

The UMCH Update is published by UMCH Family Services, a not-for-profit organization related to The West Ohio Conference of The United Methodist Church. Sean Reilly, Executive Director
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Caring for Ohio's Children Today: UMCH Update



Adoption | Treatment Foster Care | Community Based Mental Health Services



A Ministry of The West Ohio Conference
of The United Methodist Church

UMCH Newsletter
Fall 2015

The Change Your Hue of Blue Movement

... a note from Executive Director Sean Reilly

This year, we introduced a movement to expand the dialogue in our community on mental health and mental illness. We call it Change Your Hue of Blue. Blue can be a warm sunny day or a beautiful Caribbean bay, but it can also be the deepest sadness to the point of inconsolability.

It is a story of HOPE...hope that we can make a difference in our own communities and around our state, and a story of DESPAIR...despair experienced every day by millions of Americans and hundreds of thousands of Ohioans, unnecessary in today's world.

The Despair

Mental illness is a pervasive, devastating set of illnesses that effect 1 in 4 adults and 1 in 5 children every year in the United States. It impacts all facets of our lives from our families and schools, to our workplaces and communities. Yet, we spend very little time talking about it. But, we should because sadly, many never get the help they need. Studies show 60% of adults, and more than half of our children with a mental illness received no mental health services in the previous year. Last year, according to the Substance Abuse and Mental Health Services Administration, less than 39% of Ohio's children who were depressed received any level of service.

Many families simply do not recognize the signs or know where to turn to get help. So the problems go undetected and untreated, often leading to a lifetime of pain and suffering for the person struggling and everyone around them. Consider that the time from the first symptoms of a mental illness to the first treatment averages between 8 and 10 years. Imagine

the effect on someone with diabetes if they received services 10 years after their first symptoms. We are seeing the results of that span of time with many mental illnesses. And, this lack of awareness is evident in the fact that suicide is the third leading cause of death among 10 to 24 year olds, more than all other illnesses combined. Further, at least 90% of these young people have mental health problems such as depression, anxiety, drug or alcohol abuse or a behavior problem. And, it doesn't stop there.

Last year, 157,000 ER visits were by high school students who attempted to harm themselves. And, in that same time, more than 39,000 people in the U.S. died by suicide--more than by car accidents. The lack of awareness is killing us. But, with awareness, we have the power to change. Because realities change when cultures change. The reality with mental illness is that it's real, painful and, most of all, treatable.

The Hope

Now, let's talk about the hope of a brighter future. Hope that we can pass on to our friends, neighbors and coworkers from today forward. A hope that recognizes there are treatments available for our children and families that relieve pain, help them back to a normal life and save lives across our communities.

Let's look at adolescent depression, for example. Depression is a real medical illness that can be as debilitating as other major diseases. Like cancer, it can be fatal. And like diabetes, it's biologically based. But like other life threatening illnesses, it can be treated. There's real hope for everyone who has depression.

(continued next page)



Check out our Social Media

Do you use Social Media? Are you on Facebook or Twitter? How about LinkedIn? UMCH Family Services is. We invite you to "like" us or "follow" to stay up-to-date on happenings inside our agency as well as to learn about interesting developments inside treatment foster care, adoption and mental health for children and families.

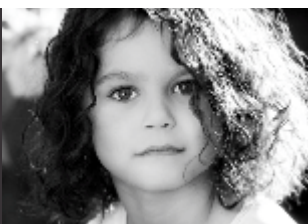
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www.twitter.com/umchfamily

www.linkedin.com/company/umch-family-services

Our UMCH Ambassadors



Would your church like to hear how your generous donations help the children?

Would you like a speaker at your next meeting, church gathering, service, group or United Methodist Women's event? Ambassadors are ready to come to you to explain the work of UMCH, share the stories of our children and families and tell you how your dollars are helping them.

Ambassadors are available for all West Ohio Conference Districts of the United Methodist Church, and would like to speak to people of all denominations and interests at other churches, community events and meetings, too. Originally organized by Sue Stutz, a former UMCH Trustee, and now organized by Jim Freshour, a retired UMC pastor, these enthusiastic, knowledgeable people are equipped with a presentation and materials to share. Find out more about today's needs of UMCH's children and families. Groups of any size are welcome. Contact Anne Denney at 614-885-5020 x 562 or email her at ADenney@UMCHOhio.org to arrange a visit.

Last \$5 on the 5th of 2015

The remaining 5th Sunday of 2015 for \$5 on the 5th is November 29. Please remember the children and families of UMCH.

Change Your Hue of Blue Movement (continued from cover)

There are interventions for depression that have an 80% effectiveness rate. With the right combination of talk therapy and medication prescribed by a psychiatric professional, adolescents with depression can get back to a normal life at home, school and in their communities. An 80% effectiveness rate means that there is treatment in the mental health field that rivals the outcomes of any cardiovascular intervention available.

There are so many proven interventions available for children and families if we could only reach them. With only 39% of our children receiving any kind of treatment for mental illness, imagine the impact of providing effective treatment to the other 61% of the children in Ohio? The amount of pain and suffering that would be alleviated would be immeasurable.

In the 1960's, our parents whispered about cancer. Society was not comfortable talking about it. It was a mystery and incredibly scary. But through public health efforts, education and a changing culture people began to speak, raise awareness and pursue many avenues of helping the fight against cancer. Today, 8 of 10 people you approach on the street could tell you 10 symptoms of cancer and talk about what you might do to get diagnosed or treated. This, unfortunately, is not the case with mental health awareness.

So what can you do? Call UMCH Family Services or another mental health agency if you are concerned for someone or yourself. But most of all, begin to change the culture in your own sphere of influence just by talking openly about this set of diseases, as you do with cancer or heart disease.

Thank you New California Presbyterian Church

The New California Presbyterian Church in Marysville, Ohio is on a mission to be a family of God and to share the Good News of our Lord Jesus Christ, affirming their faith and enhancing it with knowledge through worship, Christian education, fellowship, and the expression of God's love to ALL in all conditions of life. It is this mission that made the work of UMCH Family Services interesting to them. Recently, UMCH Executive Director Sean Reilly visited the church sharing with the prayer circle our mission to help the most vulnerable children and families among us in need through helping families stay together, reunify or become new forever families. The group was receptive and gave the children of UMCH a generous donation. Thank you New California Presbyterian Church!



Sean Reilly at New California Presbyterian Church

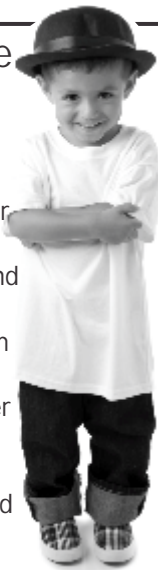
Inside This Issue:

- Foster to 21 initiative
- Meet Kendra Smith
- Change Your Hue of Blue
- UMCH's NMT training
- Evidence-based practices
- Check out our social media

Room in your life for a child?

Become a Foster Parent.

There are children in your very own community in need of a loving home and a chance at a brighter future. Do you have room in your life? Become a licensed Treatment Foster Parent. We provide training. Let us help you get started down the road of caring for a child who needs you.



Could You be a Foster Parent?

UMCH Family Services utilizes both Family and Treatment Foster Homes. Families can receive advanced professional training to become licensed as Treatment Foster Homes. With a lower ratio of families to treatment coordinators for customized treatment and care, all UMCH foster children have convenient access to the professional mental health services of the agency. UMCH Family Services also is proud to offer our Adoption and Post-Adoption programs. Families and individuals can be dually approved to foster and adopt.

Call to enroll in our next pre-service class and get started down the road of caring for children who need you. For information, contact us at 614-559-2800 EXT 400.

UMCH Contacts

Adoption Services

614-559-2800 x 400

Treatment Foster Care

614-559-2800 x 400

Wesley Family Services

614-885-5020

www.UMCHohio.org

Additional Evidence-Based Practices

In addition to the Neurosequential Model of Therapeutics, UMCH has identified and employs additional evidence-based practices that can support the use of an in-depth assessment and intervention process to reach the goal of the child or teen and their family.

Trauma and Loss in Children

TLC's Structured Sensory Interventions for Traumatized Children, Adolescents and Adults (SITCAP®) is a series of intervention programs for children 3-18 years of age, parents and adults. SITCAP® programs have been touted in numerous books such as *Understanding Mass Violence*, *Creative Interventions with Traumatized Children*, and *Critical Incidents in Counseling Children*. Its research outcomes also are published in varied journals including, *National Social Sciences Journal*, *School Social Work Journal* and *Journal of Residential Treatment for Children and Youth*.

SITCAP® programs are now listed on the California Evidence-Based Clearinghouse and the Substance Abuse Mental Health Services Agency National Registry of Evidence-Based Programs and Practices. TLC research has repeatedly demonstrated that by giving traumatized children and youth the opportunity to address and "rework" the major experiences induced by trauma, their PTSD symptoms and related mental health reactions are significantly reduced, and their reactions to the challenges they continue to face show more resilience and are indicative of posttraumatic growth.

Solution-Focused Brief Therapy

Solution-focused brief therapy (SFBT) is goal oriented, targeting the desired outcome of therapy as a solution rather than focusing on the symptoms or issues that brought someone to therapy. This technique emphasizes present and future circumstances and desires over past experiences. The therapist encourages the client to imagine the future that he or she wants and then the therapist and client collaborate on a series of steps to achieve that goal. This form of therapy involves developing a vision of one's future, and then determining what skills, resources, and abilities a person already possesses that can be enhanced in order to attain the desired outcome. SFBT was developed by Steve de Shazer, Insoo Kim Berg, and their team at the Brief Family Therapy Family Center in Milwaukee, Wisconsin in the early 1980s.

References:

- Dr. William Steele and Caelan Kuban LMSW; *Advancing Trauma-Informed Practices: Bringing trauma-informed, resilience-focused care to children, adolescents, families, schools and communities*. Pg. 15
- www.goodtherapy.org/solution-focused-therapy

A note worth sharing...

Throughout the week, our Outpatient Mental Health program staff members are inside the many schools with which we are partnering to help children who need additional support during the day. Recently, we received a terrific note of thanks from Dr. James Eslinger of West Broad Elementary. And, we felt it was worth sharing.

Dear Ms. Gerber and Ms. Stalling, I want to take a moment to reach out and share with you how grateful we are at West Broad Elementary School to host Mrs. Nadine Buettner from UMCH. Since my tenure at West Broad, I have worked with three UMCH therapists and Mrs. Buettner far surpasses all others in both knowledge and skill. She is truly an asset and a part of the West Broad family. She embodies a servant's heart and strives to connect with our students and their families (which she does with ease). As you know, we are located in the Hilltop, which is mired with generational poverty. We are a 100 percent free/reduced lunch school and our students unfortunately come from homes that are often in crises as parents fight many issues associated with poverty (substance abuse is a huge one right now). Each day, Mrs. Buettner greets students and families at the front door with myself a few other staff members. Furthermore, she continues throughout the day de-escalating students who need extra support, teaching them coping strategies, and hooking parents up with valuable resources.

I have worked in CCS for many years and Mrs. Buettner is of the highest caliber of all those I have worked with. I speak for 40 plus WB staff members when I share with you how valuable of a resource she is. Often, we in positions of leadership hear a lot of the 'negative'. I believe in giving exemplary folks the credit they deserve and Mrs. Buettner is certainly that.

Take good care,
James C. Eslinger, Ph.D., Principal
West Broad Elementary School



UMCH completed NMT Training Certification through the Phase I Level

The ChildTrauma Academy acknowledges that UMCH Family Services has completed NMT Training Certification through the Phase I Level.

In October 2013, UMCH Family Services entered into a partnership with ChildTrauma Academy (CTA). CTA is a not-for-profit organization based in Houston, Texas. This collaborative, interdisciplinary virtual Center of Excellence's focus is to work toward improving the lives of high-risk children through direct service, research and education. Through the research, clinical experience and direction of Dr. Bruce Perry, M.D., Ph.D., Senior Fellow of the ChildTrauma Academy, they have created a biologically-informed child and family respectful practice, programs and policy to help maltreated and traumatized children. The brain science Dr. Perry has researched is recognized internationally.

Since many of the children that we serve are considered to be in a high-risk category, over the last two years UMCH Family Services trained and certified one third of the clinical staff in the Neurosequential Model of Therapeutics Phase I Level. We started Phase II (*Train the Trainer*) Level Certification this fall.

About the NMT

The Neurosequential Model of Therapeutics (NMT) is a developmentally sensitive, neurobiologically informed approach to clinical problem solving developed by The ChildTrauma Academy. NMT is not a specific

therapeutic technique or intervention. It is an approach that integrates core principles of neurodevelopment and traumatology to inform work with children, families, and the communities in which they live. The Neurosequential Approach has three components – training/capacity building, assessment, and then, specific recommendations for the selection and sequencing of therapeutic, educational, and enrichment activities that match the needs and strengths of the individual.

This clinical approach helps professionals determine the strengths and vulnerabilities of children and helps them create individualized intervention, enrichment, and educational plans to match each child's unique needs. The goal is to find a set of therapeutic activities that meet the child's current needs in various areas of functioning (social, emotional, cognitive, and physical).

The NMT is widely applicable to a variety of clinical and educational environments and has been integrated into a variety of settings across the full life cycle—infants through adults. Many organizations, public and private, as well as outpatient clinical professionals have become certified and routinely use the NMT in their practices.

UMCH Family Services has invested in all of these resources so that we can offer children and families the very best treatment available. Through these efforts we are continually striving to bring our best to the work we do every day.

UMCH Focuses on Evidence-Based Practices

You may have heard us talk about our use of evidence-based practices. Evidence-based practices have been rigorously studied in experimental evaluations – like randomized controlled trials – and have been shown to make a positive, statistically significant difference in important outcomes. They are supported by data, not just based on theory. They have been repeatedly tested and are more effective than standard care or an alternative practice, and they can be reproduced in other settings.

Evidence-based practices are developed, implemented, and evaluated through applying principles of scientific reasoning, including systematic uses of data and information systems, and appropriate use of behavioral science theory and program planning models (Brownson, 2003). It's important because it's one way we determine that we indeed are using therapeutic models that work.

Why do we use evidence-based practices? To quote Stuart Albon, Ph.D., Director of Think:Kids, Dept. of Psych., Massachusetts General Hospital, "Your understanding of the problem determines your solution."

When we look at children's behaviors, without understanding the underlying reasons for the behaviors, there is the strong chance we will be unable to help the child and family achieve the level of daily functioning that is desired.

Ohio's Foster to 21 Initiative

In Ohio, when kids in foster care turn 18, they are no longer part of the foster care system. Many find themselves living alone, without the support, resources and guidance of a stable family or other caring adults in their lives. As a result, they are more likely to drop out of school, become parents before they are ready, experience homelessness, fall prey to human trafficking, be on public assistance, have substance abuse problems, or end up in jail – costly consequences affecting all.

To address the need, the Fostering Connection to Success and Increasing Adoptions Act of 2008 provides federal matching funds to help states support foster care youth through age 21. Currently, 26 states are extending or have extended supports to foster youth through age 21.

There is currently legislation before the Ohio General Assembly, House Bill 50 (HB 50), that would create a program to serve foster care alumni, ages 18-21, by preparing them for college or a career by providing transitional housing and supportive services. HB 50 cleared two committees in the House with bipartisan, near unanimous support in the spring of 2015.

However, it is currently stalled. Once passed by the Ohio General Assembly, the Ohio Fostering Connections Act will implement a proven approach to ensure more of our young people have opportunities to succeed. This is sorely needed, as the cost of doing nothing is great. Consider that 1,000 young people age out of foster care each year in Ohio and the cost of that is \$300,000 in social costs per person over that person's lifetime. The total impact is \$300 million.*

"Over a 10-year period, Ohio will benefit dollar for dollar by providing supportive services to young adults who age out of foster care."

Independent research shows supporting Ohio foster youth through 21 will improve educational attainment, earnings outcomes, and produce a net economic gain

to Ohio's taxpayers.

Working diligently on this effort is Ohio Fostering Connections. This is a collaborative of local foster care and youth development experts, including UMCH Family Services, working to advance Ohio's development and implementation of supportive services, including housing and case management, to youth aging out of foster care through age 21.

*(Source: "Cost Avoidance: The Business Case for Investing in Youth Aging Out of Care," Jim Casey Youth Opportunities Initiative, 2013.)

For more info go to OhioFosteringConnections.org

Meet Kendra Smith: Our Director of TFC and Adoption

UMCH Family Services welcomes Kendra Smith, MSW, LISW-S, our new Director of Treatment Foster Care and Adoption. Kendra is responsible for the daily operation and management of our Treatment Foster Care and Adoption programs. She oversees our multi-disciplinary team working collaboratively to provide foster and adoptive homes to children in need, as well as comprehensive mental health treatment to children and families.

Kendra comes to UMCH with more than ten years of experience working with children, families, and

individuals with developmental disabilities and mental health issues. Focused on increasing access to needed services and ensuring quality services are provided, Kendra has spent the past four years managing and developing outpatient mental health programs throughout the State of Ohio. Prior to that, Kendra worked as a clinician with children and families in residential, foster care, school, and outpatient settings.

With clinical and administrative backgrounds, Kendra is focused on strengthening the team at UMCH, supporting the foster and adoptive

families, and growing the network of homes to care for children.

Kendra is Vice Chair of the Board and a member of the Executive Committee of the Dublin Food Pantry. She received both her bachelor's degree from Capital University and master's degree from The Ohio State University in social work with a concentration in clinical and school social work.



Change Your Hue of Blue Inaugural Blues Music Concert was Step One to End Stigma Around Mental Health

It would be an understatement to say UMCH Family Services' inaugural Change Your Hue of Blue blues music concert to raise awareness around mental health for families was impactful. Several times throughout the evening attendees were moved to tears. There were the gripping words of our event speaker Denise Meine-Graham, founder of LOSS of Franklin County, who shared the story of losing her son to suicide. And, there was the blues music itself, especially Diunna Greenleaf's moving rendition of *Hang Low Sweet Chariot* that began acapela. No one left that night without understanding the many myths around mental illness, how it impacts our children and, most importantly, that help is available.

Through Change Your Hue of Blue, we're on a mission to create a reality where we go from a lack of awareness about mental illness to widespread open dialogue; from families being weakened by underlying mental illness, to understanding there's effective mental health management.

We know change takes time and it takes participation. The Change Your Hue of Blue blues music benefit concert would not have been possible without the support of our generous sponsors including Kephart Fisher, LC, Thrivent Financial, House of Krauss Graphic Design, Magnum Press, ADAMH and Bear in the Chair Productions. In addition, we had incredible, hard working volunteers from United Methodist churches citywide, including Church of the Messiah United Methodist Church, Riverside United Methodist Church, Maize Manor United Methodist Church, King Avenue United Methodist Church and Worthington United Methodist Church. These enthusiastic volunteers gave their time and passion. We appreciate everything they added to the success of the event.

Along with event photos, we wanted to share some interesting facts with you around mental health that we presented during the event:

- Approximately 20% of youth ages 13 to 18 experience severe mental disorders in a given year. For ages 8 to 15, the estimate is 13%.

- One-half of all chronic mental illness begins by the age of 14; three-quarters by age 24. Despite effective treatment, there are long delays- sometimes decades- between the first appearance of symptoms and when people get help.
- Mood disorders such as depression are the third most common cause of hospitalization in the U.S. for people 18 to 44.
- You probably know someone with a mental health problem and don't even realize it. Many people with mental health

- problems are highly active and productive members of our communities.
- Mental health problems have nothing to do with being

lazy or weak and many people need help to get better. Many factors contribute to mental health problems, including biological factors, such as genes, physical illness, injury, or brain chemistry; life experiences, such as trauma or a history of abuse; and family history of mental health problems.

- People with mental health problems can get better and many recover completely. Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities.
- There are more treatments, services, and community support systems than ever before, and they work.
- Friends and loved ones can make a big difference. They are important influences to help someone get the treatment and services they need by:

1. *Reaching out to let them know you're here to help.*
2. *Helping them access mental health services.*
3. *Learning and sharing the facts about mental health, especially if you hear something that isn't true.*
4. *Treating them with respect.*
5. *Refusing to define them by their diagnosis or using labels such as crazy.*



CHANGE
your hue of blue

- Prevention of mental, emotional, and behavioral disorders focuses on addressing known risk factors such as exposure to trauma that can affect the chances that children, youth, and young adults will develop mental health problems. Promoting the social-emotional well-being of children and youth leads to higher overall productivity, better educational outcomes, lower crime rates, stronger economies, lower health care costs, improved quality of life, increased life span and improved family life.

- Families from all walks of life are affected by mental illness regardless of age, race, income, religion or education.
- Early identification and treatment is vital.

By getting people the treatment they need early, recovery is accelerated and the brain is protected from further harm related to the course of illness.

- Stigma erodes confidence that mental disorders are real, treatable health conditions. We have allowed stigma and a now unwarranted sense of hopelessness to erect attitudinal, structural and financial barriers to effective treatment and recovery. It is time to take these barriers down.
- The best treatments for serious mental illnesses are highly effective. Between 70%-90% of individuals have significant reduction of symptoms and improved quality of life with a combination of pharmacological

and psychosocial treatments and supports.

- Without treatment, the consequences of mental illness for the individual and society are staggering: unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, suicide and wasted lives the economic cost of untreated mental illness is more than \$100 billion each year in the United States.
- Mental disorders fall along a continuum of severity. The most serious and disabling conditions affect 5 to 10 million adults (2.6 %– 5.4%) and 3 to 5 million children ages five to seventeen (5% – 9%).
- Mental illnesses are more common than cancer, diabetes or heart disease.

Upcoming Change Your Hue of Blue Events:
If you love blues music, you won't want to miss our 2nd Annual Change Your Hue of Blue Blues Concert being planned for October 2016. And, if you're a fan of the heavenly sound of choirs, we are hosting a Change Your Hue of Blue Choir Choral with choirs ranging from middle school through adult—directly involving young people in ending the stigma around mental illness with their peers—for April 2016. Watch your email for upcoming dates. We hope you'll consider joining us.



Denise Meine-Graham

Sean Reilly

Chris Bradley



Little G. Weevil

Joel DaSilva and The Midnight Howl

Diunna Greenleaf and Blue Mercy