

# ARBEST

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



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**July 16, 2014**



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## Dear Partners,

We hope you are having a great summer and had a festive and bright Fourth of July. In the spirit of summer vacationing, our ARBEST newsletter is in an abbreviated format. It will return in its usual full edition next month when it's too hot for you to do anything other than sit at your computer and read an engaging newsletter. Speaking of engaging, have you ever noticed how hard it is to keep families in therapy over the summer months? See our CAC Corner Cafe in this issue for some help with that.

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## [Updates](#)

### **Mental Health Appropriation**

There are still a few CACs that have not returned a signed contract or invoice for FY2015. Please email your contract and first quarter invoice to [Gayle Pipkin](#) as soon as you can. For those CACs that submitted contracts and invoices to us by June 25, they are working their way through the UAMS system, and you should be receiving first quarter checks within the next couple of weeks.

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## [Resources](#)

### **Healing from Mental Illness: The Story of Can Truong**

According to the Children's Mental Health Network, Can Truong is one of the millions of "boat people" who fled Vietnam in the 1970s. He was studying to be a physician and was a stellar student when he was diagnosed with depression and bipolar disorder. In the Asian culture from which he hails, mental illness is very taboo—it is not discussed, and the stories of its survivors and sufferers are not told. Interestingly, the story of Can briefly mentions the traumas he survived

as a child, but post-traumatic stress disorder was not discussed as contributing to his difficulties. [Watch the film trailer](#) of *Can* and learn some ways you can champion his and other stories about mental health recovery.

### **InBrief: The Science of Neglect**

The Center on the Developing Child at Harvard University has produced a short video, [InBrief: The Science of Neglect](#) (2013), that explains the significant impact of neglect on a young child's development. Such damages include cognitive delays, impairments in executive functioning, and disruptions of the body's stress response. The video also looks at why effective interventions help achieve better long-term outcomes in learning, health, and parenting of the next generation.



### **CAC Corner Cafe**

Welcome to the CAC Corner Cafe. This new feature that premiered last month hopes to offer you a cozy place where we can gather to share great ideas – ***your*** great ideas. If you have a book, video, or website that has been extremely helpful in your practice, share it! If you have a best practice that has done wonders for your clients, tell us about it! Send us your [CAC Corner Cafe submissions](#) today. Our resources this month hail from a familiar face to most of our readers, Chad Sievers, MSSW, ARBEST Project Coordinator.



*Chad Sievers, ARBEST Project Coordinator*

### **Chad's Not-to-Be Missed Picks**

## 1. Engaging Families

Summer is a time when families take vacations and, unfortunately, it's also a time when clients tend to miss appointments. In a recent presentation, "[Engaging Urban Families in Child Mental Health Care](#)," Dr. Mary McKay describes the challenges and barriers that individuals face in initiating treatment for mental health problems. Dr. McKay next explains techniques (jump to the 14:00 minute mark) that agencies and treatment providers can use to encourage their clients to participate in mental health treatment and reduce rates of treatment drop-out.

Mary McKay, Ph.D., is Professor and Director of the McSilver Institute for Poverty Policy and Research at New York University. Working with colleagues in the field, she developed a substantial body of research findings around engagement practices to improve involvement in family-based HIV prevention programs and mental health services by children, youth, and families in poverty-impacted urban areas.

## 2. TF-CBT Resources

[The Center for Sexual Assault at the University of Washington](#) has developed a number of client handouts related to Affective Expression, Feelings Identification, and Relaxation. Thank you Crystal Pitts (MHP at the Springdale CSC) for passing along this great resource.

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## Meet a VIP

Beginning with our last newsletter, we are featuring a VIP (Very Interesting Person) working with a Child Advocacy Center in every issue. This month meet Beth Light, a TF-CBT Mental Health Therapist with the White County Children's Safety Center in Searcy.

### July VIP: Beth Light

As a mental health therapist practicing in Searcy, Beth has utilized TF-CBT with her clients for the past four years. Having first become a fan of cognitive behavioral therapy when she was studying psychology in graduate school, she chose to incorporate its principles into her practice as soon as she began seeing clients after graduation. She was using play therapy regularly when she came across TF-CBT. She notes, "From these two it felt like a natural switch to move into TF-CBT." Beth is a firm believer in TF-CBT's ability to help her quickly assess where a new client stands before treatment starts. She values that it provides a beginning baseline and an ending score of

how far treatment takes a client. Beth adds, "It gives me scope for how to approach and how to make that journey." She describes her appreciation for utilizing the model, "I like the model, it gives structure to treatment, keeping me and my client on track, with our goal in sight. We can get there together." Of its many advantages, what she most appreciates about TF-CBT is that it is "helpful and reassuring. It gives you support." She remarks that the consultation calls and peer review process have been very helpful to her professional growth.



*Beth Light, White County Children's Safety Center*

**What Beth most likes about her job:** That I get to be a positive presence in the midst of sometimes very negative circumstances.

**Advice to other TF-CBT users:** Trust the model. It works.

**Enjoys doing when not at work:** Party planning, cake baking and decorating, spending time with my very fun and very imaginative 4-year-old!

**If she could have a super power, it would be:** I've always wanted to fly —can you imagine making loops around the earth like Superman? It would be amazing.

*A VIP from a CAC will be featured in the ARBEST newsletter every month. Send us your [suggestions](#) for our next VIP.*

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## Calendar

**July 18 ▪ 8:30 am-4 pm** [Conference/Webinar Families, Inc. Counseling Services](#)—"Putting the Professional in MHP" (Jonesboro)

**July 21 ▪ 12-1 pm** Psychosocial Grand Rounds, Leslie Chesshir (LCSW, Certified Massage Therapist)—"Body Work and its Impact on Mental Health" (UAMS)

**July 24 ▪ 9 am-2 pm** [AACF Policy Cafe](#)—"Northwest Arkansas Children's Policy Summit" (Fayetteville)

**July 29 ▪ 12 pm** Webinar with Dr. Deepmala—"Evidence-Based Pharmacotherapy for Children and Adolescents with Post-Traumatic Stress Disorder (PTSD)"

**July 30 ▪ 9 am-12 pm** [AACF Policy Cafe](#) (Malvern)

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