

# ARBEST

Arkansas Building Effective Services for Trauma  
A Program of the UAMS Psychiatric Research Institute



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### Hand-out on TF-CBT

A brief explanation of TF-CBT and its advantages is available as a one-page hand-out for parents and other caregivers on our [website](#).

### Six-Month Progress

Since July 1, 2013, the CACs have registered 1,943 children in the AR BEST database.

### Contract with Outside Mental Health Affiliates

CACs referring all children to an affiliated mental health professional located *off-site* may be interested in

**April 2, 2014**

## Dear Partners,

We would like to thank you for your open arms, warm hospitality and willingness to share your valuable time during our recent visits to the CACs. Being able to consolidate our trips so that we were able to meet with each of you in a short period of time gave us an opportunity to more fully understand your hard work, the barriers you experience in fully implementing a mental health program, and the wonderful successes you've experienced. We especially appreciate the many stories of children who have benefitted from your interventions. It was also a great time to see more of the communities in which you live and work and enjoy some of the fine cuisine of Arkansas!

As a result of our discussions, we have some new ideas about the current contract as well as the 2015 contract currently under development. We ask for your patience as we work to close the gaps on some of our policies and procedures. Our most important goal – to better serve the children of Arkansas – is one we take seriously every day.

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## Hand-out on TF-CBT

A brief explanation of TF-CBT and its advantages is available as a one-page hand-out for parents and other caregivers. We realize that in the midst of a CAC visit, parents may not be able to remember everything, so we

using an inter-agency agreement. Contact [Chad](#) if you would like to obtain a copy.

developed a summary that an advocate can easily print out from our web page and hand to the parent when discussing the possibility of therapy. TF-CBT is described, and the AR BEST phone number and web site address are provided for future follow-up. Look for [TF-CBT: An Overview for Children & Families](#) on the AR BEST [website](#) under 'Resources.'

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## Quarterly Appropriation

Congratulations if you have already received your mental health appropriation for the next quarter! This means that for the most part, you have met your goals for 2013-2014, and we applaud your success. For those of you who have not received your mental health appropriation, we will be in touch with each of you to discuss how you might more effectively reach your goals and perhaps be eligible for a partial amount of funding based on your third-quarter performance.

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## Six-Month Progress

Six months into the new mental health appropriation system, the CACs have registered 1,943 children, 9.3% of whom have been referred to and seen by a CAC-affiliated mental health professional. Of the 181 children seen by a mental health therapist, 116 were assessed using the UCLA-PTSD Scale. Mean number of therapy sessions provided to the children registered in AR BEST by a mental health professional was 7.

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## Contract with Outside Mental Health Affiliates

One of the most important findings from our recent CAC visits is the diversity, adaptability and innovativeness exhibited in providing mental health services to traumatized children. One model is to refer all children to an affiliated mental health professional located in another agency. This approach may be best accomplished through an inter-agency agreement, so we

have developed a template that might be used in these situations. Please email [Chad](#) if you would like to see a copy of this template.

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## Reorganization of AR BEST

AR BEST is undergoing construction! The organizational structure will change to reflect our three main functions and will consist of a Mental Health Advisory Council, a Community Advisory Council, and a Strategic Planning Council. The Mental Health Council, facilitated by Ben Sigel, will focus on mental health training, consultation calls, peer review for mental health professionals (MHPs) affiliated with the CACs, assessment and contracts. The Community-Based Council, facilitated by Chad Sievers, will develop and implement trainings for other professionals in the state, including child welfare, court personnel, and advocates; update the website; serve as a liaison to the community; and offer webinars for non-MHPs. The Strategic Planning Council, co-facilitated by Terry Kramer and Nikki Conners-Burrow, will emphasize finance, policy, program development, contracts, evaluation and quality improvement and long-range planning. If you are interested in serving on any of these councils, please contact [Terry Kramer](#).

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