

# ARBEST

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



## Noteworthy News

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### Dear Partners,

This issue offers you a look at training the ARBEST staff is drafting, an update on FY15, and a plethora of resources to help you with your trauma-informed work. For newsletter subscriptions, ideas, or comments, [email us](#).

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### [Highlight](#)

#### **SWS Training Project**

With support from the Department of Human Services/Division of Behavioral Health Services (DHS/DBHS), the ARBEST team will be providing training and technical assistance to Arkansas's seven Specialized Women's Services (SWS) programs. The programs provide residential substance abuse treatment services to pregnant women and mothers, along with their young children. As part of a separately funded initiative, the ARBEST team will provide trauma-informed care training to the SWS staff, as well as develop a curriculum to help mothers in recovery address the needs of their young children who have experienced trauma. We are pleased to be partnering with DBHS to support the SWS programs in this very important work.

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### [Update](#)

**FY15 First Quarter Results**

The first quarter of FY15 has been very productive, and we are excited to have the fiscal year off to such a good start. Nine of Arkansas's 13 CACs were fully funded (\$8,650) during this quarter to provide more than 1,200 hours of individual and family counseling. Bravo! New this quarter was a revised invoicing process. Thank you to all the center directors for quickly returning signed invoices. This new system was successful, but if you have any ideas on how to improve the process, don't hesitate to share. If you have any questions about these changes or other invoicing issues, please contact [Chad Sievers](#).

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## Resources

### **NCTSN Resources**

We all know the National Child Traumatic Stress Network (NCTSN) is the provider of many valuable resources about trauma-informed care. The Network recently compiled a list of four federal resources that may be helpful to you. Cathryn Chiesa, NCCTS Resource Librarian, helped identify some of these key resources.

- NCTSN's new Congressional Research Service report, [\*Child Welfare: An Overview of Federal Programs and Their Current Funding\*](#).
- The Child Fund Alliance Report for 2014: [\*The Costs and Economic Impact of Violence Against Children\*](#).
- The new trauma report from SAMHSA, [\*SAMHSA's Concept of Trauma and Guidance for a Trauma Informed Approach\*](#).
- Several resources can be found via [The Center for the Study of Traumatic Stress](#). There is a link in the upper right to new Ebola fact sheets, and the front page highlights additional resources related to military family issues and other trauma and violence resources.



### **CAC Corner Cafe**

Welcome to the CAC Corner Cafe. With this feature we hope to offer you a cozy place to gather and share great ideas – **your** great ideas. If you have a book, video, or website that has been extremely helpful in your

practice, share it! If you have a best practice that has done wonders for your clients, tell us about it! Send us your [CAC Corner Cafe submissions](#) today. Our feature this month is Lori Wilson, an advocate at Children's Advocacy Center of Eastern Arkansas in West Memphis.



*Lori Wilson, Advocate, Children's Advocacy Center of Eastern Arkansas, West Memphis*

Our Children's Advocacy Center of Eastern Arkansas has made it a goal to train as many adults as possible in the prevention of child sexual abuse. We have trained 69 adults this year and will have at least one more training before the end of the year. We reach out to schools, daycares, churches, foster parents, and concerned citizens and teach them how to recognize, react responsibly to, and prevent child sexual abuse before it happens. As a victim advocate, I like to share a few books with our center's clients. The first one is for younger kids, [Some Parts are NOT for Sharing](#) by Julie K. Federico. The other is [Please Tell! A Child's Story About Sexual Abuse](#) by Jessie.

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## [Meet a VIP](#)

We feature a VIP (Very Interesting Person working with a Child Advocacy Center) in every newsletter. This month meet therapist Kathy Helpenstill, a Forensic Interviewer and Therapist, White County Children's Safety Center (CSC) in Searcy.

**November VIP: Kathy Helpenstill, LCSW**

When you're talking TF-CBT in Arkansas, the name Kathy Helpenstill comes up quickly. As one of the original five local experts in the state, Kathy knows her way around TF-CBT. She has been utilizing it with her clients since 2009. A big advocate of the model, she explains, "TF-CBT gives great confidence and satisfaction knowing that you can navigate through such challenging life experiences. It teaches so many techniques to meet the child and family's needs. It shows great progress to the child and family with the assessments." She enjoys both the flexibility and flux of her job, along with the team spirit of working at a CSC. She describes why, "It's awesome to process with my CSC teammates and feel supported. We are very committed to each other. I also get to teach at the University so that helps change the pace a little and keep things fresh."

Kathy calls TF-CBT "fun" and says that she finds it easier to engage people when the therapist is more relaxed. Her biggest challenge over the years has been convincing the child and family of the benefits of creating and listening to the trauma narrative (the child's account of the traumatic event(s) in a written or drawn format or as narrated to a therapist). She shares, "It's so daunting, and they are always so happy after, but it's a delicate balance of understanding and providing leadership to get through it."



*Kathy Helpenstill, LCSW (third from left, with family), Forensic Interviewer and Therapist, White County Children's Safety Center*

**Advice to new TF-CBT trainees:** Hang in there. Utilize the calls. Utilize the resources and your peers. It really works!

**Claim to fame:** Probably my last name? There is only one Helpenstill family in AR so if you have heard it, it's probably me! When I met my husband in college, I thought, what a great name for me if I decide to be a Social Worker! (I know, so cheesy)

**Enjoy doing when not at work:** Going to my kids' and their friends' events, being a mom, camping and skiing, running, being in nature, and seeing the good in the world.

**If you could have a super power, it would be:** To be Samantha from Bewitched—to wiggle my nose and my house is clean and to snap my fingers and travel on the spot!

*A VIP from a CAC will be featured in the ARBEST newsletter every month. Send us your [suggestions](#) for our next VIP.*

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## Calendar

**November 4 ▪ 9 am** Peer Review Group A

**November 16 ▪** Monthly ARBEST Report to CAC Directors (10/16/14-11/15/14)

**December 2 ▪ 9 am** Peer Review Group A

**December 16 ▪ 10-11 am** ARBEST Community Advisory Council, PRI Clothier Library at UAMS, Little Rock

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