June 25, 2014

Dear Partners,

It has been an exciting month that got off to a great start with the training of nearly 300 professionals in TF-CBT (see full story below). What a way to kick off summer! At the hands of the nationally-renowned TF-CBT expert Anthony Mannarino, Ph.D., we learned a lot, and he enjoyed seeing a different part of our wonderful state. Again this month we are trying out some new newsletter features. Please send us your feedback.

Highlight

Mental Health Contract FY 2015

The new mental health contract for FY 2015 received approval from UAMS and was distributed June 2. There were a few changes to the invoice process and the overall contract, which are outlined below:

- After each contract has been signed by the CAC director and board president, the CAC will need to invoice UAMS for the first quarter by June 26, 2014, to receive the first quarter’s funding (see email from Chad Sievers with the first quarter invoice attached). Each CAC needs to copy and paste the invoice into its letterhead, sign and date it, and email it to Gayle Pipkin (pipkingayle@uams.edu).

- Invoicing for quarters 2, 3, and 4 will be very similar. When ARBEST sends the CAC a quarterly funding report, each CAC needs to copy and paste the invoice into its letterhead, sign and date it, and email it to Gayle.

- Second, third, and fourth quarter payments will be based on whether 30% of the eligible children registered by the CAC that quarter were seen by a mental health professional OR whether at least 94 direct contact hours were logged by a mental health professional during the preceding quarter.

Per Act 294 of the Fiscal Session of the State of Arkansas 89th General Assembly Regular Session of 2014, ARBEST, through UAMS, will distribute a total of $450,000 to CACs for mental health service provision and related activities during FY 2015. In the first quarter of FY 2015, each CAC in good standing as of July 1, 2014, will receive $8,650. Read more details in this contract excerpt.

Updates

TF-CBT Training Conferences were Huge Successes

On June 4, 2014, a total of 97 mental health professionals (MHPs) from across Arkansas convened at the Stephens Spine & Neurosciences Institute at UAMS to receive advanced training from nationally-recognized TF-CBT expert and co-developer Anthony Mannarino, Ph.D. ARBEST’s fourth annual Advanced Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) training conference included a case study presented by the 2014 Clinician of the Year Keri Timmons, a clinical therapist at the Children’s Safety Center in Springdale. Special recognition was given to attendees who were part of the inaugural TF-CBT training class in 2010 (see picture below). Beth Light, White County CSC, won an iPad Mini in the database entries drawing. She had earned 100 raffle entries by entering 100 UCLA notes. Congratulations, Beth and Keri!

The training was well received by attendees, many of whom come back every year for a refresher to stay abreast of recent developments in TF-CBT. Missy Davison, Program Director of the Texarkana Children’s Advocacy Center, is one such example and reported tangible success with using what she learns each year. She explained, “I went through TF-CBT in 2011. It changed how I practiced. I went from wondering if we were helping to actually seeing results. Now we have a foundation, a semi-structured plan. We see kids work through trauma, heal, and graduate. Through assessment we see symptom levels drop. The kids can also observe their progress and feel proud of their therapy accomplishments.”
She expressed appreciation for the support ARBEST provides to MHPs: "ARBEST has helped us with funding and made it so easy for us to practice TF-CBT. They have given us a system. Treatment notes are just a click away, it's so easy and friendly."

For the first time ARBEST co-hosted an annual training conference offsite when this year's two-day introductory TF-CBT course was held at the Jones Center in Springdale on June 5-6. Ozark Guidance, our partners in this conference, did a tremendous job of providing support. We thank them for an exceptional conference that was attended by 209 MHPs from around the state!
Secondary Traumatic Stress

At the Advanced Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) training conference, ARBEST staff Joy R. Pemberton, Ph.D., and Benjamin A. Sigel, Ph.D., presented, "Our Work with Trauma: Restoring Ourselves While Reaching Out to Others." Developed by Teresa L. Kramer, Ph.D., the presentation was designed to help clinicians understand the definition and effects of secondary traumatic stress (STS), to assess the symptoms of STS as a group, and to identify interventions to prevent or reduce symptoms of STS.

Secondary traumatic stress is defined as the emotional distress that results when an individual hears about the first-hand trauma experiences of another. The symptoms of STS may mimic those of post-traumatic stress disorder (such as having recurrent nightmares, anger, or reduced interest in personal activities) or be misidentified as compassion fatigue, vicarious trauma, or burnout. The results of the conference group polling showed that 43% of the people in attendance reported feeling affected by the traumatic stress of the clients they had helped, while more than half responded affirmatively to the statement, "As a result of my helping, I have intrusive, frightening thoughts." For more details, view the Secondary Traumatic Stress PowerPoint Presentation and the complete STS Survey Results.

DCFS Lunch & Learn

As part of ARBEST’s efforts to train child welfare workers in trauma-informed care, we will continue hosting our DCFS Lunch & Learn series. The series conducted in the past year was attended by 300 child welfare workers. The next DCFS Lunch & Learn, "Comprehensive and Compassionate Assessment of Trauma," will be presented by Teresa Kramer, Ph.D., Director of ARBEST and Professor and Chief Psychologist at the UAMS Psychiatric Research Institute. Dr. Kramer will cover how to provide a comprehensive and compassionate trauma assessment, addressing topics such as PTSD, understanding trauma symptoms and triggers, and systemic individual traumas to which some children are exposed. The short film ReMoved will be presented to highlight the key themes of the presentation (see a full description of the film below).

Resources

ReMoved Film

If you haven’t already seen ReMoved, you should. This short film (12:47) captures the emotional journey of a young girl taken from her home and placed into foster care. Director of the film, Nathanael Matanick, described his impetus for making the film, "We made ReMoved with the desire that it would be used to serve in bringing awareness, encourage, and be useful in foster parent training, and raising up foster parents." Originally created for the 168 Film Festival, it has since won numerous awards. The Santa Barbara Independent noted, "It would be impossible to fully understand the life and emotions of a child going through the foster care system, but this short narrative film portrays that saga in a poetic light, with brushes of fear, anger, sadness, and a tiny bit of hope." Watch ReMoved now.

CAC Corner Cafe

Welcome to the CAC Corner Cafe. Starting this month, we would like to offer 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! If knowledge is power, sharing knowledge is powerful, so share those gems with all of us. Send us your CAC Corner Cafe submissions today. Our feature this month is "My Favorite Books" from Karin Vanderzee,
Karin’s Five Favorite Books to Use with Clients

Giraffes Can’t Dance by Giles Andreae
The Way I Feel by Janin Cain
A Terrible Thing Happened by Margaret Holmes
Finding the Right Spot: When Kids Can’t Live with Their Parents by Janice Levy
Maybe Days: A Book for Children in Foster Care by Jennifer Wilgocki & Marcia Kahn Wright

Meet a VIP

Also new this month, we will feature a VIP (Very Interesting Person working with a Child Advocacy Center) in every newsletter. This month meet Keri L. Timmons, a Clinical Therapist at the Children's Safety Center in Springdale, and the 2014 ARBEST Clinician of the Year.

June VIP: Keri L. Timmons

Keri earned dual Master of Science degrees in Community Counseling and Marriage and Family Therapy from John Brown University in 2008. She is a Licensed Professional Counselor, National Certified Counselor, and Certified Trauma-Focused Cognitive Behavioral Therapist and has been a full-time therapist at CSC since January 2011. She was already practicing CBT as a therapist when she discovered TF-CBT a few years ago. She said with firm conviction, “I believe in the data and its empirical support.” She values that TF-CBT gives a baseline for a child’s journey, “It says this is where we are. Then later we can look at how much progress we have made.” She began attending ARBEST trainings with Introductory TF-CBT in 2011. Since July of 2013, she has registered 44 clients into the ARBEST database, completed 48 UCLA baselines and 38 follow-ups, and attended 13 webinars.

Her most memorable TF-CBT case to date involves a trio of siblings in which the oldest female was severely sexually abused by multiple men at the hands of a stepfather she thought was her father (the case Keri presented at this year’s Introductory TF-CBT conference). Keri described her client with sincere admiration, “This kid is amazing. She is completely my superhero, amazingly strong and resilient. Watching her PTSD score come down from a 47 initially to 12 after treatment has been very rewarding.” Keri likes TF-CBT because it works: “A lot of parents and clients don’t know why they’re not sleeping. TF-CBT helps caregivers and parents understand the effects of trauma.” She noted that something as simple as a handout on common reactions to trauma can be eye-opening for them. She can’t imagine doing her job at the Springdale CSC without TF-CBT and remarked, “If you’re not trauma focused and you work at a CAC, then you’re in the wrong business.”
Keri's claim to fame: Being myself and having a great time doing it!
Most likes about her job: The most rewarding aspect of counseling is to see growth and healing with my clients, to witness a client become aware of their own potential for growth, for choice, and for finding meaning in life, and to encourage them to process through feelings of anger, depression, guilt, and shame, so the healing process can begin.
Advice to other TF-CBT users: Read all you can about TF-CBT. Invest in the process, or your clients won't. Utilize the consultation calls and webinars. ARBEST gives you direct access to getting answers to your questions. They're there to support you and encourage you. Go to advanced training every year—you will always learn something new.
Enjoys doing when not at work: I enjoy hanging out with my family, entertaining with friends, watching my kids play soccer, singing solos at church, playing several different musical instruments including clarinet, bass clarinet, tenor saxophone, and the drums, and I love going on cruises with my family.
The funniest thing that has ever happened to her: When we first moved to Arkansas, I was reading the Bible Scripture before the sermon began when the Senior Minister turned and said in front of the congregation, “You are obviously not from around here” (I grew up in the North).
If she could have a super power, it would it be: The ability to “stretch” so that I could reach high places because I am really short. LOL.

A VIP from a CAC will be featured in the ARBEST newsletter every month. Send us your suggestions for our next VIP.

Wish List/FAQs
What would you like to see added to our newsletter or to services we provide? What do you want or need to know? Send us your questions and we will find the answers.

Calendar
June 26 • 1-2:30 pm EST DCoE Webinar—“The Limits of Adaptive Coping: Neurobiology of Extreme Stress”
June 27 • 12 pm Webinar with Chad Sievers—“Trauma Assessment: Using the ARBEST Website”
July 1 • 9 am Peer Review Group A
July 18 • 8:40 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)