

## Arkansas Building Effective Services for Trauma (ARBEST)

### Quarterly Legislative Report (July 1, 2019 – September 30, 2019)

#### OVERVIEW

Arkansas Building Effective Services for Trauma (ARBEST) was established in the spring of 2009 when the Arkansas General Assembly approved funding to improve screening, monitoring, and continuity of care for children experiencing physical or sexual abuse. ARBEST's mission is to improve outcomes for traumatized children and their families through excellence in clinical care, training, advocacy, and evaluation. All ARBEST activities are housed within the UAMS Psychiatric Research Institute (PRI) to minimize redundancy and allow for improved communications between UAMS and the state's Child Advocacy Centers (CACs), CAC chapter, mental health professionals (MHPs), child welfare workers, and other stakeholders. ARBEST holds quarterly Advisory Committee meetings with representatives from the UAMS Departments of Psychiatry, Pediatrics and Family and Preventive Medicine; the Children's Advocacy Centers of Arkansas; the Arkansas Commission on Child Abuse, Rape and Domestic Violence; and numerous other community partners.

#### TIMELINE

- March 2019 – 17 out of 17 CACs responded to the request for proposal (RFP) for the CAC Mental Health Services for FY19. ARBEST provides participating CACs training and technical assistance in evidence-based treatments for children and families as well as administering the mental health appropriation to increase access to services for CAC children
- May 2019 - Legislative Review Committee approved Professional Contract Service for CAC Mental Health Services for FY20
- July 2019 – FY19 fourth quarter payment was distributed to CACs

#### MENTAL HEALTH APPROPRIATION RESULTS

- 2,265 children were registered by the state's CACs.
- 424 (29%) children who were eligible for counseling were registered by MHPs affiliated with a local CAC across the state. Registration indicates intent to provide mental health assessment and/or treatment to a child.
- 3,163.82 hours of mental health services were provided to children and their families by MHPs which is an average of 7.46 hours per child.
- An additional 283 hours of indirect services were provided by MHPs, the majority of which included attendance at multidisciplinary team meetings, supervision, and outreach.
- 13 out of 17 CACs are on track for meeting the goal of providing mental health services to at least 30% of children registered by the CAC or providing 94 hours or more of direct service to their clients during the quarter.
- 4 CACs will not meet the goal of providing mental health services to at least 30% of children registered by the CAC or providing 94 hours or more of direct service to their clients during the quarter.

#### RELATED ARBEST ACTIVITIES

ARBEST was also engaged in the following activities to build capacity among parents and professionals to support the mental health of children with suspected abuse and their families:

- 7/16/19 – Presented to CASA of Pulaski and Lonoke Counties on the topic of “Supporting Children with Experiences of Trauma in the Home and Classroom (North Little Rock, AR)
- 7/17/19 – Presented to Attorney Ad-Litem on the topic of “Trauma Informed Care for Attorneys” (Little Rock, AR)
- 7/21/19 – Invited to speak to the Women’s Ministry Group from the McRae Baptist Church on the topic of Trauma Informed Care for our Most Vulnerable (McRae, AR)
- 8/1/19 – Invited to speak at the Indiana Association of Juvenile Sex Offender Practitioners Conference on the topic of “Problematic Sexual Behavior in Children (Indianapolis, IN)
- 8/2/19 – Presented on a panel at the Arkansas Academy of Family Physicians 73<sup>rd</sup> Annual Scientific Assembly on the topic of “Screening for ACEs” (Little Rock, AR)
- 8/6/19 – Presented at the 47<sup>th</sup> Annual Behavioral Health Institute Conference on “Behavior Management in Young Children with Trauma” (Little Rock, AR)
- 8/8/19 – Presented to the North Little Rock School District Pre-K Teachers on the topic of “Trauma Informed Classrooms” (North Little Rock, AR)
- 8/13/19 – Presented to the Russellville School District Pre-K Teachers on the topic of “Trauma Informed Classrooms” (Russellville, AR)
- 8/30/19 – Selected to speak at the Parent-Child International Therapy International Conference on “What is in Your Toolbox: Drills to Move Parents to Mastery” (Chicago, IL)
- 9/20/19 – Presented at the International Human Trafficking and Social Justice Conference on “Trauma-Informed Care: Understanding the Impact of Commercial Sexual Exploitation of Children” (Toledo, OH)
- 9/27/19 – Invited to speak at the 3<sup>rd</sup> Annual Adverse Childhood Experiences Conference on “Trauma-Informed Organizations” (Little Rock, AR)
- 9/28/19 – Invited to speak at the 3<sup>rd</sup> Annual Adverse Childhood Experiences Conference on “Building Trauma-Informed Preschools” (Little Rock, AR)
- ARBEST Webinars:
  - 7/25/19 – Completing Trauma Narration in TF-CBT (Ben Sigel, Ph.D.)
  - 8/23/19 – Therapeutic and Ethical Consideration of Termination (Kelly Hamman, LCSW)
  - 9/17/19 – Brining Crisis Stabilization to Arkansas (Lisa Evans, Ph.D.)
- ARBEST Training to support MHPs in providing effective trauma treatments to children and their families:
  - 7/16 – 7/19/19 – Child-Parent Psychotherapy Part I Training, Little Rock, 23 Participants
  - 9/5 – 9/6/19 Trauma-Focused Cognitive Behavioral Therapy Introductory Training, Little Rock, 19 participants
- Publication of three e-newsletters

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<b>ARBEST General Activities</b>	<b>Q1</b>	<b>Q2</b>	<b>Q3</b>	<b>Q4</b>	<b>YTD</b>
<b>Salaries/Fringe</b>	\$203,625.24				<b>\$203,625.24</b>
<b>Supplies</b>	\$1,758.58				<b>\$1,758.58</b>
<b>Training</b>	\$13,064.77				<b>\$13,064.77</b>
<b>CAC Data Entry</b>	\$5,924.00				<b>\$5,924.00</b>
<b>Other</b>	\$45,747.47				<b>\$45,747.47</b>
<b>Total</b>	\$270,120.06				<b>\$270,120.06</b>

<b>CAC Mental Health Appropriation</b>	<b>Q1</b>	<b>Q2</b>	<b>Q3</b>	<b>Q4</b>	<b>YTD Total</b>
<b>CACs</b>	\$147,250.00				<b>\$147,250.00</b>