

*Prevention and Intervention
Approaches Within a Family
Support Program*

December 1, 2007

Zero to Three – Orlando, FL

Maria T. D'Haene- mariad@wcmhs.org

Catherine Burns- cathb@wcmhs.org

Marcy Couillard- marcyc@wcmhs.org

Washington County
Mental Health
Early Childhood
Mental Health
Programs



Early Childhood and
Family Mental
Health

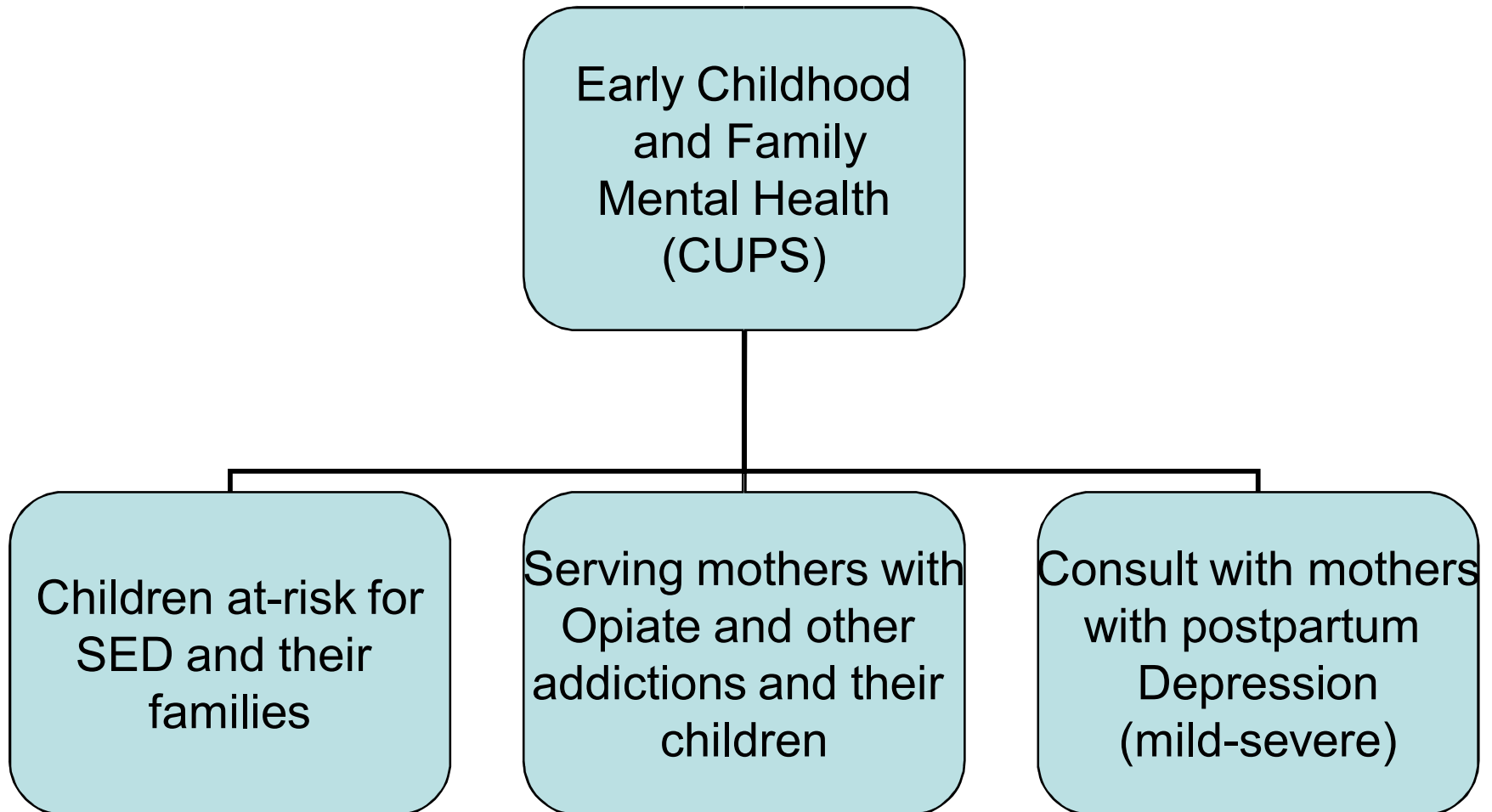
Child Care Outreach
Project

New Leaf Family
Child Care Center

Service Coordination
For Moms with
Addictions

Autism Spectrum
Disorder
Pilot Program

Early Childhood and Family Mental Health (1998)



Washington County
Mental Health
Early Childhood
Mental Health
Programs



Early Childhood and
Family Mental
Health

Child Care Outreach
Project

New Leaf Family
Child Care Center

Service Coordination
For Moms with
Addictions

Autism Spectrum
Disorder
Pilot Program

Goals of the Child Care Outreach Project (2000)

- Prevent expulsion from child care
- Increase the awareness of mental health issues for children 0-6
- Identify children, who are at-risk for/or with serious emotional disturbances as early as possible
- Increase collaboration among community stakeholders.

Large numbers of children still being expelled from child care

- Who were they?
- What were the issues around their expulsion?
- What types of needs do providers have around these children?

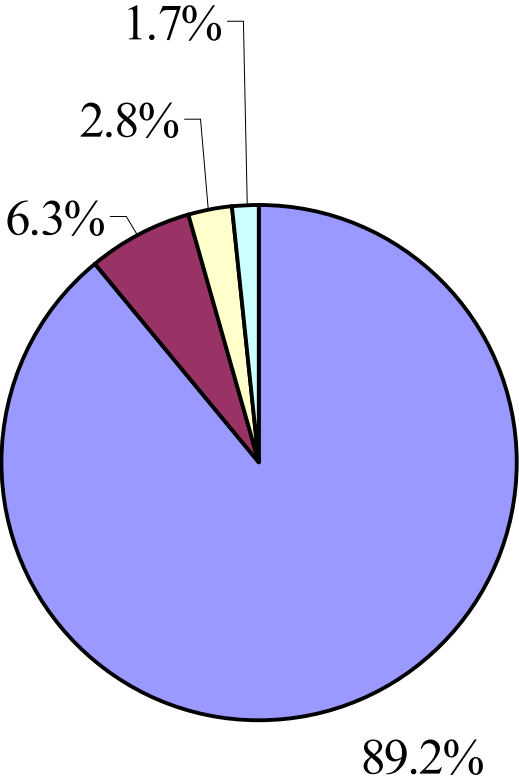
“Thinking before Acting”

- Systematic survey of all child care providers in the area
- Research that guides development and practice
- Building on existing collaborative systems

Survey and Participants

- Developed 11-item survey investigating the issue of dismissal from care, needs of children, and the needs of child care providers to support higher needs children
- Surveyed 151 providers listed with the Department of Social and Rehabilitative Services Child Care Division (70.5% response rate)
 - 79.5% (120) – family day care homes
 - 20.0% (30) – licensed child care centers
 - .7% (1) – registered preschool (self-identified)
- 63 (29.5%) did not participate
 - 14 disconnected phones/out of business
 - 49 not interested or unavailable

Children in Care (1,829)

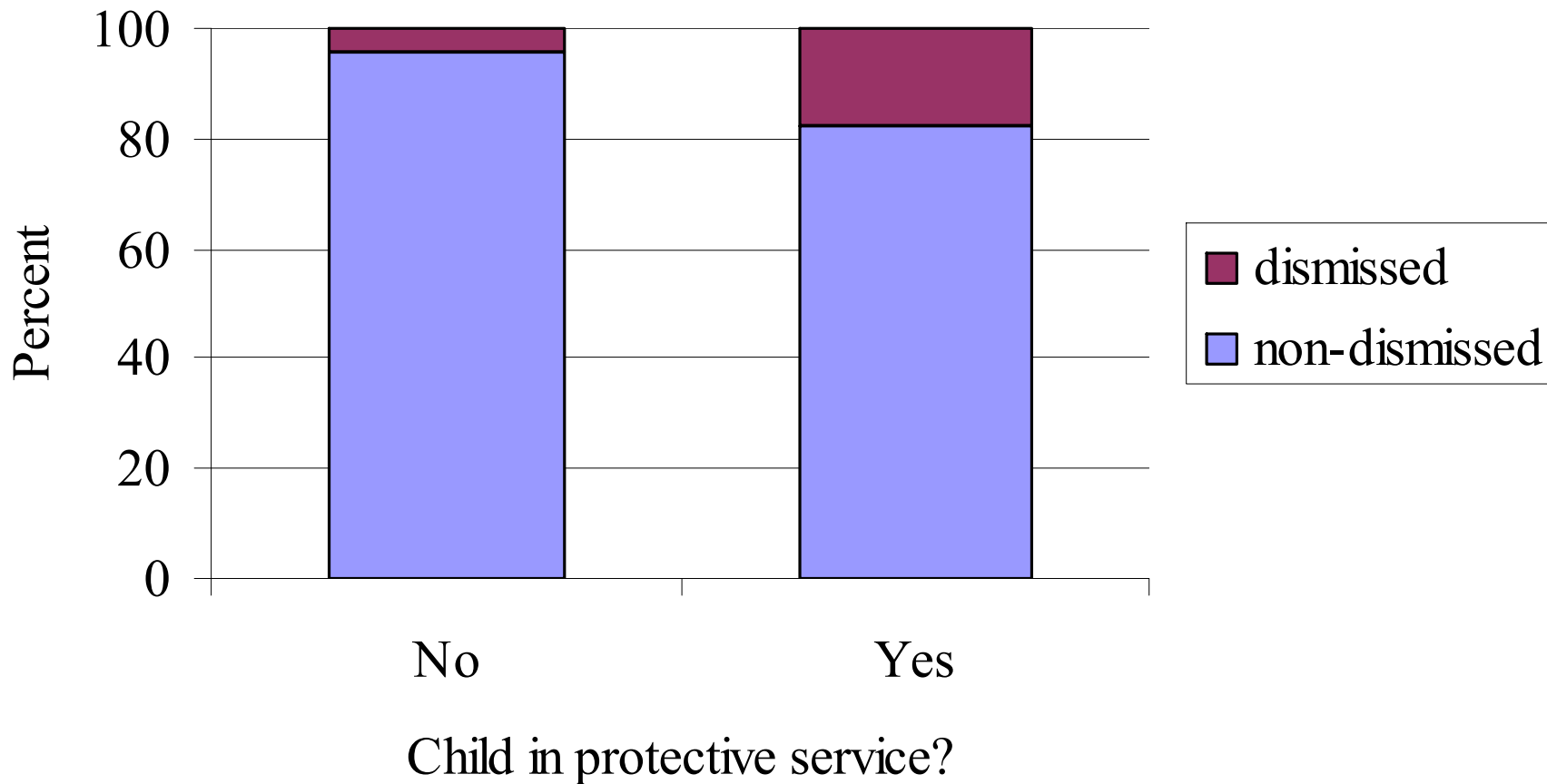


- Children in stable care (1,631)
- Children dismissed from previous care but stable in current care (115)
- Children dismissed from current care setting (52)
- Children dismissed from current care and at least one prior care setting (31)

Results – Children in Protective Services

- 74 children were reported to be in protective services
- 31 providers (21.4%) reported caring for children in protective services*
- 13 (17.6%) of children in protective services were dismissed from care because of exceptional emotional and behavioral issues

* Likely an underestimate because providers were not always aware child was in protective services



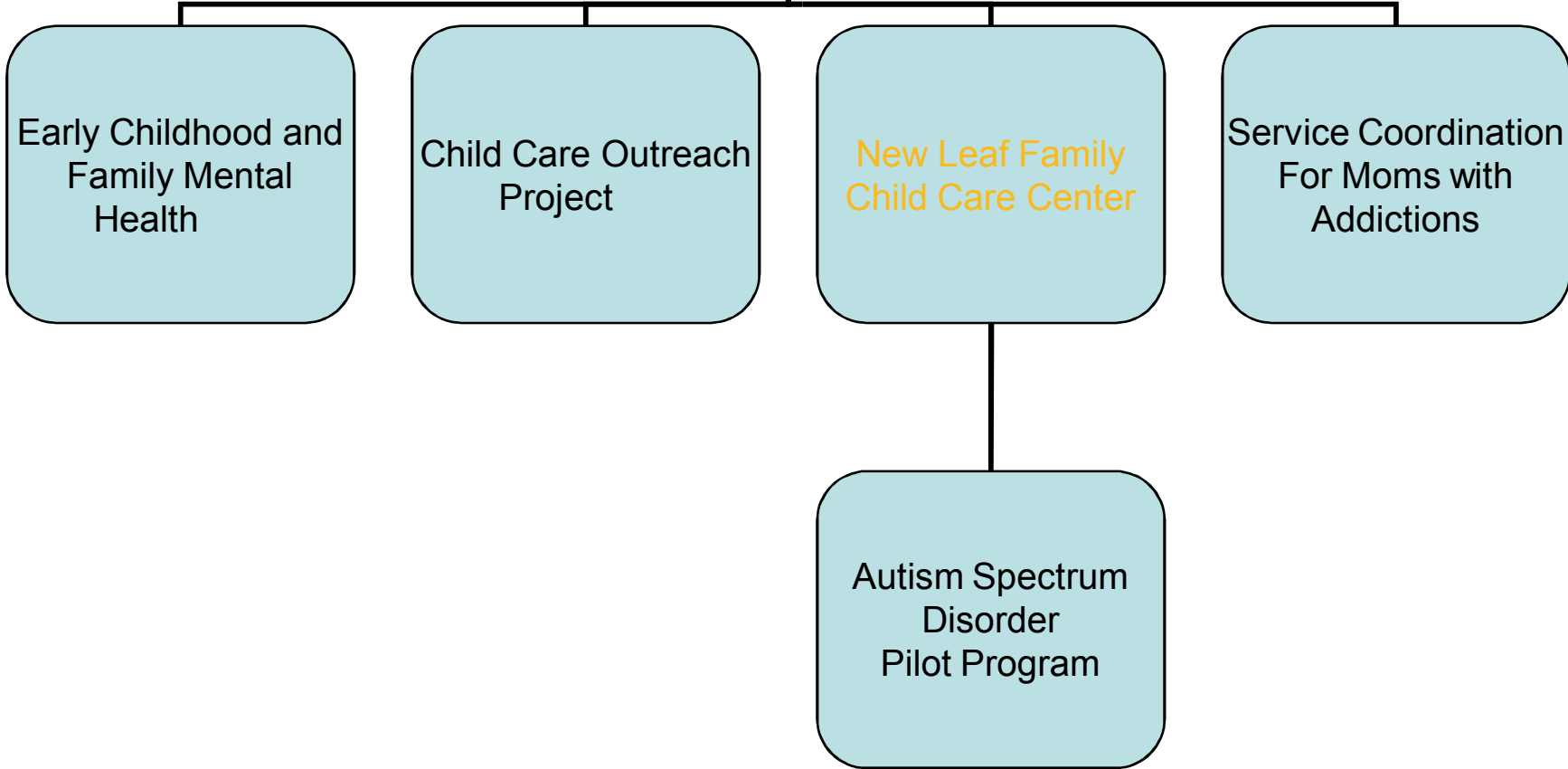
Results – What providers need

- 71 (47.3%) of providers indicated needing extra help supporting families and children over the past year
- Types of assistance requested included:
 - On-site consultation (73.9%)
 - Workshops (59.7%)
 - Access to materials (43.3%)

Summary

- Children were being dismissed from care due to emotional and behavioral needs (1/3 of providers)
- Children who were dismissed from care were at increased risk of being dismissed from their next care setting
- Children in protective services were being dismissed from care at a higher rate than children not in protective service
- Nearly half of providers were interested in support in order to more adequately meet the needs of children with exceptional emotional and behavioral issues
- There is a need in Washington County for specialized and integrated child care to meet the needs of children with exceptional mental health needs in addition to on-site consultation

Washington County
Mental Health
Early Childhood
Mental Health
Programs



Early Childhood and
Family Mental
Health

Child Care Outreach
Project

New Leaf Family
Child Care Center

Service Coordination
For Moms with
Addictions

Autism Spectrum
Disorder
Pilot Program

Evolution of New Leaf Child Care

- Serving Children ages 2-5 (2002)
- Expansion to include infants and toddlers (2003)
- Inclusion of a program for opiate addicted mothers and their children (2006)
- Inclusion of programming for children with Autism Spectrum Disorder (2007)

Values and Guiding Principles

- **INFUSE** Mental Health Services within child care setting
 - Supports for care givers, parents, services for children and families
- **PUBLIC HEALTH MODEL**
 - Promotion - for healthy social emotional development of all kids and families
 - Prevention - focus supports for at risk children and families
 - Intervention - services to kids with diagnosis
- **PROMOTE** an inclusive strength-based program with a family-centered approach.

Goal 1: Address and improve the social and emotional skills of emotionally and behaviorally challenged children to improve their readiness for public school entry.

- ✓ Quality Child Care for children infancy-5 years of age
- ✓ Therapeutic Outreach to the child and family
- ✓ On-site group work
- ✓ Tighter service planning and coordination
- ✓ Developmental Screening and Evaluation
- ✓ High adult:child ratio

Goal 2: Provide parents with skills necessary to provide a safe nurturing environment for their children.

- ✓ Parent education workshops
- ✓ Home-visiting supportive counseling for families
- ✓ Floor time work with parents and children

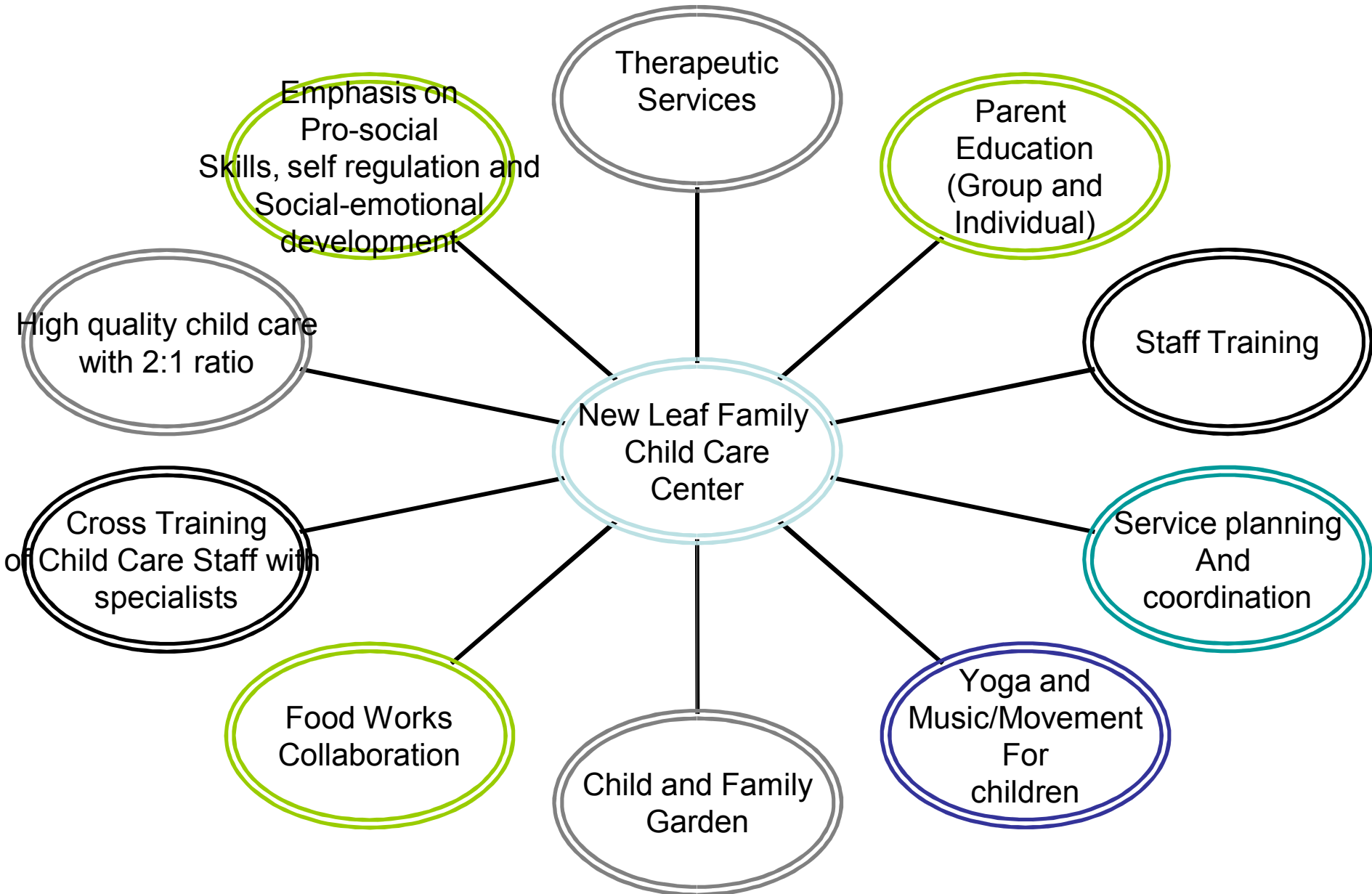
Goal 3: Collaborate with other community agencies serving identified families to provide a fluid system of care.

- ✓ Use of an interagency team (The Collaborative Review Committee)
- ✓ Family representative on the CRC team
- ✓ Wrap-around plans

Goal 4: Assist parents in accessing community resources needed for themselves and their children.

- ✓ Case management services for the child and family
- ✓ Social support services for the family

Essential Programming of New Leaf



Washington County
Mental Health
Early Childhood
Mental Health
Programs

Early Childhood and
Family Mental
Health

Child Care Outreach
Project

New Leaf Family
Child Care Center

Service Coordination
For Moms with
Addictions

Autism Spectrum
Disorder
Pilot Program

Programming for Opiate Addicted Mothers – Central Vermont Community Response Team (2006)

- Case management services for women and their children
- Education, advocacy, wrap around services, and resource development

Collaborative effort with:

- Agency of Human Services, Department of Health
- Barre Pediatrics
- Central Vermont Community Action Council
- Central Vermont Home Health and Hospice
- Central Vermont Medical Center
- Central Vermont Substance Abuse Services
- Department of Corrections
- Licensed Drug and Alcohol Counselors
- Department of Children and Family Services – Child Welfare and Youth Justice
- Economic Services Division
- Family, Infant and Toddler Project
- Treatment Associates
- Good Neighbors
- Good Beginnings
- Area Churches

Common issues for the mothers we support

- They are mothers first!
 - Many report being described as addicts before they are described as mothers
- Children's behaviors attributed to addiction versus normative development
- Isolated with limited, non-using peer group
- No transportation to mandatory appointments that are far away
- Many people telling them what to do
- Impoverished with limited skills
- Many co-occurring mental health and physical health issues
- Diverse addictions to multiple substances for long periods of time (most of the mothers began abusing in their very early teens)
- Fear of losing children was the very thing that kept them from searching for support or help with their addiction

Collaborative Program with:

- Agency of Human Services
– Department of Health
- Barre Pediatrics
- Central Vermont
Community Action Council
- Central Vermont Home
Health and Hospice
- Central Vermont Medical
Center
- Central Vermont
Substance Abuse Services
- Department of Corrections
- Licensed Drug and Alcohol
Counselors
- Department of Children and
Family Services – Child
Welfare & Youth justice
- Economic Services Division
- Family, Infant and Toddler
Project
- Treatment Associates
- Good Neighbors
- Good Beginnings
- Area Churches

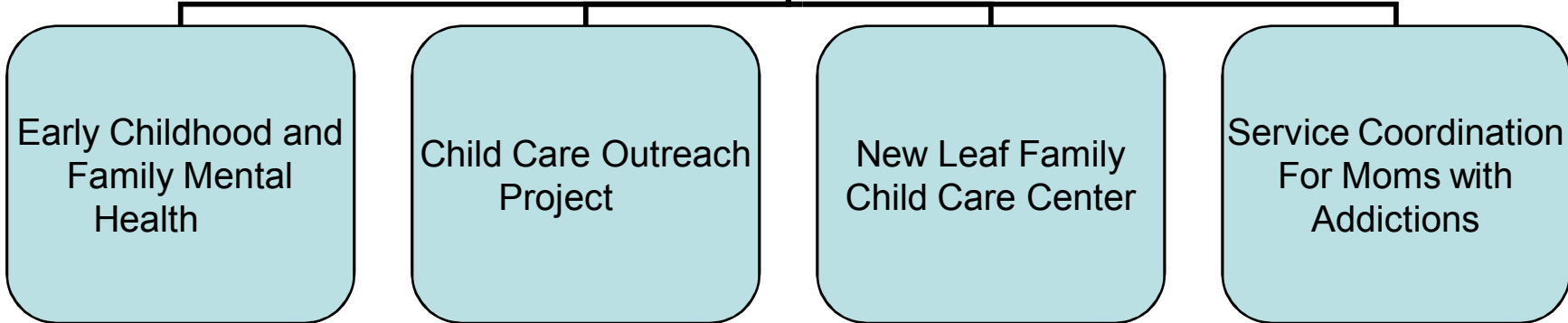
Service Coordination – What is it exactly?

- Transportation to appointments (*Windshield Therapy*)
- Assistance with organization and scheduling
- Support for finding resources (e.g., housing, diapers, child care, food, friends, formula....)
- Social contact beyond former peer group
- Inspiration and motivation
- Acceptance that relapse is a part of recovery with support to return to recovery quickly

Characteristics of Moms and Outcomes

- Served 17 mothers (ages 22-40) and their 19 children
- 15 of the 17 mothers are involved with Corrections
- Of the 9 mothers discharged, 5 children continue to live with their mothers.
 - Served from 1 month to 1 year
 - 3 mothers no longer involved with Corrections or Protective Services
- Current mothers (8) are actively participating in their rehabilitation programs and meeting own goals.
 - Current mothers receiving services up to 2 years
- Children are in stable care either in their home or in another child care environment

Washington County
Mental Health
Early Childhood
Mental Health
Programs



Early Childhood and
Family Mental
Health

Child Care Outreach
Project

New Leaf Family
Child Care Center

Service Coordination
For Moms with
Addictions

Autism Spectrum
Disorder
Pilot Program

New Leaf Child Care – Programming for Children with Autism Spectrum Disorder (2007)

- Treatment system based upon Applied Behavioral Analysis and evidence-based practice
- Integration of an existing program run by the agency to support children with ASD in their homes and schools
- New Leaf staff are trained by ASD professional to implement ABA programming
- Training for families provided on site if families are interested
- Currently serving 3 children under the age of 4.

Treatment Focus for Sally

Adaptive Skills

Social skills (choosing friends to play with; independent greetings; social questions; identifying emotions; perspective taking)

Following directions

Play skills (expansion)

To replace

Refusals

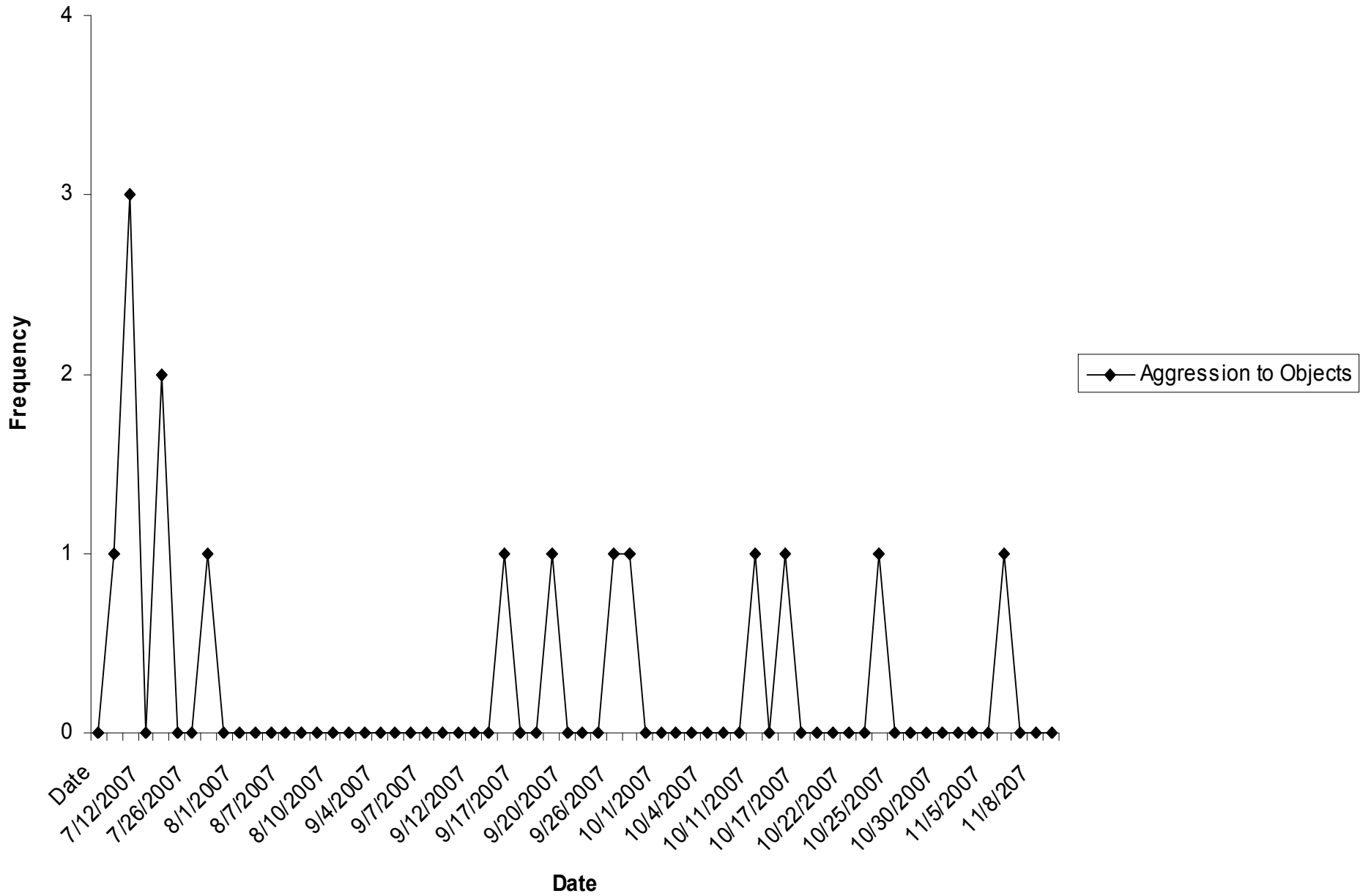
Aggression

Temper tantrums

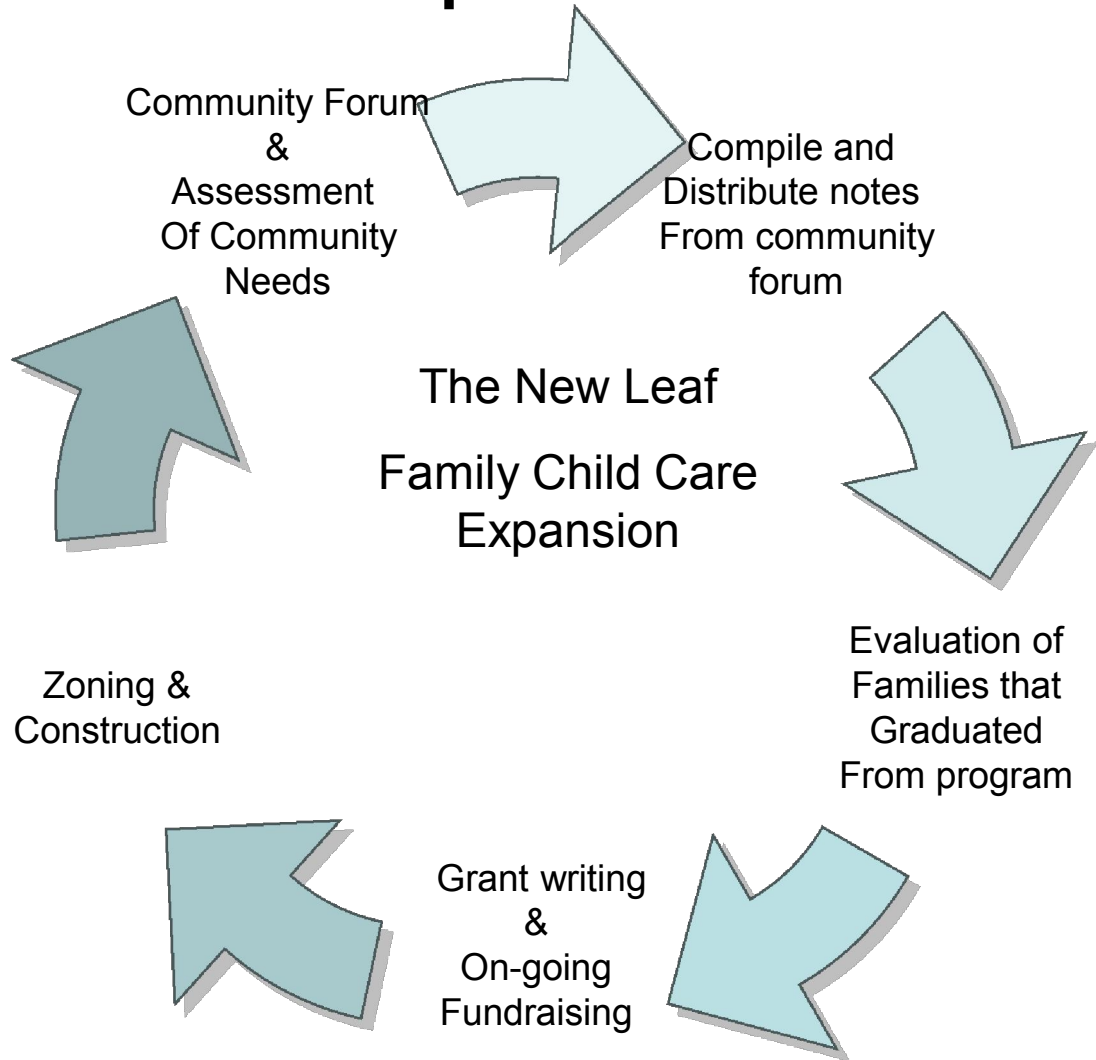
Picking

Limited social skills

Aggression to Objects



“Thinking before acting” for expansion



Next Steps for New Leaf Family Child Care Center Expansion

Ideas from community forum:

- Capacity to serve more children on the spectrum.
- Involvement of higher education on-site training site Early Childhood Education, Applied Behavioral Analysis and Early Childhood Mental Health.
- Capacity to serve more children at-risk for social emotional disturbance.
- Office and treatment space for Early Childhood partners.

Challenges of community-based programming

- Financing
- Collaboration
- State Initiatives
- Obtaining a broad array of input for planning

Financing Early Childhood and Family Mental Health Programs

