

NC AHEC and the Mental Health, Social, and Emotional Needs of Young Children and Their Families

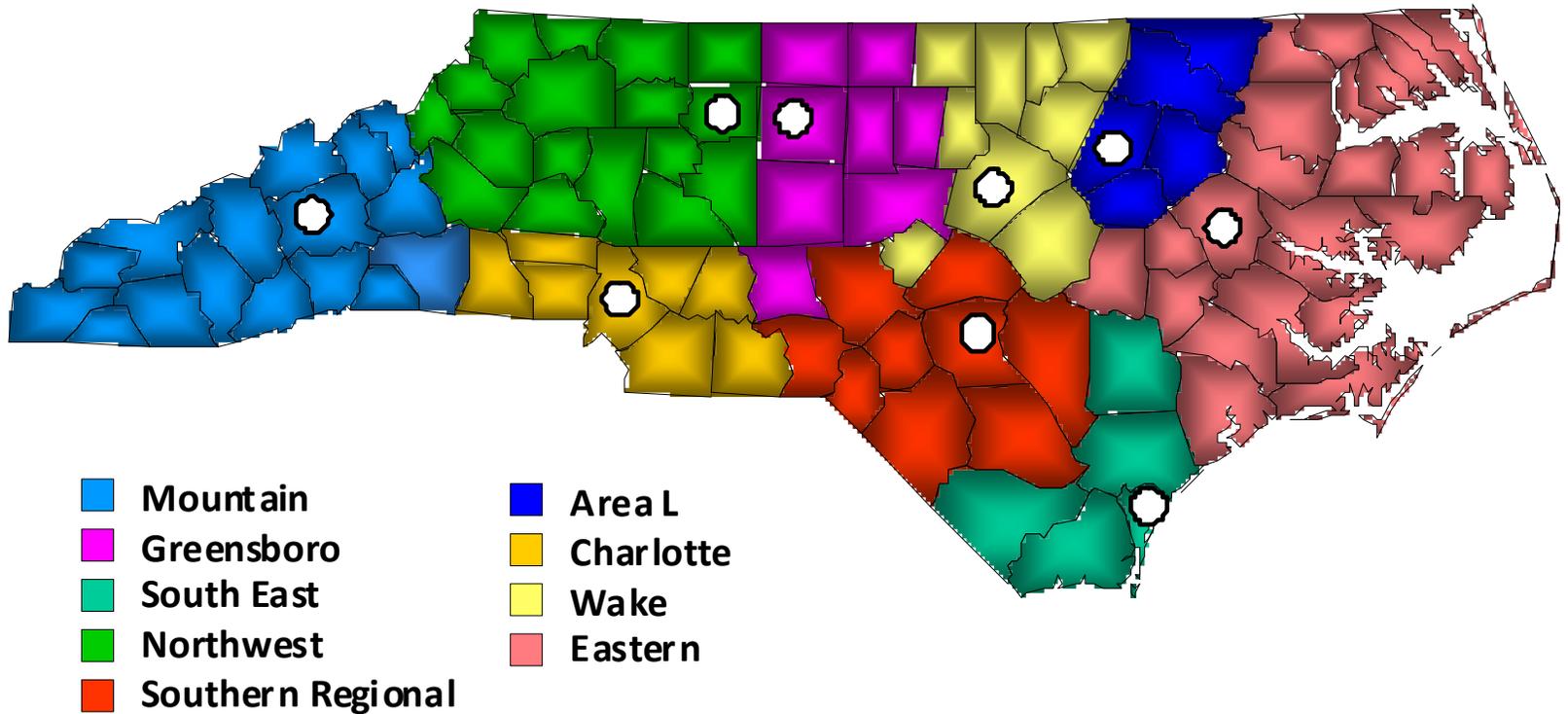
Presenters:

Kelly Blasky, MPH, Director, Mental Health and
Aging Education, Charlotte AHEC

Lisa Littlejohn, MBA, MA, NCC, LPCA, Education
Specialist, Mental Health and Aging, Charlotte AHEC

AHEC Overview

NC AHEC Statewide Map



Source: NC AHEC Program



AHEC Continuing Education Attendance 2010–2011

Allied Health	5,916
Dentistry	5,360
Medicine	109,701
Mental Health	26,415
Nursing	22,949
Pharmacy	3,802
Public Health	5,114
Other	20,557
TOTAL	199,814

What is AHEC currently doing?

- Workshops, Partnerships, Learning Collaboratives, Oh My...
- Quick Overview Regionally:
 - Mountain AHEC
 - Charlotte AHEC
 - Wake AHEC
 - Eastern AHEC





Mountain AHEC

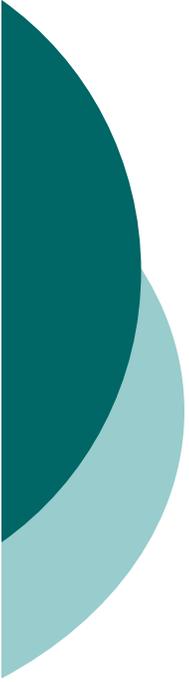


- Average of four child-oriented programs per semester
- Past five years held the multi-day "WNC Conference on Autism & Autism Spectrum Disorders" and the multi-day "WNC Conference on Infant Mental Health" - Featured Speakers Included:
 - Charles Zeanah, Ph.D.,
 - Joy Osofski, Ph.D.,
 - Barbara Stroud, Ph.D.,
 - David Chamberlain, Ph.D.,
 - Connie Lillas, Ph.D., (this year's speaker)



Mountain AHEC...continued

- Over the last two years the following one-day, child-oriented programs were held:
 - Using a Coaching Style of Interaction in Early Childhood Intervention
 - Peace in the Family Through Core Play Attachment Therapy: An Innovative Approach
 - Bridging the Gaps: A Personal Introduction to the Neurorelational Framework
 - A Day of Play: Building a Therapeutic Relationship with Children



Mountain AHEC...continued

- Over the last two years the following one-day, child-oriented programs were held:
 - A Bad Beginning: The Neurobiology of Early Trauma
 - When Kids See Red: The Five Reasons Children Get Mad—and What To Do About It
 - Reactive Attachment Disorder
 - Cognitive Behavioral Therapy (CBT) with Children and Adolescents: A Best Practices Model
 - The Ethics of Practice with Minors
 - The Nurturing Families Model at the ADDICTION Focus on Women



Mountain AHEC...continued

○ Other Collaborations:

- The Smoky Mountain Local Management Entity and Northwest AHEC to present a series of twelve state-mandated training programs to Smoky Mountain LME providers;
- The North Carolina Child Treatment Program of the Child and Parent Support Services, Inc. to present the "Learning Collaborative in Trauma-Focused Cognitive Behavioral Therapy" program which incorporates nine days of classroom instruction with ongoing consultation and supervision over the nine month duration of the training;



Mountain AHEC...continued

- Other Collaborations:
 - The NC Division of MH/DD/SA to present the four-day "Motivational Interviewing: Training the Trainer" program which has been part of a larger Motivational Interviewing Training Project;
 - Utilization of a "Tiered Training Approach" – similar to a learning collaborative, but allows for a much higher number of participants and is less expensive.



Wake AHEC



- Has Partnered with Wake County Smart Start and the Young Child Mental Health Collaborative since 2007 to offer low or no cost trainings on various young child mental health topics.
- Serves as a Member of the Young Child Mental Health Collaborative and their education sub-committee.
- Member of the Board of Directors for the newly established NC Infant and Young Child Mental health Association.

Eastern AHEC



- Several trainings throughout the year:
 - Annual Children's Services State of the Art conference in August - offers a session or two on working with young children.
 - Other Conferences and events depending upon the stated needs and the target group



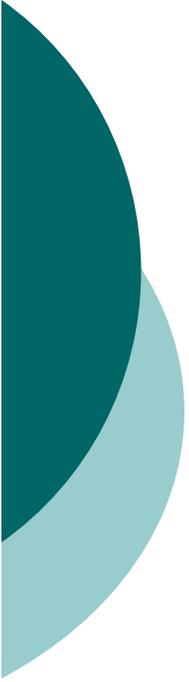
Early Childhood Service System 101 for Mental Health Professionals

January 18, 2012

Edwin W. Monroe AHEC Conference Center
Venture Tower Drive, Greenville, NC

Sponsored by
Eastern
AHEC

Part of the North Carolina AHEC Program



Eastern AHEC...continued

- Several trainings throughout the year:
 - Extensive needs assessments yearly (targeting both children's services in general and another one targeting developmental disabilities), from which we draw a good deal of information on topics/needs
 - Two advisory groups -help interpret some of the results from the needs assessments, as well as providing cutting edge or regional needs ideas (committee members are either academic based or school based or community/private practice based)



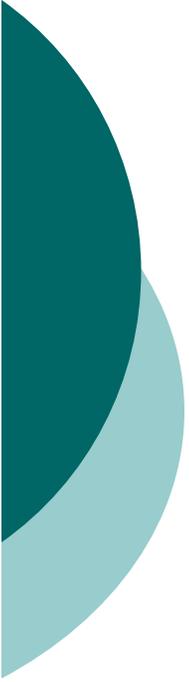
Charlotte AHEC

- Local Partners – ZFive Infant Mental Health Working Group, Mecklenburg County CDSA, Smart Start of Mecklenburg County, Mecklenburg County DSS
- Began Infant Mental Health Conference Series in Spring 2010 (Utilizing planning sub-committee, needs assessment data, grant monies, and local financial support)
- Additional Component – Community Impact Event



Charlotte AHEC...continued

- Infant MH Conference Series
 - **May 2010** – *“Aggression in Very Young Children: Promoting Emotional and Behavioral Regulation”* – *Speaker: Betty Rintoul, PhD*
 - Community Impact: Dr. Rintoul facilitated a presentation and discussion on, *“Maintaining Optimism and Positive Energy”* during the ZFive Provider Annual Dinner



Charlotte AHEC...continued

- Infant MH Conference Series
 - **October 2010** – *“Meeting the Mental Health Needs of Infants in the Child Welfare System”*
 - Speaker: Brenda Jones Harden, PhD
 - Community Impact: Dr. Harden facilitated a roundtable discussion with employees of DSS and YFS. The group discussed the most important issues that child welfare professionals should consider when working with children from birth to five years old.



Charlotte AHEC...continued

- Infant MH Conference Series
 - **December 2010** – *“Looking Back, Moving Forward: Helping Parents Find the Best Within Them, Whatever Their History”*- Speaker: Marti Erickson, PhD
 - **February 2011** – *“Trauma Through the Eyes of a Young Child”* – Speaker: Joy Osofsky, PhD
 - Community Impact: Dr. Osofsky met with the Partnership Committee, a group consisting of juvenile court judges and family court administrators. The group’s discussion focused on incorporating her research findings and systems recommendations into successful intervention with young children in the juvenile and family courts systems.



Charlotte AHEC...continued

- Infant MH Conference Series

- **May 2011** – “*Attachment Caregiving & The Circle of Security®*” – Speaker: Bill Whelan, PsyD
- Community Impact: Dr. Whelan gave an dinner presentation to a group of professionals involved in a young child mental health mentee program. He also facilitated a breakfast meeting and discussion with social workers and supervisors that train foster parents for Mecklenburg County DSS and other local agencies.



Charlotte AHEC...continued

- Infant MH Conference Series
 - **June 2011** – “*Early Psychopathology in Very Young Children*” – Speaker: Helen Egger, MD
 - Community Impact: Dr. Egger presented, “*Preschool Temper Tantrums and Mental Health: When to Worry*” at the weekly pediatric grand rounds through Levine Children’s Hospital. Dr. Egger defined the boundaries between normative variation and clinically significant behavior in very young children. She also offered information on a temper tantrum screening tool that she co-created to help physicians screen for mental health disorders in children 2-5 years old.



Charlotte AHEC...continued

- Infant MH Conference Series Spring 2012
 - February 8, 2012 – Speaker: Charles Zeanah, PhD
 - March 30, 2012 – “Strategies for Helping Young Children Cope with Stressful Situations” – Speaker: Betty Rintoul, PhD
 - April 13, 2012 – “Essentials for Child Centered Play Therapy” – Speaker: Phyllis Post, PhD



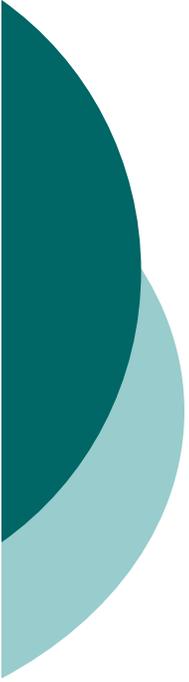
Charlotte AHEC...continued

- Partnership with the Mecklenburg County CDSA to offer a three part training series (Speakers: M'Lisa Shelden, PT, Ph.D. Dathan Rush, Ed.D., CCC-SLP):
 - May 2011 - Overview of an Evidence-Based Practice Model in Early Childhood Intervention
 - October 2011 - Using Natural Learning Environment Practices in Early Childhood Intervention
 - December - Using a Coaching Style of Interaction in Early Childhood Intervention



Charlotte AHEC...continued

- Potential topics, speakers and collaborations for 2012:
 - Bruce Perry, MD, PhD – Collaboration with the Mecklenburg Medical Alliance for a full/half day event
 - Autism Specific Trainings– Collaboration with Carolinas HealthCare System and Autism Society of NC
 - Center for Child & Family Health – Training/Overview of Evidenced Based Practices:
 - TF-CBT (Trauma Focused Cognitive Behavioral Therapy)
 - PCIT (Parent Child Interaction Therapy)
 - CPP (Child Parent Psychotherapy)
 - ABC (Attachment Bio-behavioral Catch-up Intervention)



NC AHEC Summary

- Passion!
- Local, Regional and Statewide Collaborations and Partnerships
- Statewide training capacity between AHECs
 - (Examples: A Sure Bet; LINN; Military Focused Trainings)
- High Quality Trainings
- Capacity to reach large numbers
 - 4,658 participants attended conferences on young child mental health related topics since January 2010



NC AHEC Summary Continued...

- Webinars and Online Modules
 - Potential educational opportunities for child care providers and even parents
- Evaluation of program/training effectiveness and behavior change - Pre/Post Conference Surveys
- Needs Assessment Data and Advisory Group Recommendations
- Open to New Ideas and Recommendations

Questions...

