

## Arkansas Building Effective Services for Trauma (ARBEST)

### Quarterly Legislative Report (October 1, 2019 – December 31, 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
- October 2019 – FY20 first quarter payment was distributed to CACs

#### MENTAL HEALTH APPROPRIATION RESULTS

- 2,064 children were registered by the state's CACs.
- 539 (39%) 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.
- 2,952.43 hours of mental health services were provided to children and their families by MHPs which is an average of 5.5 hours per child.
- An additional 315 hours of indirect services were provided by MHPs, the majority of which included attendance at multidisciplinary team meetings, supervision, and outreach.
- 16 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.
- 1 CAC 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:

- 10/3/19 – Presented at the Zero to Three Annual conference on the topic of “Early Childhood Trauma Treatments” (Ft. Lauderdale, FL)
- 10/22/19 – Invited to the Texarkana Children’s Advocacy Center Conference to speak on the topic of “Problematic Sexual Behaviors in Children and Youth who Commit Illegal Sexual Behaviors” (Texarkana, TX)
- 10/24/19 – Presented at the Arkansas Psychological Association’s Annual Conference on the topic of “Evidence-Based Treatments for Trauma in Arkansas” (Little Rock, AR)
- 10/25/19 – Presented at the Annual Arkansas Early Childhood Association Conference on the topics of “Sexual Behaviors in Young Children” & “Vicarious Trauma” (Little Rock, AR)
- 10/30/19 – Invited to speak at the 2019 Arkansas Association for Infant Mental Health Summit on the topic of “Early Childhood Trauma” (Rogers, AR)
- 11/5/19 – Presented to the White County Court Appointed Special Advocates on the topic of “Evidence-Based Treatments for Young Children” (Searcy, AR)
- 11/13/19 – Invited to speak at the Arkansas Parent Counsel Dependency-Neglect Qualification Training on the topic of “Childhood Trauma” (Little Rock, AR)
- 11/14/19 – Presented at the Arkansas CARE Project Parent-Professional Collaborative on the topic of “Adverse Childhood Experiences” (Little Rock, AR)
- 11/21-11/22/19 – Presented at the annual conference for the American Speech-Language-Hearing Association on the topics of “The Impact of Trauma on Child Development” and “Strategies to Support Traumatized Children and Families” (Orlando, FL)
- 12/17/19 – Presented a webinar for the Arkansas Association for Infant Mental Health on the topic of “Available Evidence-Based Treatments for Trauma in Arkansas” (Little Rock, AR)
- ARBEST Webinars:
  - 10/29/19 – Trauma and the Criminal Justice System (Melissa Zielinski, Ph.D.)
  - 11/20/19 – Fostering Connections with Foster Parents in TF-CBT (Elissa Dougherty, Ph.D.)
  - 12/10/19 – The Child Advocacy Center Model (Christa Neal, LPC)
- ARBEST Training to support MHPs in providing effective trauma treatments to children and their families:
  - 10/3 – 10/4/2019 – Trauma-Focused Cognitive Behavioral Therapy Introductory Training, Monticello, AR, 43 Participants
  - 10/16/19 – Managing Youth Trauma Effectively (MYTE) Training, Little Rock, AR, 30 Participants
  - 10/17 – 10/18/19 – Child Advocacy Center Retreat for Family Advocates and Mental Health Professionals, Little Rock, AR, 50 Participants
  - 11/1/19 – Trauma-Focused Cognitive Behavioral Therapy Advanced Training, Little Rock, AR, 88 Participants
  - 11/13/19 – Diagnostic Classification of Mental and Developmental Disorders of Infancy and Early Childhood (DC: 0-5™) Training, Little Rock, AR, 47 Participants
  - 11/14 – 11/15/19 – Child Parent Psychotherapy Part II Training, Little Rock, AR, 20 Participants
- Publication of three e-newsletters

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**Quarterly Legislative Report (July 1, 2019 – December 31, 2019)**

<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	\$216,847.67			<b>\$420,472.91</b>
<b>Supplies</b>	\$1,758.58	\$8,947.04			<b>\$10,705.62</b>
<b>Training</b>	\$13,064.77	\$30,320.41			<b>\$43,385.18</b>
<b>CAC Data Entry</b>	\$5,924.00	\$11,513.00			<b>\$17,437.00</b>
<b>Other</b>	\$45,747.47	\$4,389.16			<b>\$50,136.63</b>
<b>Total</b>	\$270,120.06	\$272,017.28			<b>\$542,137.34</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	\$119,652.75			<b>\$266,902.75</b>