

ARBEST

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



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May 16, 2014



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Dear Partners,

Our newsletter is now in its fourth issue, and we are doing some tweaking to make it a more effective tool for you to not only receive news but also to exchange it. You will notice some new sections and different looks in this issue and upcoming ones. Please help us make the content more interactive and user-generated by sending your [feedback](#) on the changes as well as your responses to calls for input.

[Highlight](#)

TF-CBT seminars offer insights and CEUs in June— and there's still time to sign up!

The 5th Annual Introductory Training on Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) will be held June 5-6, 2014, 8 am-4 pm, at the Jones Center Chapel in Springdale, Arkansas.

The 4th Annual Advanced Training on TF-CBT will be held June 4, 2014, 8 am-4 pm, at the UAMS Stephens Spine Institute on the 12th floor.

Space for both trainings is limited; **registration is required and closes on May 20**. To register or for more details, visit <http://www.uams.edu/arbestraining.pdf> or contact Chad Sievers at 501.526.8317 or by [email](#).

Updates

Peer Review Process

An update to a story we first brought you in the November 2013 newsletter—To recap, a new peer review process for mental health professionals (MHPs) affiliated with CACs began last fall under the guidance of Kathy Helpenstill, LCSW (White Co. CSC), and Karrah Dickerson, LPC (Texarkana CAC). Mental health peer review is a National Children’s Alliance (NCA) standard that CACs must follow in order to be an accredited member. ARBEST helped initiate a system for conducting these peer review calls to assist CACs with this standard and to develop a stronger network of MHPs. The first call took place this past November, with a total of seven calls with 32 participants attending at least one (of 46 possible, for a 70% participation rate). 12 of 13 CACs have participated in peer review.

To monitor the success of the peer review system and in an effort to improve it, user surveys are conducted at the end of the call sessions. We’ve had 37 responses to the survey so far—a handful each month—and the results are encouraging. Notable points from the participants include:

- 78% said peer review has given them new ideas for mental health services in partnership with CACs
- 73% learned new information about TF-CBT components
- 84% believed the calls allowed them to meet their annual peer review requirements
- On recommendations for improvement, many said the review process is fine the way it is; several suggested having a template for the presenters, more time for discussion and interaction, and ways to make the calls more personal, such as being held in-person or by using Skype or video links
- Several clinicians expressed appreciation for an opportunity to share best practices and resources

and to hear how others are troubleshooting difficult cases while implementing the model; a handful said they found it useful to hear cases discussed from start to finish.

MHPs, please help us continue to improve the peer review process by completing the survey link sent after each call. If you have peer review scheduling questions, contact Michelle Gillespie at 501.526.8310 or by [email](#).

Mental Health Contract

The contract addendum for the current year was approved by UAMS and all 13 CACs, resulting in full funding to nine CACs and partial funding to four CACs. We are now working on the 2014-2015 contract, which will have similar criteria to allow for more flexibility in funding options. Upon receiving approval from UAMS, we will distribute the contracts, allowing enough time for CAC review and signatures by July 1, 2014.

Resources

Local Tornado Response

When late April tornados and severe weather impacted counties across the state, especially Faulkner and Pulaski, ARBEST reached out to the mental health professionals on our roster as well as others in the area with expertise in trauma to offer our assistance to the communities most affected. Through contact with schools, churches, and other organizations, we let our neighbors know we were "on stand-by" if needed, and will continue to provide back-up as the communities recover. If you would like more information on responding to tornado trauma, please visit the [Tornado Response Resources](#) from the National Child Traumatic Stress Network.

Responding to Physical Abuse Trauma

While we give a lot of attention to sexual abuse trauma in TF-CBT, physical abuse topics may get overshadowed. If you are seeing more cases of this nature and would like some additional resources, please visit this list of helpful

[Physical Abuse Resources](#) compiled by Dr. Ben Sigel, which includes books, games, and websites.

AETN Panel Show

On May 8, 2014, AETN hosted a two-hour program, "[Healing Minds. Changing Attitudes](#)," to address post-traumatic stress disorder in children. The first hour featured two film presentations, the first of which was "[Through Our Eyes: Children, Violence and Trauma](#)" (a set of eight short videos, this link connects you to the introduction page; to view each video, click on its image on right side of page, and then click on "Watch on YouTube" near the top of list), produced by the Office for Victims of Crime. This film provides firsthand accounts of how victims of violence and trauma were affected as children. The second film, "[It's Okay to Remember](#)," produced by The National Child Traumatic Stress Network, shows how to deal with traumatic grief. The second hour of the show featured a panel discussion hosted by Pamela Smith with an opportunity for viewers to call in with questions. The panel included:

- Terry Kramer, Ph.D. - Professor and Chief Psychologist, Psychiatric Research Institute at UAMS
- Joshua Cisler, Ph.D. - Assistant Professor, Psychiatric Research Institute at UAMS
- Molly Gathright, M.D. - Medical Director of the Child Diagnostic Unit, Psychiatric Research Institute at UAMS
- Frank Vega - Acting Assistant Clinical Director, Division of Behavioral Health Services, Arkansas Dept. of Human Services
- Megan Holt, LCSW - Director of Clinical Services, The BridgeWay.

We hope you will make time to watch the show and videos, available through the above embedded links.

[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

May 16 ▪ 12 pm Webinar with Lori Graham—Witnessing Family Violence: The Impact on Children

June 3 ▪ 9 am Peer Review Group B

June 4 ▪ 8 am-4 pm TF-CBT Advanced Training (UAMS, Little Rock)

June 5-6 ▪ 8 am-4 pm TF-CBT Introductory Training (Jones Center, Springdale)

July 1 ▪ 9 am Peer Review Group A

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