Behavioral Health Family Support and School Based Program Overview

Columbus Commission on Black Girls

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Family Support Program

The Family Support Program (FSP) at Big Lots Behavioral Health Services at Nationwide Children’s Hospital, is a pediatric trauma treatment team that consists of Master’s Level therapists, who are focused on addressing child maltreatment with evidence-based interventions.

- FSP provides mental health services to children and adolescents (ages 3-18) who have experienced: sexual abuse, physical abuse, exposure to domestic violence, and childhood traumatic grief. Services include:
  - Individual counseling
  - Victim trauma treatment groups (child/non-offending caregiver)
  - Family therapy
  - Community based therapy
  - Psychiatric services
  - Psychological testing
Adverse Childhood Experiences (ACEs)
One in ten children have experienced three or more ACEs, placing them in a category of especially high risk.

In five states—Arizona, Arkansas, Montana, New Mexico, and Ohio, as many as one in seven children had experienced three or more ACEs. Nationally, one in three black non-Hispanic children have experienced two to eight ACEs, compared to only one in five white non-Hispanic children.

From January – June of 2018, 32 Black girls have been provided services within the Family Support Program.
Challenges and Opportunities

Gaps

▪ Black youth are three times more likely to be victims of reported child abuse or neglect.

▪ Recruitment and retention of clinicians of color providing interventions in a community mental health setting.

Opportunities

Continue to provide evidence based, culturally competent interventions by Master’s Level clinicians, that operate through a Trauma Informed Care culture of “what happened to you?” versus “what is wrong with you?”

▪ Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

▪ Eye Movement Desensitization Reprocessing (EMDR)

▪ Integrative Treatment of Complex Trauma for Adolescents

▪ Connecting with local universities to link with internship and practicum opportunities for professional development and recruitment strategies.

Needs to improve quality of life for black girls

▪ Continue to reach out and partner with Mental Health agencies in the community providing services to Black girls.

  > Focus on reducing barriers to linkage

▪ Increase education and awareness of the culture of trauma and how trauma impacts children, particularly our Black girls.

▪ Increase awareness around resiliency factors and development of mentoring programs in our community specific to Black girls.
Purpose Statement: We are innovative in providing best practice family- and child-centered services to everyone, regardless, in a culturally and developmentally responsive manner.

Goals

- Decrease non-academic barriers to success.
- Decrease the gap in access to care.
Program Overview

Behavioral Service Model

1–5% Individual Intensive Interventions

**Core Connection**
Goal: Reduce severity, intensity of symptoms driving impairment
Strategies: Address Family and individual factors
Programs:
- Individual therapy
- Family therapy
- School Collaboration

**Columbus City Schools**
Intensive Academic Support
- Intensive social skills training
- Behavioral support plans
- Multi-agency collaboration/Juvenile court (wrap around)
- Alternatives to suspension/expulsion

5–10% Targeted Interventions

**Core Connection**
Goal: Reduce risk for “at-risk population”
Strategies: Treatment and prevention groups to address symptoms/concerns
Programs:
- Too Good for Drugs
- Too Good for Violence
- Coping Cat
- Skill Building

**Columbus City Schools**
Targeted Strategies
- Social skills training/support
- Increased academic support and practice
- Alternatives to suspension
- Monitoring
- Progress monitoring
- Behavior/attendance contracts

80–90% Targeted School-wide

**Core Connection**
Goal: Impact School Climate
Strategies: Teacher education, Resources, Student and Family Engagement and Strategies
Programs:
- Elementary: PBIS Good Behavior Game
- Middle and High School: Signs of Suicide (SOS)

**Columbus City Schools**
School-wide supports: All Students
- Positive, safe, and engaging school learning environment
- Effective academic support
- Effective classroom management
- Teaching social skills
- Teaching school-wide expectations
- Active supervision and monitoring in common areas
- Positive reinforcement for ALL

Behavioral System

Academic System
Outcomes

Tier 1
- PAX: 100 Classrooms
  - Classroom Observations
  - Data tracking
- SOS: 55 Schools in Franklin County
  - Screenings and Referrals
  - Teacher Confidence

Tier 2: 18 Schools
- Pre/Post Assessments

Tier 3
- Treatment Goals
- School Data
- Ohio Scales
- POC Surveys
Data and Concerns

Number of Black Girls enrolled in the School Based Program
- 213 out of 936

School Based concerns related to black girls
- School discipline to prison pipeline
- Social and emotional coping
- School and community relationships

Gaps
- Workforce shortage
- Community and institution connections
- Reactive strategies and approaches

Needs to improve quality of life for black girls
- Resources and support to increase diversity in the workforce
- Continued opportunities and platforms to improve community and institution connection.
- Increased funding and resources for prevention strategies related to improving the wellness of Black Girls along with school and community climate
Resources and References

- National Child Traumatic Stress Network: [www.nctsn.org](http://www.nctsn.org)
- Complex Trauma in Urban African-American Children, Youth, and Families March 2017, National Child Traumatic Stress Network
- The prevalence of adverse childhood experiences, nationally, by state, and by race or ethnicity brief by Vanessa Sacks and David Murphey, February 2018
- National Black Women's Justice Institute: [https://www.nbwji.org/](https://www.nbwji.org/)