

Behavioral Health Family Support and School Based Program Overview

Columbus Commission on Black Girls

Daneisha Washington, LISW-S
Kamilah Twymon, LPCC-S



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)



National and Program Specific Data

- 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.

School Based Program Overview

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

Care 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
- Behavior support plans
- Multi-agency collaboration/Juvenile court (wrap around)
- Alternatives to suspension/expulsion



5-10% Targeted Interventions

Care 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 Streaming

Columbus City Schools

Targeted Strategies

- Social skills training/support
- Increased academic support and practice
- Alternatives to suspension
- Mentoring
- Progress monitoring
- Behavior/attendance contracts



80-90% Targeted School-wide

Care Connection

Goal: Impact School Climate

Strategies: Teacher education, Resources, Student and Family Engagement and Strategies

Programs:

- Elementary: PAX 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



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
 - Complex Trauma in Urban African-American Children, Youth, and Families March 2017, National Child Traumatic Stress Network
 - *Felitti, V. J., et al. (1998). Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: The Adverse Childhood Experiences (ACE) Study. American Journal of Preventive Medicine, 14(4), 245-258. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/9635069>.*
 - 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/>
 - Black Girls in Franklin County Ohio:
http://www.kirwaninstitute.osu.edu/reports/2011/07_2011_FranklinCoBlackGirlsStudy.pdf
 - Suspensions for Girls of Color by School District: <https://nwlc.org/resources/2013-2014-suspensions-for-girls-of-color-by-school-district/>
-