



SUMMER 2007

# DCMHS Kids Line

Ruth Ann Minner, Governor	A Newsletter from the Division of Child Mental Health Services Department of Service for Children, Youth and Their Families State of Delaware	Cari DeSantis, Cabinet Secretary
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## A Message from the Director:



Susan Czyk,  
DCMHS Director  
DCMHS

Due to outreach by our staff and the quality performance of our providers, **DCMHS served 8 % more children and adolescents in FY07** than last year. Across our system at least **1,350** children and adolescents, along with their families, are in treatment every day. We are reaching many more City of Wilmington children through the Child Development-Community Policing Program, which uses an evidence-based approach to support children and families who have experienced or witnessed violence or other trauma.

Some children and adolescents are overwhelmed by the traumatic events to which they have been exposed; some develop Post-Traumatic Stress Disorder (PTSD). Many of the children and adolescents we serve have experienced violence, loss of family, sexual and/or physical abuse, and other serious difficulties. This is particularly true for children and adolescents who enter this Department through the doors of child protection or juvenile justice. For children with PTSD, we offer our statewide Child Well-being Project, which provides trauma-specific treatment for children. Fifty children and their families have been treated, many of whom have been in foster care. Some children need a variation of trauma treatment, even if they do not have a PTSD diagnosis. In September we will start our new program to serve girls on probation who do not have PTSD but need treatment for trauma. Please join us, along with national experts in children's mental health and child traumatic stress, for our **September 25<sup>th</sup> Child Traumatic Stress Conference**, to learn more.

### INSIDE:

Not every child has child traumatic stress. Disorders that are commonly seen in children include depression, attention deficit/hyperactivity, oppositional-defiance, anxiety and substance use. Children and adolescents with these challenges are seen across our continuum of services, from outpatient counseling to inpatient care. Most of the children and adolescents we serve live in the community and attend public schools. We paid particular attention this year to a specific group of children, those who have both developmental disabilities and mental illnesses. With the Division of Family Services, we worked out an agreement with the Division of Developmental Disabilities Services to better integrate services for children and their families. The Cabinet Secretaries of DHSS and DSCYF signed a Memorandum of Understanding to support this effort.

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Satisfaction ratings from consumers/caregivers and from children and youth receiving treatment remain high across the public system, as do ratings of improvement in the child's ability to function in his/her life (i.e., to learn, grow, and make friends). Thanks to all our partners for a good year, and to the children, families and caregivers, for working with us in treatment.

**While we are making progress, we have more to do.** With our partners in Delaware's juvenile justice facilities, we continuously strive to improve the quality of treatment for detained youth. With our

## Message from the Director *(continued from page 1)*

partners on the Mental Health Subcommittee of the Child Protection Accountability Commission, we work diligently to assure access to appropriate treatment for children and youth in foster care. Through the leadership of the Division of Substance Abuse and Mental Health, we participate in a major state initiative to assist pediatricians and primary care physicians appropriately prescribe psychotropic medications for children. This fall we will collaborate with the Department of Education to train school staff on the resources available for students who may have a mental illness. The staff of this Division look forward to your continued partnership as we roll out evidence-based practices (treatment that works), including Trauma-Focused Cognitive Behavioral Therapy and new Intensive Outpatient Substance Abuse Service for children and adolescents in Kent and Sussex counties.

I will close by sharing some of the positive feedback our division has received regarding the public system, and most importantly, the treatment provided for children, adolescents and their families....

*Susan*

*"It is amazing how effective (DCMHS) has been in getting federal grants that are so critical to helping the Division create additional client services and advance its goals..."*

*Michael Partie,  
Center for Disabilities Studies, University of Delaware*



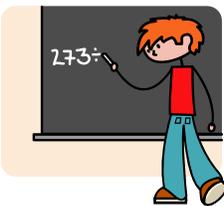
*"I..feel honored to be working with ...you to do what we think is best for these kids with incredible pasts and with their challenging issues. I have worked with all of you, not only in this case, but on others and know that when you are involved, I can feel confident that you are doing the best you can for the kids."*

*The Honorable Barbara Crowell, Family Court Judge, Referring to a DCMHS clinical*

*"Delaware is really leading the nation in coordinating and integrating services for children with mental health diagnosis who also have developmental disabilities." Dr. Moyer, Ph.D., Dept. of Teacher Education, San Diego State U., presenter: Lessons Learned after a Decade of Inclusion, May 3 13th Annual Inclusion Conference: Breaking Barriers and Building Bridges: Birth to 21.*



*coordinator, DFS case worker and a Court-appointed Special Advocate (CASA).*



*Comments from mother of a child/client of New Behavioral Network Intensive Outpatient provider (as reported by clinical services management team leader Susan Schmidt, Ph.D.) - "prior to starting this program, my child had not had successful outcomes at any other treatment program. Prior to entering NBN IOP. It was so difficult dealing with (child's) oppositional behavior that I hated to go home. My son is now a changed person. He has a new set of nice friends, asks permission before going out and calls his therapist to discuss any problems he has. I would not have believed a program could be so successful. I really appreciate the help of Sharon Gardner, the DCMHS staff person who referred us to this service!"*

*From a mother with a child in the Child Well-Being Pilot (TF-CBT):  
"I am so happy that my child is feeling more like himself again. He has been so quiet and has had a lot of trouble sleeping. Seeing him happy, better rested and playing actively again is all I could ask for. He is now making new friends at summer camp and looking forward to school in the fall. Thank you so much for all your help."*



## Child Development-Community Policing (CD-CP) DCMHS' Partnership with the City of Wilmington

In May and June 2007, **nearly 200** children or adolescents and their families were identified by City of Wilmington police and firefighters and referred to CD-CP for trauma-informed child mental health crisis intervention. Staffing is becoming a critical issue with the increase in the rate of referrals. This crisis intervention service works best when crisis therapists can ride along with officers, participate in the canvassing of the community after a particularly violent crime and meet face-to-face with youth and their families at the time of the referral. This program includes an effective outreach component in partnership with community policing and is serving youth and families who have not traditionally sought or even been aware of child mental health treatment. Nearly 800 youth and their families have received direct services from CD-CP since the program began in January, 2006.

In mid-July, a CD-CP police-therapist canvassing team met a young boy who witnessed the self-inflicted gunshot incident resulting in the death that prompted the canvassing. The boy had told *no one*, even his family, that he had witnessed this extremely violent and fatal act. Initial counseling was offered, his parents were advised on how to support the child, and he has been referred to Delaware Guidance Services for Outpatient Services. That same week a Wilmington firefighter referred a young boy who was badly burned in a house fire along with his siblings as they were all having difficulty dealing with this type of injury and loss.

DCMHS has applied for external resources to hire additional crisis therapists to meet the increasing demand, including an application to the HOPE Commission for funding for two crisis therapists. CD-CP has served nearly 90 youth and their families from the Southbridge area of Wilmington, recently designated by the HOPE Commission as a HOPE Zone to be infused with a variety of social services to help reduce crime and violence. Community policing is to be a key part of this effort. An application has also been submitted in response to a call for proposals from the U.S. Department of Justice.

## DCMHS Community Outreach at the DELAWARE STATE FAIR



DCMHS partnered with the Division of Public Health in July to participate for the third year in a row in the Family Health Fair at the Delaware State Fair. Held on Children's Day at the fair, this event caters to children, youth, families and child-serving agencies. "Barnyard Beach Party" was the theme this year. Palm trees and beach balls figured prominently in the DCMHS promotion booth.

An estimated **1,000** individuals visited the Health Fair, with most stopping by the DCMHS booth to pick up information about children's mental health, child traumatic stress, Delaware foster care and more services from the Children's Department. Our popular giveaways at the booth included water bottles, wrist bracelets, ice cream scoops and frisbees. *Great Outreach!*



## Employee Recognition ~ Here's to YOU!

DCMHS staff enjoyed themselves at the Department employee recognition picnics in north and south Delaware. The event committees, with representatives from all DSCYF divisions, did a terrific job of planning the food, games and activities and of encouraging staff to turn out! These events provided a wonderful opportunity for staff to visit with each other in a relaxed setting, with great food and lots of sunshine! The event gave us time to recognize all the other dedicated department employees who, while doing work different than ours, all work hard emulate the Department's vision — *Think of the Child First!*

*In addition, our Division held a small event to recognize our employees. DCMHS thanks the Employee Recognition Committee members (Debbie Hershbein, Jill Ward, Kelly Dobrowolski, Pam Louie, Karen Alvey, Alex Tunnell, Terry Plummer, Carl Guy, Marla Selber, Patricia White, Andrew Dowell and Joy Campbell) for a well-planned and fun picnic at Lums Pond. The weather was fantastic and the food was just amazing! Thanks to Linda Zervas and Ray Provost who helped solicit donations.*

**Transition to Adulthood at Age 18:** Martha Gregor, LCSW, Director of Substance Abuse Treatment for DCMHS, gave a presentation on Transition at Age 18 at the Seventh Annual Summer Transition Institute sponsored by the Parent Information Center and the Department of Education. She shared information about the DCMHS Transition Guide publication, the new DCMHS-DFS-DDDS memorandum of understanding and about substance abuse transition issues for youth and families.

## Children's Department News:

### **Division of Youth Rehabilitative Service:**

DCMHS has developed and disseminated a special edition newsletter on child mental health and child traumatic stress for the families and care-givers of youth in DYRS services. This first edition focuses on increasing awareness about children's mental health and provides information on treatment services available in the DYRS facilities. The newsletter may be seen at:

[http://kids.delaware.gov/cmhs/cmhs\\_families.shtml](http://kids.delaware.gov/cmhs/cmhs_families.shtml)

Gender-specific mental health intervention for girls in DYRS, focusing on girls entering probation is starting in August. Two therapists have been hired for the project and will be ready to provide trauma-informed mental health intervention in the community for about 30 girls annually, beginning in September.

### **Division of Family Services:**

DCMHS staff are participating on work groups led by DFS that are addressing issues raised in the federal Child and Family Services Review as part of the Children's Department work to develop a Program Improvement Plan.

Early indications are that Trauma-Focused Cognitive Behavioral Therapy is helpful to foster parents as they come to understand a child's history, participate in treatment to reduce disruptive behaviors, see better behavior and work toward more permanent placement for the child.

*The Child Well-Being Initiative is helping youth in foster care!*

## Delaware Child Traumatic Stress Treatment and Services Center

On June 19-20, DCMHS hosted the meeting of the U.S. Eastern Trauma-Focused Cognitive Behavioral Therapy Learning Collaborative sponsored by the National Child Traumatic Stress Network.

Nearly 100 clinicians and clinical supervisors from six states heard national experts address the challenges of using TF-CBT in a variety of settings for youth with complex post-traumatic stress disorder.



Delaware has two teams selected through a competitive process who participate in this Learning Collaborative. One team provides mental health intensive outpatient treatment for Delaware Guidance Services while the other is staffed by the Division of Child Mental Health Services and is sited at the Terry Center. See photos of these teams below.

"It was a pleasure to host the 2nd meeting for the TF-CBT Learning Collaborative in Delaware. The meeting afforded teams from around the country the opportunity to gather and discuss adaptation, development, implementation, and evaluation of Trauma-Focused Cognitive Behavioral Therapy. This was not simply an opportunity to network, but an opportunity to work collectively towards the goal of reducing the negative impact of trauma on children and families. The expectation of the Collaborative was that participants come prepared, be challenged during the session and leave enriched. We are looking forward to Learning Collaborative 3!" Shannon Bordley, DCMHS IOP Team.



DGS IOP Team (L to R) Carl Chenkin, Ph.D., Perpetua Ngengwe, Natasha Mullen, Anne Brenne- man, Andrea Davis, Jon Baylin, Ph.D..

DCMHS IOP Team— Harold Fisher, Pat Bush, Shannon Bordley, Diane Amery, Ph.D., Aileen Fink, Ph.D.

### DCMHS Begins Training Outpatient Providers in TF-CBT:

DCMHS will start training selected therapists from mental health outpatient providers August 16-17, 2007. Ten DGS therapists and four therapists from Children and Families First will be trained to use this evidence-based practice with client(s) over about 16 weeks, participating in weekly clinical consultation. With standards for meeting fidelity-to-practice met, successful therapists will receive certificates of competency in TF-CBT from DCMHS.

Training courses will continue for the remaining two years of our grant, dramatically increasing access for Delaware children and their families to effective, evidence-based, trauma-specific treatment.

## Training Track....Get On Board!



# SAVE THE DATE! SEPTEMBER 25, 2007 STATE CHILD TRAUMATIC STRESS CONFERENCE

To be held at Clayton Hall, Univ. of Delaware, Newark

National experts will speak on child traumatic stress and evidence-based treatment. Please plan to join us for this full-day conference! Workshops in afternoon.

**“In The Best Interest of the Child”** Lecture event to be held Oct. 30 (full day). The lecture is sponsored by Child Inc. in collaboration with the Domestic Violence Coordinating Council.

The Family Court of Delaware is sponsoring a one-day workshop entitled, **“Inspiration and Education for Legal Professionals and Partners in Child Welfare.”** Attend either August 9 or August 22, 2007 at the Dover Sheraton. Featured presenters are Heidi R. Epstein, JD, MSW, co-manager of the award winning Permanency Barriers Project in PA, Anne Marie Lancour, JD. MAT, who directs Permanency barriers Projects in PA, KY and WY and Joanne Brown, JD, MSW, consultant with National Child Welfare Resource Center on Legal and Judicial Issues of the American Bar Association center on Children and the Law. Call first to see if seats are available. Contact number: 302-255-2605

**Therapeutic Options Instructor Training, August 14-17, 2007.** Sponsored by the University of Delaware’s Center for Disabilities Studies, this nationally recognized four-day workshop leads to Therapeutic Options Instructor certification. Positive practices are used to safely support children and adults who may have dangerous or aggressive behaviors. Contact UD CDS at 831-6974

## DCMHS-DFS-DDDS Announce a Memorandum of Understanding

The Divisions jointly have announced the completion of this new memorandum of understanding (MOU), designed to ensure appropriate services are provided to youth with developmental disabilities and mental illness. The MOU delineates responsibilities and maximizes cooperation between the Divisions regarding:

- Joint planning and services for eligible children and families;
- Residential placement of DFS children in DDDS foster homes and respite care;
- Developmental assessments of younger children in DDDS home and respite care; and
- Transition of youth to adult services at age 18.

Michael Mayer, Ph.D., presenter for the DCMHS-sponsored workshop on “Dual Diagnosis: Using Evidence-Based Practices & the System of Care Approach for Treatment of Children and Youth with Intellectual Disabilities and Mental Illnesses,” noted that the State of Delaware is on the leading edge of states nationally in addressing this young, very challenging population. The MOU is available for review, posted on the web at: [http://kids.delaware.gov/pdfs/pol\\_mou\\_ddds\\_dcmhs\\_2007r3.pdf](http://kids.delaware.gov/pdfs/pol_mou_ddds_dcmhs_2007r3.pdf)

## DCMHS Personnel Notes.....

In addition to the fun at the DCMHS Employee Recognition Picnic in June, service awards and certificates were given out to honor to staff who have been in State employment for 5 years :**Mary Sweeney-Lehr, Ronda Comer, Eileen Cozzi-Bodnar, Sharon Gardner, Lisa King, Dustin Weller, Diane Amery, Helena Carter, Cheryl Wesley, Kier Berkel, Kathleen Jones**, 10, years: **Joanna Campbell, Elizabeth Kuman, Susan Schmidt, Jesse Wolfe-Parsons**, 15 years: **Lynn Banks, Linda Blankenship, Martha Gregor, Dawn Rowe, Pam Thogersen, Margaret Dello Buono**, 20 years: **John Stevenson, Debra Hirschbein, Nancy Widdoes, Amy Hurley, Linda McDaniel** and 30 years: **Suzanne Wollenberg**.

Congratulations to these valuable employees!

DCMHS welcomes Dan Hoover, Ph.D., Psychologist Supervisor/Intensive Wrap Team and Lisa Pistone, Ph.D., Psychologist, both joining Clinical Services Management Unit as Team Leaders and both located at University Plaza.

## Provider News—Terry Center Summer Luau

In mid-June, the Terry Children's Psychiatric Center hosted its annual Luau picnic for children and their families. Director Tom Olson, Ph.D. reports that more family members than ever before participated in the event this year.

Staff from the Terry Center, the DCMHS Intensive Outpatient Program staff sited at the Terry Center, crisis and education staff all pitched in to serve delicious food to the children and their families.

Everyone enjoyed the terrific meal and wonderful desserts prepared by the staff.



DCMHS Director Susan Cczyk and Deputy Director Marc Richman, Ph.D., attended the event. Susan had the opportunity to meet and speak with several families and foster parents who spoke very positively about the caring staff at the Terry center. Many parents and care-givers indicated that, even with very serious challenges to address, the children made great progress through treatment provided at the Terry center. Susan said it was a real privilege to have time to talk with the children and their families and to hear first hand about their experiences in the Division of Child Mental Health Services' Terry Center programs. Seeing the children and families enjoying time with the staff, playing games and just relaxing together was icing on the cake!

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CHILD FIRST!!!**



OR  
[www.thinkofthechildfirst.com](http://www.thinkofthechildfirst.com)

#### DSCYF Strategic Initiatives

- Child Focused System
- Holistic Services
- Inspired Workforce
- Leading Edge Management
- Dedicated Partnerships



## CALLING ALL FAMILIES!

Family participation is needed for committees and workgroups. The Division wants to partner with family members to support Delaware's System of Care. Families provide an essential voice and leadership for children's mental health. You can be part of strategic planning efforts to shape the system.

The Division invites parents, family members and caregivers of children and youth with mental health challenges to become members of the Division of Child Mental Health Advisory and Advocacy Council. As a member of the Council you will have the opportunity to influence decisions about critical services available for children and youth as well as impact how additional services and supports can become available. Data shows that family participation does result in the positive transformation of children's mental health services.

The Council meets every other month from 11:30 am – 1:30 pm at 1825 Faulkland Road in Wilmington. The next meeting is September 11, 2007.

**We miss you at the table!**  
**Your voice and expertise is needed.**  
**You do make a DIFFERENCE!**



If interested in joining or for more information, please contact  
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