbhs.shtml) or contact us at (302) 633-2600 for information on our providers.**

Through prevention, we focus on educating children, youth, parents and school staff about the perils related to substance use. Our substance use prevention campaigns include, "Drugs Drag You

Down" and "Red Ribbon" Week.

Red Ribbon Week increased awareness of substance abuse prevention and promoted safe, healthy and drug-free communities for youth and their families in Delaware.



Information about our "Drugs Drag You Down" campaign is available in this newsletter.

Have a safe and happy holiday season and new year!

Susan

K-5 Summer Programs



For many Delaware children, the ability to succeed in school is impacted by behavioral health issues. Nearly twenty (20) percent of our children, ages 2-17, have one or more emotional, behavioral or developmental condition.

Family Crisis Therapists (FCTs) are assigned to fifty-three elementary schools throughout the state and provide a range of interventions designed to remove barriers to academic and social success. These interventions continue during the summer months and include individual and group counseling, parent education and preparation for the transition into a new school year. In addition, the FCTs have the opportunity to provide summer mini programs that provide social, behavioral and education programming to selected students. FCTs develop themed programs that reinforce school readiness and active parent participation to encourage positive outcomes.

During the summer of 2014, the FCTs conducted 16 summer mini programs for students and families across the state, offering a positive

fun experience for the students served through the program.

The summer experience provided at-risk elementary students and their families support for school readiness, with the goal of students returning ready and motivated to learn, along with active parent participation to encourage positive outcomes. The summer program was strongly supported by community partners and school administration.

New this summer was a statewide K-5 Program event which took place at Killen's Pond.

The Summer Mini Program was a successful experience as students returned to school ready to apply their newly learned skills in the class room. The Summer Committee is excited and busy planning for summer 2015.



Behavioral Health Consultants

The Behavioral Health Consultation (BHC) Program is a Governor's FY 2014 Initiative. This initiative was designed to allow licensed mental health professionals (BHCs) to provide brief mental health services to students in middle schools throughout the State of Delaware.

The BHC Team recently compiled a report on Fiscal Year 2014 Program Data.

The report documents the program's goals as follows:

1. To identify students who are vulnerable and at-risk for negative outcomes.
2. To screen identified students for mental and behavioral health related concerns.
3. To make referral for primary prevention services and/or more intensive therapeutic clinical services for identified students.
4. To provide brief counseling services.
5. To expand targeted intervention for vulnerable students in middle schools.
6. To positively impact student attendance, behavioral incidents and suspension.

During FY 14, the BHC Program operated in seven Kent County Middle Schools, nineteen (19) New Castle County Middle Schools and eight Sussex County Middle Schools. Data collected for the report is based on a three-month period (April 2014 to June 2014).

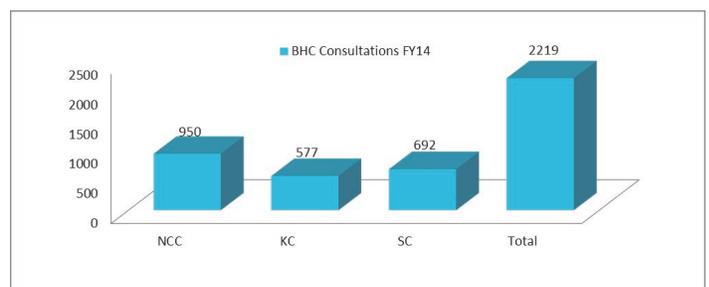
During the three month period, a cumulative total of 2,219 consulta-

tions were completed statewide. This total represents an average of 27 consultations per school per month.

The ages of students referred to the BHCs ranged from 10 to 16. The highest number of referrals clustered around youth 13 years of age. According to the report, the primary reason for referral in all three counties was for aggressive/negative conduct. Other behaviors resulting in a referral to the BHC Program included symptoms related to depression, and interpersonal problems.

The BHC Program reported experiencing successes during the initial program period. According to the report, "Interventions provided by the BHCs in the middle schools collectively appear to have had some positive impact on behavioral outcomes."

Among the successes noted in the report was the buy-in of the administration and staff at the 27 middle school that participated in FY 14, the welcome presence of the BHC at each middle school, and the appreciation of the BHC Program by the students and parents.



DPBHS Awarded Multiple SAMHSA Grants

We were recently notified of the award of three Substance Abuse and Mental Health Service Administration (SAMHSA) grants. The three grants are in addition to the SAMHSA System of Care (SOC) Expansion Grant which was awarded to DPBHS in July 2013.

The recently awarded grants include Project LAUNCH, Project CORE and the Project SAFETY Suicide Prevention grant. A brief summary of the four SAMHSA Grants is as follows:

- ◇ **System of Care Expansion**-Provides funding to create a sustainable statewide system of care for children with serious emotional disturbances; improve behavioral health outcomes; and increase access to services as well as increase family involvement in their child's treatment.
- ◇ **Project LAUNCH** (Linking Actions for Unmet Needs in Children's Health)-Looks to address the physical, social, emotional, mental and behavioral needs of young children, from birth to age eight, who reside in several high risk communities in Wilmington.
- ◇ **Project CORE** (Community Outreach, Referral and Early Intervention)-Looks to improve the long-term outcomes for 16-25 year olds statewide with a high risk for psychosis or have recently experienced a first episode in the past year. The project will

also facilitate the transition from the youth behavioral health system to the adult behavioral health system.

Project SAFETY (Suicide Assessment, Follow-up, Education, Texting for Youth and Young Adults)-Focuses on screening youth and young adults for suicidal feelings using a web based screening instrument delivered on a tablet. Screening will take place in physician offices, at high schools, in universities and on crisis responses.

Through these four grants, DPBHS will bring in \$16.68 Million in federal dollars to enhance behavioral health services and programs for children, youth and families.



SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

'Alcohol & Drugs Drag You Down' Campaign

The DPBHS Prevention Unit recently launched an anti-drugs and alcohol campaign, 'Alcohol & Drugs Drag You Down'.

The campaign kicked off to coincide with most schools' Homecoming season and was heavily aimed at middle and high school students. The Halloween-themed campaign graphics are featured on billboards and movie theatre ads statewide, as well as on posters.

Posters are being distributed at high school homecoming dances and through the middle school Behavioral Health Consultants, along with

neon glow in the dark wristbands with the campaign hashtag, #DDUD. Students are being encouraged to share the message and post pictures of themselves with the wristbands through social media sites Instagram and Twitter.

DPBHS also partnered with Frightland, the popular Middletown Halloween time attraction. Frightland held a special 'Drugs Drag U Down' night on October 18th, where teens received the neon wristbands and took selfies with the #DDUD Zombie.





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MR. TODD,
 I JUST WANTED TO THANK YOU FOR HELPING ME THROUGH THIS ROUGH COUPLE OF MONTHS. AND EVEN YEARS. IT HAS HELPED ME SO MUCH AND YOU DON'T REALLY KNOW HOW HAPPY I AM NOW WITH MY BEHAVIOR AND MY MOOD. YOU TAUGHT ME HOW TO CONTROL MY IMPULSES, COMMUNICATE HONESTLY, ACCEPTING NO AND MOSTLY TO COPE WITH MY FEELINGS AND FINDING HEALTHY COPING SKILLS INSTEAD OF THE NEGATIVES. SO I JUST WANTED TO SAY THANK YOU. YOU ARE THE FIRST THERAPIST THAT HAS NOT GIVEN UP ON ME SO THANK YOU. IT MEANS THAT YOU CARE AND THAT MEANS A LOT TO ME SO THANK YOU.

The following is an unsolicited letter written by a former Silver Lake Treatment Center youth who worked with Assistant Administrator Todd Sowden.

This letter is a testament to the great work at Silver Lake.

Thanks to Todd and all the dedicated state staff at our residential service centers and in other positions across PBH!

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