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# ARBEST

## Arkansas Building Effective Services for Trauma UAMS Psychiatric Research Institute

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## Noteworthy News

*Volume 3, Issue 8 February 18, 2016*

### Dear Partners,

As the new year already marches forward at a rapid pace, we note some surprising statistics that our semi-annual CAC reports have revealed and preview the April TF-CBT conference. We also look at resources for mental health diversity and teen dating violence awareness. For newsletter subscriptions or to share your ideas and comments, [email us](#).

### Highlight

#### **Call to Action: Open Doors and Get Conversations Started Across Arkansas**

Every day presents an opportunity to educate our communities about the prevalence and effects of child maltreatment. Many of you are already doing this, and we are thankful for these efforts. We would like all of you to get involved and serve as ambassadors across the state, igniting even more conversations in places where people may be witnessing trauma's effects without knowing what to call it or how to deal with it. Because of your expertise in working with children who have experienced trauma, we would like to challenge you to reach out and present to a faith-based group, school, clinic of medical providers, or other local organization to increase awareness and promote safety for the children

[Calendar](#)

of Arkansas. To further this effort, ARBEST is creating 10-15 minute presentation templates about trauma and its effects on children for three settings: faith-based organizations, schools, and a more general audience. We can also help you with other resources or presentation aids.

Advocates and Mental Health Professionals across the state, if you can help us open doors to initiate these important conversations, ARBEST can reach out to additional audiences, such as large groups of parents or teachers. Let us know when and where you will reach out by contacting Jasmine Medley, ARBEST Outreach Specialist, at 501.526.8315 or [jrmedley@uams.edu](mailto:jrmedley@uams.edu).

### Marking a Publishing Milestone



We are delighted to publish this month the **25th issue** of our ARBEST newsletter, *Noteworthy News*. When we began this e-communication in November 2013, our intent was to broaden our reach through a monthly newsletter disseminated to CAC directors, advocates, and MHPs affiliated with CACs to share informative articles, timely news announcements, and helpful resources. Our first issue was three pages with less than 60 readers. Today we have nearly 150 subscribers and issues run 12-15 pages. Over the past two and a half years, we have added features like “CAC Corner Cafe,” in which an MHP or advocate shares ideas such as best practices, favorite films, or books that help in practicing TF-CBT, and “Meet a VIP,” to share TF-CBT experiences or family engagement advice, as well as personal interests and hobbies. We hope the newsletter will continue to evolve to best meet your needs and preferences. We thank those of you have participated in the newsletter and all of you for reading!

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## [Update](#)

### Semi-Annual Reports Reveal Numbers that Give Pause

We would like to share noteworthy numbers that

our FY16 semi-annual reports to CACs revealed for the six-month range of July 1-December 31, 2015:

- Of the 499 children registered by a CAC-affiliated Mental Health Professional during this reporting period, 38.2% reported an offender under the age of 18, which was a significant increase from 26% from the first-half of FY15.
- CACs registered 2,452 clients in the ARBEST system. Of those, 24.1% reported an offender under the age of 18, a dramatic increase from 19% last year.
- More CAC-affiliated Mental Health Professionals are planning to use TF-CBT with registered clients this year (71.4% compared to 66% last year).

If you have any insights that might explain the increase in offenders under age 18, please send your thoughts to [cmsievers@uams.edu](mailto:cmsievers@uams.edu).

### **FY17 Mental Health Appropriation RFQs**

CAC directors, please note that RFQ guidelines were sent out on February 10. Your RFQ is due back to ARBEST by March 4, 2016. Once we have compiled all the RFQs, we will send you a contract and required UAMS form; these will need to be signed and returned to ARBEST by March 31, 2016. If you have questions, call [501-526-8311](tel:501-526-8311) or email [Chad Sievers](mailto:Chad.Sievers@uams.edu).

### **ARBEST to Visit CACs across Arkansas**

ARBEST's Director and Project Coordinator will soon be visiting with CAC directors and staff across the state. This is an annual sojourn to see the great things you are doing and to discuss any concerns you may have. Our visits will start the last week of February, and we hope to wrap them up in April.

### **TF-CBT Call Wrap-Up**

This winter, 83 therapists finished the 2015-16 consultation call requirements to receive TF-CBT certification, compared to 84 last year, bringing Arkansas' total to 449 trained TF-CBT therapists! To find a TF-CBT therapist in your city or county,

visit <http://arbest.uams.edu/clinicianslist>.

### **2016 TF-CBT Conferences**

This year's annual TF-CBT training conferences will be held at UAMS. The Seventh Annual Introductory Conference is April 27-28 and the Sixth Annual Advanced Conference is April 29. Both conferences will run from 8 am to 4 pm and will be held on the 12th floor of the Jackson T. Stephens Spine & Neurosciences Institute. These are unique opportunities to gain free training, network with colleagues, and learn from a nationally-recognized expert, renowned TF-CBT co-developer Anthony Mannarino, Ph.D., director of the Center for Traumatic Stress in Children and Adolescents at Allegheny General Hospital in Pittsburgh. The conference will also include the presentation of a case study by a therapist. So far 97 people are registered for the Introductory Conference and 104 for the Advanced Conference. Space is limited, so [register](#) today. Also, Dr. Mannarino likes to address "hot" topics facing our audience; send us your [questions or topics](#) for him.

Also presenting are two local mental health professionals who work with ARBEST and have achieved national recognition and certification. 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, were chosen to be national and international train-the-trainers with the National Therapist Certification Program in the TF-CBT treatment model. These two were selected from a pool of 109 applicants vying for 19 spots because of their excellence as clinicians, local trainers, and educators. We are very proud of them for earning this outstanding distinction as two of only 69 in the world. Drs. Church and Sigel will be co-instructors at both of this year's TF-CBT conferences.

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## **[Resources](#)**

### **How Mental Health Conditions Affect the African-American Community**

Mental health issues can affect everyone, but reaching out to people of diverse racial, ethnic, cultural, geographical, and



socioeconomic backgrounds requires sensitivity to different perspectives and values. Our colleagues at the National Alliance on Mental Illness (NAMI) have created a "Diverse Communities" section of their website to address this, including mental health awareness for the African-American community. NAMI points out that while anyone can develop a mental health problem, "African Americans sometimes experience more severe forms of mental health conditions due to unmet needs and other barriers. According to the Health and Human Services Office of Minority Health, African Americans are 20% more likely to experience serious mental health problems than the general population." The site discusses some of the reasons that prevent African Americans from seeking treatment and receiving quality care such as lack of information and misunderstanding about mental health; faith, spirituality, and community; and reluctance and inability to access mental health services. For more details and tips on finding the right provider for cultural competence in service delivery, visit [African-American Mental Health](#).

### Helping Teens Learn to Love Conditionally

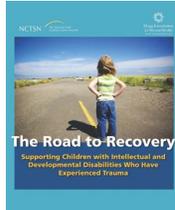


February is Teen Dating Violence Awareness Month (TDVAM). You may not think about this topic much, but it is essential to future well being that teens learn how to have

healthy relationships with healthy boundaries. TDVAM is a national effort to raise awareness about abuse in teenage and 20-something relationships and promote programs that prevent it. [TDVAM](#) notes, "Dating violence is more common than many people think. One in three teens in the U.S. will experience physical, sexual or emotional abuse by someone they are in a relationship with before they become adults." This year's theme is "Love = Setting Boundaries," because boundaries are an

important part of every healthy relationship. The organization hopes to spread awareness and stop dating abuse before it starts. This could be a great conversation starter with your teen clients to try out this Valentine's Day or in February.

### Trauma-Informed Care for Clients with Disabilities



Our clients come in many shapes, sizes, and with a variety of life experiences. If you work with children with developmental disabilities and need support in that area, you now have a place to turn. *The Road to Recovery: Supporting Children with Intellectual and Developmental Disabilities Who Have Experienced Trauma* toolkit consists of a Facilitator Guide and a Participant Manual designed to teach basic knowledge, skills, and values about working with children with Intellectual and Developmental Disabilities (IDD) who have had traumatic experiences, and how to use this knowledge to support their safety, well-being, happiness, and recovery through trauma-informed practices. Download [Trauma & IDD Toolkit webpage](#) on the NCTSN Learning Center. It includes PowerPoint files, videos, pre-training and follow-up evaluations, and activity files.

### Twice Recycled: Flashback to 2015 and the Best Heart-Shaped Box Repurposing Ever



Last year in our February issue, we shared with you a clever way to recycle your Valentine heart-shaped boxes of chocolates into a grief box for your clients. We liked it so much we want to share again this year! As shown to the left, it is made by filling the candy compartments with drawings of grief. Perhaps this could be used as part of a trauma narrative with kids too young to write or with older ones who might enjoy the different format in addition to writing. The small shapes might help a client not feel overwhelmed, and the heart shape could be used to talk about how love is bigger than individual griefs.

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## CAC Corner Cafe



Welcome to the CAC Corner Cafe, a cozy place to gather and share your great ideas. If you have a book, video, or website that has been extremely helpful in your practice, share it! Send to [CAC Corner Cafe submissions](#).

Our featured guest this issue is Maria Banks, Bilingual Advocate, Children's Safety Center in Springdale. She shares with us resources for bilingual advocacy.



*Maria Banks, Bilingual Advocate, Children's Safety Center*

### **Maria's Suggested Resources**

María Banks is the new bilingual advocate at the Children's Safety Center in Springdale. Born and raised in Buenos Aires, Argentina, she moved to Denver after graduating high school. Years later she visited northwest Arkansas and loved the area because it reminded her of her birth country so much that she relocated there.

Maria worked for 16 years as an independent contractor registered with the Administrative Office of the Courts and interpreted in many settings, including Vista Health, Circle of Life Hospice, the Children's Safety Center, and district court. She describes, "I remember how much I felt at home at the Safety Center and thought I would love to be a part of it someday." That wish came true last September when she joined the staff as a bilingual advocate. She adds, "I truly believe that all roads in my life led to here. I am privileged and thankful for the awesome folks I work with and the work they do." She was raised speaking English and fluent Argentine Spanish and uses her first-hand experiences and understanding of Latino and Hispanic culture and language to help her as a bilingual advocate. She looks forward to working in this venture, of which she says, "Just one victory makes it worthwhile."

Maria's favorite resources for bilingual advocacy are:

- *Mi Cuerpo es Mio (It's My Body)* by Lory Freeman. This comes in English and Spanish. We recommend it to our parents for an entry-level resource in teaching kids about body safety.
- I am also currently engrossed in the book *Predator*, by Ana Salter, that gives a great insight into the mind of a child predator. I will even be taking it with me on vacation!
- Website I utilize the most:  
[www.nctsn.org/resources/audiences/parents-caregivers](http://www.nctsn.org/resources/audiences/parents-caregivers).

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## Webinar Wrap-Up [& Preview]

In a webinar that aired on January 28, 2016, "Expanding Child and Adolescent Psychiatry in Arkansas," Kendra Koehler presented on expanding child and adolescent psychiatry in Arkansas through the Psychiatric Telehealth, Liaison, and Consults program (PsychTLC). Objectives of this webinar were to review the unmet needs in child mental health, describe PsychTLC, give an overview of the UAMS Child Diagnostic Unit, and share Psych TLC outcomes and the impact on the mental health landscape.

Koehler began with an overview of child psychiatry in the United States. The national rate of child psychiatrists is 8.7 psychiatrists per 100,000 children and youth, but these specialists are not evenly distributed throughout the country. In Arkansas, there are 50 child psychiatrists, and 31 of those practice in the area of child and adolescent psychiatry. To meet the needs of that population, the state needs another 50 child psychiatrists. Another pressing issue is that many children who need the help of psychiatrists can't afford the services.

PsychTLC is just one possible solution to increasing the availability of mental health specialists in pediatrics. The program was formed from a partnership between the

Arkansas Department of Human Services and UAMS to help provide more access to psychiatric services through primary care providers. According to Koehler, the goal of PsychTLC is to “provide consultation and education about child and adolescent psychiatric-related issues to primary care physicians” and to help “relieve problems with access to child psychiatry.”

For a full recording of this webinar, visit our [webinar archives](#).

### **Preview of February Webinar**

**February 24 ▪ 12 pm** "[The Bridge between Nature and Nurture](#)" with Tess Lefmann, PhD, University of Mississippi Department of Social Work

Epigenetics is a burgeoning field of study that examines the way our environment and experiences affect our genes, even through generations. This presentation will discuss the basics behind the science and shed light on the effects of trauma and stress on the most vulnerable populations in our society.

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## **Calendar**

**February 24 ▪ 12 pm** ARBEST

webinar, "[Epigenetics: The Bridge between Nature and Nurture](#)" by Tess Lefmann, Ph.D.

**April 11 ▪ 12-1** Psych TLC Monthly

Teleconference, "[Overview of Merging Perspectives on the Neurocircuitry of PTSD](#)." Featured Speaker Josh Cisler, Ph.D. UAMS, ED II, B107. Little Rock.

**April 27-29 ▪** ARBEST Annual TF-CBT Training.

UAMS, Little Rock. [Registration is now open!](#)

**June 10 ▪** Psych TLC Spring Conference, "[An Overview of Children with Problematic Sexual Behavior \(PSB\)](#)." Featured Speaker Jimmy Widdifield, Jr. UAMS,

Jones Spine Institute, 12th floor Little Rock. For more information or to register (by May 27), contact Jenny Zerbe at [PsychTLC@uams.edu](mailto:PsychTLC@uams.edu).

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