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# ARBEST

## A JOINT PROGRAM OF THE UAMS DEPARTMENTS OF PSYCHIATRY AND PEDIATRICS

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#### **Guidelines for Mental Health Interpreter**

While the ideal circumstance would be to conduct therapy in the primary language of the child or child's family, we realize this is not always possible. Interpreters can provide a valuable service if you are careful and follow some basic guidelines outlined below:

- Interpreters must be familiar with mental health therapy, diagnoses, terminology
- Work with trained interpreters (preferably certified or accredited)
- Do not use bilingual staff or community members.
- Define the roles of the interpreter and mental health

### January 10, 2014

#### Dear Partners

With the close of 2013, we enthusiastically congratulate all the CACs for their efforts toward improving the mental health of children exposed to sexual and physical abuse in Arkansas. Since July 1, 2013, 231 children have been registered by mental health professionals (MHPs) associated with CACs, and more than 1,700 client contact hours have been logged by those MHPs! Importantly, the number of clients registered in the second quarter of 2013 increased by 63% when compared to the first quarter, while the number of contact hours increased by 58%. By investing in the timely assessment and effective treatment of these children, we will undoubtedly change their lives in the months and years to come.

We applaud you, we thank you, and we gratefully acknowledge your hard work serving the children of Arkansas. We look forward to working with you in the upcoming year.

The AR BEST team wishes you a peaceful and healthy New Year!

#### Frequently Asked Questions

***What do I do when I see a mother or other family member of a child referred from a CAC?***

When you see a family member of a child referred from a CAC, enter the session date and time under the child's CAC registration number. That way, the CAC and MHP will receive credit for the session.

- professional (MHP) in advance
- Schedule time for the MHP and interpreter to meet before and after each session to discuss concerns or answer questions
  - Whenever possible, “block book” the interpreter to reduce travel time for services
  - Assure that the interpreter and child/parent do not know each other socially
  - Interpreters need to understand confidentiality, boundaries and other ethical considerations of providing mental health treatment.
  - Interpreters should not be left alone with any child/parent prior to, during or after an appointment.
  - Interpreter services are documented in the AR BEST website under the MHP’s name/activity log.
  - Debrief interpreters after trauma narratives or other details pertaining to the child’s trauma.
  - Conduct a background check on all interpreters.

### Best Practices

How did one CAC register 80% of their clients in mental health services in the last quarter? By having an MHP on board to conduct a clinical assessment and administration of the UCLA PTSD scale to almost all children seeking services, the CAC can identify who is most at risk and refer into care immediately. The MHP can also provide psychoeducation on the effects of trauma and warning signs that may indicate a need for treatment later. The assessment also allows parents and children

***My clients are not showing up for therapy. How should I document the time spent trying to get my client in for therapy (i.e. phone call reminders, finding correct contact information, etc.)?***

If you have seen your client at least once and he or she is registered into AR BEST, document in the Activity Log as “Mental Health Case Management.”

If your client is not registered into AR BEST, document in the Activity Log as “Outreach / Community Liaison.”

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## UAMS Recognizes CACA

UAMS recognized Child Advocacy Centers of Arkansas (CACA) at the annual Community Partner Celebration in October. The event was held to honor 14 organizations and 10 community advisory boards that work closely with UAMS to improve the health of Arkansans. Kathy Helpenstill and Stacy Thompson (left to right) accepted the award on behalf of CACA.




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## Promoting TF-CBT

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