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# ARBEST

## A JOINT PROGRAM OF THE UAMS DEPARTMENTS OF PSYCHIATRY AND PEDIATRICS

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### New Mental Health Appropriation Program

AR BEST initiated a new mental health appropriation program in July 2013 to increase use of therapeutic services for children and their families through the Child Advocacy Centers (CACs). The program also aims to enhance continuity and quality of care by providing funding to CACs to conduct outreach with local mental health professionals (MHPs) and mental health organizations; support trauma-related services, such as attendance at Multidisciplinary Teams (MDTs); and allow MHPs to receive training and consultation in treatments that are effective in working

### November 1, 2013

#### Dear Partners,

This is the first newsletter of AR BEST directed toward CACs and their collaborating mental health professionals. Four years ago the state legislature further invested in the welfare of Arkansas children by funding a special program for those who experience sexual or physical abuse in the state of Arkansas. AR BEST was organized to carry out this mission, becoming a model program in the country with exemplary results in a short period of time. Every one of you is responsible for the success of this program, from CAC board member to forensic interviewer, from the therapist in rural Arkansas to the advocate next door.

We hope to highlight the best of Arkansas through this newsletter, focusing on creative strategies and long-term solutions to improve our children's outcomes. When people come together with a shared vision, they can solve big problems. Thank you for your hard work and commitment toward all children of Arkansas!

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### Peer Review Consultation Calls for Mental Health Professionals

A new peer review process for mental health professionals (MHPs) affiliated with CACs will start this

with traumatized youth. CACs are encouraged to contact Chad Sievers, MSSW, at 501-526-8317 for any questions about the new program.

### AR BEST Annual Report

The 2012-2013 Annual Report for AR BEST will be released November 15, 2013. Benchmarks highlighted in this report include:

- Registration of the 8000th child by Arkansas CACs
- Registration of the 1000th mental health professional
- In-person TF-CBT training completed for 674 mental health professionals
- Consultation calls and in-person training completed for 197 mental health professionals
- More than 1000 people have attended trauma-focused trainings

The Annual Report will be available for download on the AR BEST website

(<http://uams.edu/arbest/>).

You can also obtain a hard copy by contacting Gayle Pipkin at 501-526-8311.

Have a question about the website or entering data?

You can e-mail

[arbest\\_info@uams.edu](mailto:arbest_info@uams.edu).

fall under the guidance of Kathy Helpenstill, LCSW, and Karrah Dickerson, LPC. Both Kathy and Karrah have been trained in trauma-focused cognitive-behavioral therapy (TF-CBT); Kathy is one of our state experts in TF-CBT and Karrah is an expert-in-training. MHPs who work directly with CACs are expected to:

- Participate in four peer review calls per year
- Present a de-identified case at least every other year
- Maintain confidentiality for all participants
- Be on time and stay through the call

MHPs will receive a schedule of the calls, which will last 50 minutes. Attendance will be monitored before and at the end of the call. Approximately 30-40 minutes will be devoted to case discussion, and 20-30 minutes will be devoted to review of one TF-CBT component consistent with the case.

For more information on the peer review consultation calls for MHPs, please contact Chad Sievers at 501-526-8317.

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## Calendar Highlights

TF-CBT Training: **6/4/14** - Advanced TF-CBT training to be held in Little Rock; **6/5-6/6** Introductory TF-CBT training hosted in Springdale

Peer Review Consultation Call: First Tuesday of each month @ 9am: **11/5/13** (Group A) **12/3/13** (Group B).

AR BEST Steering Committee Meeting: **11/22/13**

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## Frequently Asked Questions

### • Registering a child on the Advocate website:

*“When registering a client and the offender is unknown, that means I do not know if the offender is over age 18, however, it doesn’t allow me to leave that field blank.*

*What is your suggestion on what to do?”*

On our next website update, we will add a ‘Not Applicable’ option under the offender’s age.

- **MHPs documenting activities with their clients:**

*“For most of my sessions I bill to a third party. I want to enter all of my activities with my clients, but I am concerned that when I enter the info on those clients, I will be double paid. How do I avoid that?”*

For every activity or TF-CBT checklist that an MHP enters, they will be asked if a third party was billed. This information will be provided to the CAC starting January 1, 2014.