

# ODMH Kids News: Building Ohio's Future



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## Integrated Family and Systems Treatment

Integrated Family and Systems Treatment (I-FAST) is designed for in-home and outpatient treatment of children exhibiting the full range of mental health difficulties. The model was developed by an Ohio based team consisting of Scott Fraser, Ph.D. trainer and clinical consultant, David Grove, LISW-S, trainer and clinical consultant, Andy Solovey, LISW-S, trainer and clinical consultant, Mo Yee Lee, Ph.D., principal researcher and Gilbert Greene, Ph.D., principal researcher. I-FAST was originally designed for home-based programs targeting children and adolescents who are at risk for removal from their homes due to severe behavioral and emotional difficulties or due to parental abuse or neglect. I-FAST integrates concepts that well researched family therapy approaches with children share. The model is also heavily influenced by the Common Factors, concepts that meta research demonstrates successful therapy approaches have in common. I-FAST is intended to allow for flexibility in its application, and to therefore draw on practitioners and supervisors existing expertise as much as possible. The model outlines basic concepts that can be implemented in numerous ways allowing for creativity and flexibility by its users. Fidelity is achieved if the practitioners can demonstrate they are utilizing the model's basic concepts.

I-FAST was originally implemented in two community based mental health agencies, Scioto Paint Valley Mental Health, and Thompkins Child and Adolescent Services. Both agencies are rural and have clinics in multiple counties. Two I-FAST consultants were assigned to a total of seven clinics between the two agencies to train the staffs and provide on-going consultation. The program was researched by The Ohio State University College of Social Work and the

research was funded by a three year grant from the Ohio Department of Mental Health. A total of one-hundred and twenty-five families entered the program. Seventy-seven families completed the program and provided data at pre-treatment and post-treatment. The outcomes will be published in the *New Research in Mental Health, Vol. 18*, by ODMH and also in *The Final Report of I-FAST (1)*. The team presented I-FAST at the AAMFT national conference in Long Beach California, in October of 2007 and was very well received by its audience. Our current goals are to produce a manual to aid in the dissemination of the model, and to continue gathering data to enable I-FAST to be certified as an official evidence-based approach.

I-FAST is now offering two levels of training for agencies. One level offers training only, and the second offers training and agency certification in the model. The training is offered to all clinical staff with a special emphasis on training clinical supervisors. The certification process consists of the training component plus a data gathering process intended to demonstrate the agency's effective use of the model as well as demonstrating their adherence to the model. We have put a major emphasis on making I-FAST mental health agency friendly. It is an approach that attempts to meet the needs of the client population of a typical child mental health agency with sensitivity to the variety of problems clients can present. The training program can be structured to be funded by existing mental health funding sources. The certification process emphasizes empowerment of agencies, not continued dependency on never ending and costly training.

I-FAST is currently offering training and certification to Buckeye Ranch. Clinical supervisors, outpatient therapists, case managers and home - based

therapists are participating in the training. The training there began in June of 2007 and is set to complete its first and most substantial phase at the end of June 2008. For more information regarding I-FAST, contact David Grove at 614-882-3684.

I-FAST Final Report can be obtained from Mo Yee Lee, Ph.D., at Lee.355@osu.edu.

*Submitted by: David Grove  
Clinical Consultant*

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## TeenlineOhio.org: Staying in Touch with Teens

In 1994, the Southern Consortium for Children (SCC), based in Athens, created a centralized emergency crisis telephone line for teens serving ten counties in southeastern Ohio. We launched Teenline to work in concert with the Timeout Host Home Network, our short-term emergency crisis respite program that provides short term placement to approximately 500 youth per year. Combining an exclusive teen crisis line with a safe haven in a time of crisis worked well in providing a regional safety net for our teen population.

Teenline was contracted to a local certified mental health agency to field calls from around the region, and teens, when appropriate, were directed to resources in their respective locale. Marketing efforts were geared toward local schools, social service agencies and spots where teens gather on a regular basis. We posted posters, passed out pens, pencils, key fobs etc. with the Teenline logo and 1-800 number clearly displayed. Over a ten-year period Teenline users averaged 150 calls per month with most of the calls classified as "non-emergency" and teens asking a range of questions. Teenline quickly became known as a number to call to get an answer to a "burning" question, or simply a place where "I can be heard," but also a place to call in a real time of crisis.

In 2004 we began to see a marked downturn in the number of Teenline calls. We attributed some of the downturn to a change in service provider, but this (2004) was also a time when web sites such as YouTube, MySpace, and Facebook became a dominant means of expression within the youth culture. This was also a time when cell phones became more affordable and text messaging was becoming the major means of distance communication between teens. Teenline, as we had known it, lost relevance. We were at risk of losing touch with the region's teenage population.

The notion of "losing touch" served as an inspiration to shed our complacency and dare to do something different. The SCC has developed a number of web sites for different purposes and this experience guided our thinking in developing a web site to replace Teenline. We knew that we needed a web site with: 1) color and pizzazz, 2) teen leadership, designed by teens for teens, 3) safety consciousness that is "predator proof," 4) up-to-date and teen-oriented "no-holds-barred" information, 5) a clear connection to our regional human service safety net, and 6) the ability to be dynamic and the flexibility to meet current need. We recruited the guidance of the Athens High School Peer

Listening Group, and LAUNCH, the Jackson County Youth Development Initiative to assist in creating the site. Both groups were instrumental in developing the site logo, front page design and site content. We continue to consult with youth groups to provide valuable feedback and consultation and will continue to do so for the life of the web site.

In November, 2006, [www.teenlineohio.org](http://www.teenlineohio.org) went live, after approximately a year of site development. The site is "predator resistant" in that no names or addresses (including e-mail) or telephone numbers are shared on-line. Legal counsel has consulted throughout the development process leaving very limited liability exposure. [TeenlineOhio](http://TeenlineOhio.org) is monitored daily by Peg Meis, who directs all SCC crisis related initiatives. Peg is a licensed clinician who responds to questions, makes referrals as needed and checks for "appropriateness" of potential posts on the youth forum.

[TeenlineOhio.org](http://TeenlineOhio.org) has averaged over 1,000 unique visitors per month since its inception and more than 250,000 pages of site information have been viewed. We can offer an estimate for site replication in Ohio with minimal ongoing costs. The site was developed to be managed "in-house," so most edits, changes, and additions can be performed by support staff. We strongly encourage clinical supervision of the site or any similar site, which may be an additional but small cost.

We market [TeenlineOhio](http://TeenlineOhio.org) in much the same way we marketed our crisis telephone line. One effective marketing strategy has been to offer local schools pencils and/or highlighters with the [TeenlineOhio](http://TeenlineOhio.org) logo to be used for mandatory testing purposes. Of course, within the teen population, word-of-mouth is as effective as any strategy. With an average of 1,000 unique visitors per month our marketing strategy seems to be working.

Site utilization can be tracked, but only to a small extent. Since we built the site to limit youth exposure to possible predators, we cannot track outcomes as well as we would prefer. However, our overall numbers seem to indicate that we have addressed an existing need in developing a teen-driven web site. The expenditure of time and money is simply the cost of "staying in touch" with our local teen population.

Submitted by: Steve Trout, Executive Director  
Southern Consortium for Children

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## IN THE NEWS

### Featured Report:

["Recommendations to improve access to child and adolescent psychiatric services in Ohio: A report by the Statewide Child and Adolescent Psychiatric Services Action Task Force" \(PDF, 5.82 MB\)](#) describes a process to help local communities improve the availability of psychiatric services and ensure that needed professionals are in place. Plans are underway to integrate this critical strategy as part of transformational activities designed to improve the mental health workforce.

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### Publication:

**The Mental Health of Adolescents: A National Profile, 2008,**  
**Authors: David Knopf, M. Jane Park, Tina Paul Mulye**

The following link provides a report on the national profile of the mental health of young people. This brief seeks to help strengthen systems that monitor the mental and emotional health of young people at national, state and local levels. The report highlights existing national data about adolescent mental health status and also assesses shortcomings of current data and offers recommendations to address these limitations.

<http://nahic.ucsf.edu/downloads/MentalHealthBrief.pdf>

## UPCOMING EVENTS

### Children's Mental Health Awareness Week:

May is Mental Health Month. The National Federation of Families for Children's Mental Health again declares the first full week in May, May 4-10, 2008 as National Children's Mental Health Awareness Week. The National Federation would like to invite all of its local chapters and statewide organizations to use this week to promote awareness about children's mental health. Join the national office in sending the following messages:

- Mental Health is essential to overall health and well being;
- Serious emotional & mental health disorders in children & youth are real and treatable;
- Children and youth with mental health challenges and their families deserve access to services & supports that are family driven, youth guided & culturally appropriate; and
- Stigma associated with mental illness should no longer exist.



More information or to order ribbons: Ctrl + Click on ribbon to follow link

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**May 9-10, 2008**

**2008 NAMI Ohio Annual Conference: Community: The Foundation of Recovery**

**Sponsor:** NAMI Ohio in conjunction with the Ohio Department of Mental Health

**Location:** Hyatt Regency Columbus; 350 N. High St., Columbus OH

**Content:** The Foundation of Recovery will focus on the elements that are vital to recovery. Consumers, family members, advocates & mental health professionals will go home armed with information to support and improve the climate of recovery.

**More information:** Registration form at: [www.namiohio.org](http://www.namiohio.org) or contact Karen Lindburg at [karenl@amiohio.org](mailto:karenl@amiohio.org), phone: 614-224-2700.

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## UPCOMING EVENTS (Con't)

**May 12, 2008**

**Conference: Youth with Co-Occurring Disorders of Substance Abuse and Mental Health: A Community Collaboration Approach**

**Supporters:** Summit ADA & MH Services Board, Child Guidance & Family Solutions, Summit county Juvenile Court, Center for Innovative Practices, Margaret Clark Morgan Foundation

**Location:** Sheraton Suites Akron Cuyahoga Falls, Cuyahoga Falls, Ohio

**Content:** Conference will provide examples and model a process for collaborative efforts regarding planning, selecting, coordinating & implementing a multi-system approach to assisting youth & families; assist participants with identifying the collaborative issues associated with implementing a co-occurring program.

**Keynote:** Win Turner, Ph.D., LADC, a national clinical instructor, supervisor & researcher in Youth & Family Co-occurring Disorders treatment.

**More Information:** Registration online only beginning April 5<sup>th</sup> at: [www.cipohio.org](http://www.cipohio.org); Questions: [ssalla@starkmhrs.org](mailto:ssalla@starkmhrs.org).

**May 16, 2008**

**Conference: Childhood Trauma: Integrating Research & Practice**

**Sponsors:** Crossroads, Lake County ADAMHS Board

**Location:** Radisson Hotel & Suites Cleveland; Eastlake, Ohio

**Content:** A one-day conference highlighting current research, prevention and treatment strategies and collaborative systems of services to address childhood trauma.

**Keynote:** Daniel J. Siegel, M.D., Psychotherapy Practice, award-winning educator and Author of *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being* Disorders.

**More Information:** (440) 255-1700 or e-mail: [bwerley@crossroads-lake.org](mailto:bwerley@crossroads-lake.org).

## UPCOMING EVENTS (Con't)

**June 3, 2008**

**Teleseminar: Eyes on Bullying...Stop Bullying in Camp & Youth Programs**

**Sponsor:** Education Development Center, Inc. & the IBM Global Work/Life Fund

**Content:** Caregivers in child care centers, after school & youth programs, and camps are encourage to join in the national teleseminars. Use your telephone, listen to experts and get your questions answered during a one-hour presentation. Email questions before the show or ask them live!

**More information:** Learn more about the events and speakers; register today! Space is limited! <http://www.eyesonbullying.org/teleseminars.html>

Questions? Education Development Center, Inc. (614) 618-2355; email: [eyesonbullying@edu.org](mailto:eyesonbullying@edu.org).

**June 5, 2008**

**Training Institute: Ready! Set! Go! Foundations for Prevention**

**Sponsors:** Ohio Domestic Violence Network

**Location:** Lenanon; Abuse & Rape Crisis Shelter of Warren County and WC United

**Content:** One-day training designed to introduce the basics of primary prevention to new prevention specialists or prevention specialists who want a refresher on primary prevention. Participants will learn the Spectrum of Prevention Model.

**More Information:** For brochure and registration information, visit <http://www.odvn.org> or contact Rachel Ramirez-Hammond, (614) 781-9651 or 800-934-9840, ext. 222 or email: [rachelr@odvn.org](mailto:rachelr@odvn.org).

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## UPCOMING EVENTS (con't)

**June 18, 2008**

**Conference: The Sky is NOT Falling: Effective Treatments for Complex Anxiety Disorders**

**Sponsor:** Mental Health America of Franklin County

**Location:** Columbus State Community College Conference Center; Columbus, Ohio

**Content:** Workshops - venture beyond the basics and deal with the true complexities of treating anxiety disorders in the "real world." This conference is for experienced mental health professionals interested in refining their skills in the assessment and treatment of anxiety disorders.

**Keynote:** C. Alec Pollard, PhD, Director of the Anxiety Disorders Center at St. Louis Behavioral Medicine Institute.

**More Information:** For registration information, visit: [www.mhafc.org](http://www.mhafc.org), (614) 221-1441.

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**!!!! SAVE THE DATE !!!!**  
**October 21, 2008**

**CONFERENCE: 6<sup>th</sup> Annual Partnering for Progress: Accountability Improves Results for ALL Children**

**FREE:** No registration fees and lunch provided; registration limited to first 500, no walk-ins.

**Target audience:** educators, parents, school administrators, others interested in educational accountability for ALL students.

**Registration opens May 1<sup>st</sup> online at:** [www.ocecd.org](http://www.ocecd.org); **Questions:** call Connie Hudson at [ocecdsh@earthlink.net](mailto:ocecdsh@earthlink.net), (937) 842-2150.

## OTHER NEWS

### Current Events - Across the State:

<http://dmhext01.mh.state.oh.us/dmh/events/listing.nsf/HomePage?OpenAgent>

**Ohio Family and Children First:** <http://www.ohiofcf.org/>

### Kids: Quick Links:

**Archived and Recent Editions of this newsletter (also subscribe)**

<http://www.mh.state.oh.us/kids/kidsnewsletter/kidsnews.html>

### Suicide Prevention:

<http://www.mh.state.oh.us/kids/suicideprev/suicide.prevention.html>



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