

# ARBEST

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



## Noteworthy News

*Volume 3, Issue 9 March 9, 2016*



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### Dear Partners,

Hello, Spring! We are excited this month to welcome blooms and (hopefully) nice weather, and to offer you a preview of an April event at the Governor's Mansion featuring renowned TF-CBT expert Tony Mannarino. March is National Social Work Month—we would like to take this opportunity to thank all the social workers out there who help the children of Arkansas overcome abuse and trauma. Thank you, thank you! For newsletter subscriptions or to share your ideas and comments, [email](#) us.

Thank you,  
**Social Workers!**   
*March is National Social Work Month*

### Highlight

#### **Mannarino to Present at Governor's Mansion in April**

This spring we are honoring Anthony P. Mannarino, Ph.D., the co-developer and ARBEST trainer of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) at the Arkansas Governor's Mansion. Dr. Mannarino, who will be in town for the annual TF-CBT training, has helped change the landscape of children's trauma services in Arkansas through his ongoing commitment to our state. Dr. Mannarino will be making a special presentation at

the Arkansas Governor's Mansion in conjunction with PRI's *Mind Matters* program, titled "Only the 'BEST' for Traumatized Children in Arkansas." In addition to being a co-founder of TF-CBT, Dr. Mannarino is Vice Chair, Department of Psychiatry Allegheny General Hospital, and a Professor of Psychiatry at Drexel University College of Medicine. This event is being hosted by Pedro L. Delgado, M.D., Director, Psychiatric Research Institute, University of Arkansas for Medical Sciences, and Teresa L. Kramer, Ph.D., Director, ARBEST Program, Psychiatric Research Institute, University of Arkansas for Medical Sciences. It will be held Thursday, April 28, 2016, 6-8:30 p.m. There will be a \$25 charge for the event, which includes dinner and Dr. Mannarino's presentation. We would like you to RSVP by Friday, April 22, 2016, to Cary Wilson at 501.526.8166 or [ccwilson2@uams.edu](mailto:ccwilson2@uams.edu).

### **March is the Month to Think about Brain Injuries**

March is National Brain Injury Awareness Month. According to the [Brain Injury Association of America](#), each year an estimated 2.4 million children and adults in the United States sustain a traumatic brain injury (TBI), and another 795,000 individuals sustain an acquired brain injury (ABI) from non-traumatic causes. TBIs can affect the functionality of the brain—such as thinking, reasoning, and memory. Whether the victim is an adult, a child, or an infant, TBIs can have a major impact on individuals and their families. You may encounter patients who have had TBIs and suffer from PTSD or trauma related to the event that caused the TBI. Our March webinar will address how the brain is affected by stress and trauma (see details below). [NCTSN](#) offers a cornucopia of helpful materials on TBIs, including:

- [Brainfacts.org](#)
  - [Brothers and Sisters: Brain Injury Is a Family Affair \(PDF\)](#)
  - [CanChild Center for Childhood Disability Research](#)
  - [Child's Safety Network TBI](#)
  - [Center for the Study of Traumatic Stress](#)
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## Update

### **ARBEST Advisory Council Meets**

The ARBEST Advisory Council is comprised of representatives from both private and public entities invested in improving outcomes for the children of Arkansas who have experienced trauma. The council meets quarterly to discuss policy, share ideas, and work together to further the services ARBEST offers. Online resource directories were a hot topic at the council meeting held on February 23 at the UAMS Psychiatric Research Institute. Children's Advocacy Centers of Arkansas (CACA) is in the process of developing an online resource directory for advocates to use with the families they serve. Kate Shufeldt, Arkansas Court Improvement Program, has also been piloting resource directories for law enforcement and juvenile probation officers in Arkansas and shared lessons learned during the process with Stacy Thompson, executive director of CACA.

The other topic that garnered a lot of discussion at the gathering was the process of billing Medicaid for services provided by CAC-affiliated MHPs. Paula Stone, Arkansas Division of Behavioral Health Services, discussed the billing differences between Rehabilitative Services for Persons with Mental Illness (RSPMI) and the Licensed Mental Health Practitioner Program.

### **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 to 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 136 people are registered for the Introductory and 144 for the Advanced Conferences. Space is limited, [register](#) today. Send us your [questions or topics](#) for Dr. Mannarino to address at the conference.

Also co-facilitating at this year's conference 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 chosen from a pool of 109 applicants vying for 19 spots. They were selected 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!

### **Looking Ahead to April's NCAPM**

Next month is National Child Abuse Prevention Month — [tell us](#) how you and your center plan on marking the occasion. ARBEST's Advisory Council has submitted a proclamation to Governor Hutchinson's office requesting Arkansas recognize April as Child Abuse Prevention Month. Keep a close eye on our ARBEST Facebook page in April—we will be making frequent and special posts to keep you engaged all month.



### **2016 CAC Fall Advocate Conference.**

We have begun making plans for this year's fall advocate conference at Ferncliff. If you would like to be a part of the planning committee, send us an [email!](#)

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

**Free App Helps you Explore a New Frontier: The**

## Brain

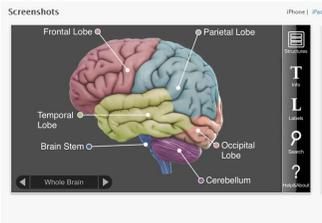
This cool, interactive, and free mobile application, [3D Brain](#) from Cold Spring Harbor Laboratory, allows you to rotate and zoom around 29 interactive brain structures. You can discover how each brain region functions, what happens when it is injured, and how it is involved in mental illness. Each detailed structure includes information on functions, disorders, brain damage, case studies, and links to modern research. Warning: *3D Brain* is pretty fascinating and hard to put down—you may want to set aside some free time before downloading.

**3D Brain**  
By Cold Spring Harbor Laboratory  
Open iTunes to buy and download apps. [View More by This Developer](#)

**Description**  
Use your touch screen to rotate and zoom around 29 interactive structures. Discover how each brain region functions, what happens when it is injured, and how it is involved in mental illness. Each detailed structure comes with information on functions, disorders, brain damage, case studies, and links to modern research.  
[Cold Spring Harbor Laboratory Web Site](#) [3D Brain Support](#) [More](#)

**What's New in Version 1.3.1**  
• Minor corrections related to iOS

**Screenshots**



**Free**  
Category: Education  
Updated: Nov 18, 2015  
Version: 1.3.1  
Size: 64.6 MB  
Languages: English, Japanese  
Seller: Cold Spring Harbor Laboratory  
© 2006 Learning Games, AIS Studio, Visit Page 2009  
Based on the following:  
InFrequent Mist  
Medical Treatment Information

**Compatibility** Requires iOS 6.0 or later. Compatible with iPhone, iPad, and iPod touch.

**Customer Ratings**  
Current Version: **★★★★☆** Ratings  
All Versions: **★★★★☆** Ratings

## Meet a VIP

We regularly feature a VIP (Very Interesting Person) in our newsletter. This issue meet Karen Wright, Mental Health Professional, Cooper-Anthony Mercy Child Advocacy Center, in Conway.

### March VIP: Karen Wright

Karen Wright completed her initial TF-CBT training five years ago in March 2011. Utilizing TF-CBT has changed the way she practices. The model taught her to empower clients by giving them opportunities to tell their narratives, which provides healing through story. Focusing on the child's trauma narrative affects how she counsels. She explains, "I set the stage for the trajectory of the TF-CBT therapeutic model—toward the child/adolescent story—and let the child tell the rest."

The biggest challenge in utilizing TF-CBT for Karen is

when a parent is not emotionally supportive (e.g., on drugs), the child is in foster care, the parent doesn't believe the child, or a parent is the offender. She advises therapists newer to TF-CBT to stay true to the flow and direction of the model. She adds, "If your client gets stuck, go back to the basics of the model. TF-CBT works—you don't have to redesign the path."

What does a typical day at the office look like for Karen? She sees clients almost every day, and counseling, court appearances, and phone calls are also part of a usual day's work. She practices self care by hitting the gym and working out with a trainer twice a week.



*Karen Wright, Mental Health Professional, Cooper-Anthony Mercy Child Advocacy Center*

**Most likes about her job:** Observing transformations from hurt to healing is the greatest part. As wounds heal, children return to playfulness and laughter. To be an eyewitness to a child flourishing is phenomenal.

**Enjoys doing when not at work:** I have the privilege of living on my family's 300-acre "family farm." Hanging out with family and friends, playing outdoors, or "going on adventures" with my husband and grandchildren throughout the land and woods, are all invigorating.

**Funniest thing that has ever happened to her:** One of my favorite stories is from the day I was born. My mother and father really wanted a girl and had picked the name "Kimberly Karen" for her. When my mom delivered a baby girl, she, my dad, the doctor and nurses were shocked to then find a second baby. My identical twin born first received the name Kimberly, and I was named Karen.

Send us your [suggestions](#) for our next VIP.

## Webinar Wrap-Up [& Preview]



In a webinar that aired on February 24, 2016, "[Epigenetics: The Bridge between Nature and Nurture](#),"

Tess Lefmann, Ph.D.,

University of Mississippi, treated listeners to a fascinating overview of epigenetics, a burgeoning field of study that examines the way our environment and experiences affect our genes, even through generations. The presentation discussed the basics behind the science of genes and shed light on the effects of trauma and stress on the most vulnerable populations in our society.

Dr. Lefmann described the human stress response, gave examples, and discussed outcomes. She explained that we have a new understanding of how the environment and genetics work together, namely that development is genetically programmed, but unfolds in interaction with environment. She added, "There is no genetic influence without the environment and no environmental influence without genetics."

She mentioned the great influence of the Human Genome Project, which from 1990-2003 identified 20,000-25,000 genes of the human genome and determined their function. Some of the project's most important discoveries included:

- Most diseases result from interactions of multiple genes with other factors, including the environment
- Complex behaviors may be related to genes, but again these are usually multiple, complex relationships
- Even simple characteristics such as eye color are not usually related to a single gene.

Dr. Lefmann made many intriguing points, such as, "Social work has always preached that who we are is not

due to NATURE or NURTURE, but to interaction between the two. What we have not understood is that that process is not some mushy, unexplainable magic. It occurs through biological effects of the environment on our genes. **Each child is born with the genes to be a genius, but whether those genes get turned on or off is based on the environment."**

For social work in particular these findings are profound. "Cognitive Behavior Therapy has long been shown to be an effective therapeutic intervention," said Dr. Lefmann. "The reason for this is that it creates new neural pathways, formed through an environmental response to genes being turned on or off." She said that what we do with this information is important, "Social policy is a way to make a difference."

Next she explained that we have DNA plasticity, and "it is the reason that humans have developed to live in the huge variety of environments we do. We all have basically the same DNA—but nature has provided a way for our DNA to gauge the environment and to turn on the specific genes that enhance survival in that specific environment."

Our genes can also be affected by the addition of a methyl group to a DNA sequence. The more methylated sequences are less active (produce less proteins), which in essence, turns a gene "off" like in Fetal Alcohol Syndrome, tumor suppressor cells, and human stress response. Additionally, maternal stress during pregnancy can affect the baby through fetal programming of stress that may lead to learning disabilities, ADHD, anxiety/depression, and obesity. She pointed out a bright side to all of this environmental impact—parenting can mitigate A LOT!

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

#### **Preview of March Webinar**

**March 23 • 12 pm** "[Neural Correlates of Symptom Reduction During TF-CBT](#)," with Josh Cisler, Ph.D., Psychiatric Research Institute, UAMS.

In this webinar, Dr. Cisler will describe the results from a recent collaborative study between ARBEST and the Brain Imaging Research Center at UAMS that focused on understanding brain mechanisms of TF-CBT when utilized among adolescent girls who had experienced abuse.

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## Calendar

**March 23 ▪ 12 pm** ARBEST webinar, "[Neural Correlates of Symptom Reduction During TF-CBT](#)," with Josh

Cisler, Ph.D., Psychiatric Research Institute, UAMS.

**March 30-April 1 ▪** [Annual Conference of the National Association of Social Workers](#)

[Arkansas Chapter](#). Wyndham Riverfront, North Little Rock.

**April 2 ▪ 10 am** [Malone CSC First Annual Duck Derby Festival](#). Youth Sports Complex Soccer

Fields, Arkadelphia.

**April 4-7 ▪** [National Children's Advocacy](#)

[Center International Symposium on Child Abuse](#).

Huntsville, AL.

**April 9 ▪ 8 am** [Central Arkansas CAC Heroes for Hope Race](#). Conway.

**April 10-11 ▪** [Texarkana CAC Songwriters on the Edge of Texas Concert & Dinner/Golf Tourney](#). Texarkana.

**April 11 ▪ 12-1 pm** PsychTLC Monthly Webinar, "[Overview of Children with Problematic Sexual Behavior](#)." Featured Speaker Jimmy Widdifield, Jr. UAMS, ED II, B107. Little Rock.

**April 13 ▪ 12 pm** ARBEST webinar, "[Cyber Crimes Against Children in Arkansas](#)" with Will Jones, J.D., Attorney General's Office.

**April 14-15 ▪** [Arkansas Mental Health Counselors Association Conference](#). Crowne Plaza, Little Rock.

**April 20 ▪** 2016 Percy Malone Child Protection Award Luncheon. William Jefferson Clinton Presidential Library, Little Rock.

**April 25-27 ▪** [Children in the Courts Conference](#). Embassy Suites, Little Rock.

**April 27-29 ▪** ARBEST Annual TF-CBT Training. UAMS, Little Rock. [Register now!](#)

**April 28 ▪ 6-8:30 pm** PRI's *Mind Matters*, "Only the 'BEST' for Traumatized Children in Arkansas," dinner

and presentation by Dr. Anthony Mannarino.

\$25. RSVP by April 22, 2016, to Cary

Wilson, 501.526.8166 or [ccwilson2@uams.edu](mailto:ccwilson2@uams.edu).

**May 20-21** ▪ [River Cities Dragon Boat Festival](#) to benefit the Children's Protection Center. Lake Willastein, Maumelle.

**June 10** ▪ Psych TLC Spring Conference, "[An Overview of Children with Problematic Sexual Behavior \(PSB\)](#)." Featured Speaker Jimmy Widdifield, Jr. UAMS, Little Rock. Register by May 27 at [PsychTLC@uams.edu](mailto:PsychTLC@uams.edu).

*Please send us [info on events](#) for this calendar.*

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