

Arkansas Building Effective Services for Trauma (ARBEST)

Quarterly Legislative Report (July 1, 2020 – September 30, 2020)

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 2020 – 17 out of 17 CACs responded to the request for proposal (RFP) for the CAC Mental Health Services for FY20.
- April 2020 – FY20 third quarter payment was distributed to CACs
- May 2020 - Legislative Review Committee approved Professional Contract Service for CAC Mental Health Services for FY21
- July 2020 – FY19 fourth quarter payment was distributed to CACs

MENTAL HEALTH APPROPRIATION RESULTS

- 2,333 children were registered by the state's CACs.
- 676 (41%) 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.
- 3,733.05 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 265 hours of indirect services were provided by MHPs, the majority of which included attendance at multidisciplinary team meetings, supervision, and outreach.
- 15 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.
- 2 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:

- 8/25/20 – Presented to Zero to Three’s Annual Cross-Sites Meeting on the topic of “The continuum of care to address mental health needs of young children who are exposed to trauma” (Online)
- 9/17/20 – Invited to speak at the Arkansas Women’s Leadership Forum on the topic of “Recognizing and responding to women’s mental health needs in COVID-19 (Online)
- 9/18/20 – Presented at UALR’s MidSOUTH Training Academy on the topic of “Evidence-based trauma treatments for children in Arkansas” (Online)
- 9/22/20 & 9/24/20 – Presented at Zero to Three’s Annual Conference on the topic of “Applying a clinical framework to guide the selection of treatments for young children exposed to trauma” (Online)
- ARBEST Webinars:
 - 7/31/20 – Black Duality: Resilient and Oppressed (Khiela Holmes, Ph.D., Tiffany Haynes, Ph.D., & Alexis Davis, Ph.D.)
 - 8/11/20 – Building Trauma-Informed Schools Amidst the Dual Pandemics of COVID-19 and Racial Injustice (Elissa Dougherty, Ph.D. & Emily Robbins, LCSW)
 - 9/24/20 – Self-Care 2020: Moving Toward “Better” (Michelle Pounds)
- ARBEST Training to support MHPs in providing effective trauma treatments to children and their families:
 - 7/6 – 7/10/20 – Parent Child Interaction Therapy (PCIT), Cohort 6, LC2, virtual training, 22 participants
 - 7/29 – 7/30/20 – Introductory Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), virtual training, 44 participants
 - 8/17 – 8/19/20 – DC: 0-5™ (Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood), virtual training, 40 participants
 - 8/27 – 8/28/20 - TF-CBT for Children with Trauma-Related Problematic Sexual Behaviors, virtual training, 44 participants
 - 9/1 – 9/2/20 – Cognitive Processing Therapy (CPT) Introductory Workshop, virtual training, 52 participants
- Publication of three e-newsletters

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ARBEST General Activities	Q1	Q2	Q3	Q4	YTD
Salaries/Fringe	\$213,894.96				\$213,894.96
Supplies	\$50.85				\$50.85
Training	\$6,470.35				\$6,470.35
CAC Data Entry	\$11,497.50				\$11,497.50
Other	\$489				\$489
Total	\$232,402.66				\$232,402.66

CAC Mental Health Appropriation	Q1	Q2	Q3	Q4	YTD Total
CACs	\$162,712.65				\$162,712.65