

ARBEST

Arkansas Building Effective Services for Trauma



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Volume 4, Issue 2 August 12, 2016

Dear Partners,

We love the tingle of anticipation that August brings—a new school year and cooler days around the corner. We hope you enjoyed your summer and are ready to learn—read on to hear about the exciting training opportunities we are offering. For newsletter subscriptions or to share your ideas and comments, [email](#) us.

Highlight

Opportunity to Train Locally in CPP

We are excited to offer a unique chance to train in Child Parent Psychotherapy (CPP) locally and at no cost as we strive to enhance our state's ability to help young children and families who have experienced trauma. CPP is an evidence-based treatment for children ages 0-5 years who have experienced stressful life events and display emotional and/or behavioral symptoms. It is a relationship-based intervention, emphasizing the important role that caregivers play in healing mental health symptoms of young children. The training will be held November 7-9, 2016, at the Arkansas Studies Institute building in downtown Little Rock. It will be led by national CPP expert Joy Osofsky, Ph.D., and local experts Sufna John, Ph.D., Karin Vanderzee, Ph.D., and Jamie Block, LPC. Therapists who are affiliated with a Child Advocacy Center (CAC) will be given priority for this training if they **register by August 31**.

You may be wondering why you need this intervention if you already utilize TF-CBT. For one thing, CPP is

designed to be used with a younger population (0-5) than TF-CBT's 5-18 targeted age range. CACs see a significant number of children from the 0-6 age group—last year, CACs provided services to more than **1,600 children** between the ages of 0-6, and mental health professionals worked with **300 children** in that age group. This is approximately 30% of the clients in any given year. Also, beginning in FY18, ARBEST will be reimbursing for only sessions that use evidence-based practices such as TF-CBT or CPP. Get your training now before demand increases and while there is still plenty of time to complete the training well ahead of the FY18 requirements.

Register through our [ARBEST Facebook](#) page or by emailing [Jasmine Medley](#).

Self-Care this Fall at Ferncliff

This year's second annual fall CAC conference is bigger and better! It will span two days, September 27-28, with meals and overnight accommodations at beautiful Ferncliff provided. The retreat is designed to combine education with time for interacting and self-care. The keynote address will be given by Mary Richardson, parent of a child trauma survivor who received healing services at an Arkansas CAC. Session topics will include motivational interviewing, crisis intervention, cyber crimes, and mindfulness. We will again have role playing and breakout sessions for therapists and advocates. To register, email or call [Chad Sievers](#), 501.526.8317.



Ferncliff Camp & Conference Center

[Update](#)

Second 2016 TF-CBT Training Added

You have heard us applaud our state's national trainers for earning their certification, and now it's time to put them to work. While we will certainly miss Dr. Tony Mannarino's expertise, we are also excited to utilize our

local experts, which enables us to offer a second training this year. It will be led by ARBEST's Jan Church, Ph.D., a professor in the Department of Pediatrics Family Treatment Program, and Ben Sigel, Ph.D., an assistant professor in the Department of Psychiatry and the Psychiatric Research Institute's Child Study Center. Both are certified to train healthcare professionals in TF-CBT nationally and internationally. The training will be held on October 11-12 at the Janet Huckabee Nature Center in Fort Smith. Please share this news with your colleagues and help us get more Arkansas therapists TF-CBT trained. As you know, the process is two-part. First, new trainees will need to complete the online [TF-CBT training through MUSC](#) and then [register with ARBEST](#). To register for the training, visit our [Facebook page](#) or email [Jasmine Medley](#).



Drs. Ben Sigel, Ph.D., and Tony Mannarino, Ph.D.

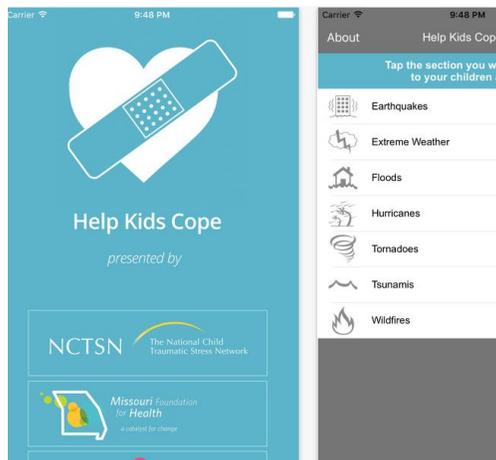


Dr. Jan Church, Ph.D.

Resources

Help for Parents Hoping to Help Their Kids

[Help Kids Cope App](#) is designed to help parents talk to their children about different disasters they may experience or have already experienced. It includes 10 different disaster types with sections on how to explain, prepare, respond, and heal. The app gives guidance on talking to preschool, school-age, and adolescent children. It includes ways parents can help themselves cope and support their children's reactions. Help Kids Cope was a collaborative effort between the Ozark Center and the National Child Traumatic Stress Network.



Cyberbullying and Violence Linked to PTSD in Teens

A recent study reports that half the teens seen in U.S. hospital emergency rooms reported being victims of violence or cyberbullying, and a quarter reported symptoms akin to post-traumatic stress disorder (PTSD). The researchers suggest that post-traumatic stress is underreported and undertreated in this age group. Read the [full article](#).

Predicting Bipolar Disorder in At-Risk Youth

A recent brief from the National Institute of Mental Health says that three types of symptoms emerged as powerful predictors of whether a youth with one parent with bipolar disorder will go on to develop the disorder, according to a study of 391 at-risk youth. The findings offer a much more specific roadmap than previously available for assessing risk of bipolar disorder early in youth, and one that is based on symptoms, not traditional psychiatric diagnoses. Read the full article, "[Symptoms Outdo Diagnoses in Predicting Bipolar Disorder in At-Risk Youth](#)."

Webinar Wrap-Up [& Preview]

Rhonda Mattox, MD, MPH, presented a webinar on July 20, 2016, "[Incarceration and Broken Family Ties: The Invisible Victims and Unintended Consequences](#)." Dr. Mattox, the former medical director for the Arkansas Minority Health Commission and current chief development officer for the Exodus Foundation of Arkansas, examined the effects of incarceration on the family unit and community and explored the impact that a parent's incarceration has on children's well-being and mental health.

Dr. Mattox began with statistics on incarceration in the United States. She noted that our country imprisons more people per capita than any other country in the world, a rate that began to rise in the '70s. In 2014, the U.S. held an estimated 1,561,500 prisoners in state and federal custody. This is due partly to "tough policies that mandate long terms for drug offenders and other criminals," Mattox said.

Those sent to state and federal prisons are not the only ones who were affected. A 2010 statistic from the Pew Center says that 2.7 million children in the United States

have an incarcerated parent, a number that has risen dramatically in the last 30 years. In 1986, 10 in 1,000 children had an incarcerated parent, which rose to 20 in 2006. There was a 77% growth in the number of children with incarcerated fathers from 1991 to 2007, and the number of children with incarcerated mothers continues to rise as women have become the fastest growing segment of the prison population.

While spouses and other family members are affected by incarceration as they take on duties to fill the gaps, the damage to the children is the most impactful. The absence of one parent can stymie a child's development and cause weakened relationships between the parent and the child during the absence. Children of incarcerated parents have a much higher chance of dropping out of school. They suffer from emotional, mental, and even physical maladies because of the separation. These children are more likely to display behavioral problems and can develop disorders like PTSD and substance abuse. Employment prospects are not just lower for a former inmate, but also for children of incarcerated parents. And perhaps the most disturbing—children who have parents in jail are more likely to be incarcerated themselves, making this a truly cyclical problem.

For a recording of this and other webinars, visit our [archives](#).

Preview of August Webinar

August 31 • 12 pm "[When the Bough Breaks: Treating Early Childhood Trauma with Child Parent Psychotherapy](#)," with Sufna John, Ph.D., Child Study Center, UAMS.

In this webinar, Dr. John will provide an overview of Child Parent Psychotherapy (CPP), an evidence-based intervention for children 0-5 years who have experienced traumatic events and currently have emotional or behavioral difficulties. CPP is a relationship-based intervention that helps strengthen families and return children to a more typical developmental trajectory after experiencing life stressors. Case examples will be used to illustrate various techniques within the model.

[Calendar](#)

August 13-14 ▪ Children's Advocacy Center of Benton County's [7th Annual Sky Dive for Kids](#). Skydive Skyranch, Siloam Springs.

August 31 ▪ **12 pm** ARBEST webinar, "[When the Bough Breaks: Treating Early Childhood Trauma with Child Parent Psychotherapy](#)," with Sufna John, Ph.D.

September 20 ▪ **12 pm** ARBEST webinar, "[How Young Kids Ages 0-5 Respond to Stress](#)," with Terri Combs-Orme, Ph.D., University of Tennessee, Knoxville.

September 27-28 ▪ ARBEST CAC Fall Conference. Ferncliff, Little Rock. [Email](#) to register.

October 11-12 ▪ ARBEST Introductory TF-CBT training. Janet Huckabee Nature Center, Fort Smith. [Email](#) to register.

November 7-9 ▪ ARBEST CPP Training. Arkansas Studies Institute, Little Rock. [Email](#) to register.

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