

NOVEMBER 2-3 2009



# 3rd ANNUAL SYMPOSIUM BRIDGING THE GAP

A SYMPOSIUM ON EFFECTIVE MENTAL HEALTH TREATMENTS FOR CHILDREN AND ADOLESCENTS

Presented by:  
Mental Health Connection of Tarrant County

Hosted by:  
Texas Christian University  
Brown-Lupton University Union  
2901 Stadium Drive  
Fort Worth, Texas 76129

Sponsored by:  
Cook Children's Medical Center  
All Church Home for Children  
Lena Pope Home, Inc.  
MHMR of Tarrant County  
Texas Health Resources

For information:  
817-927-5200  
[www.mentalhealthconnection.org](http://www.mentalhealthconnection.org)



The number of  
preschoolers  
needing inpatient  
psychiatric care  
has risen 35%  
in the past 3 years.

— Cook Children's Medical Center

35%

## Why Attend

Mental Health Connection of Tarrant County created the five-year Bridging the Gap Symposium series as a catalyst for change. The third Bridging the Gap Symposium will focus on children from birth through age 11. Research shows that early intervention results in better outcomes. But young children also need preventive care – ways to nurture and protect their mental health before major issues arise. Experts will address these issues, as well as the controversy surrounding the use of psychotropic medications in children.

The 2009 Bridging the Gap Symposium will provide updates on the status of children's mental health in this community. Attendees will also learn:

- The important role trauma-informed policy plays in providing quality mental health services and supports for children.
- What research says about the use of psychotropic medication in young children.
- The effects of trauma, abuse, family chaos and poverty on the development of children's brains.
- Ways our community can take action to break the cradle-to-prison cycle.

Since the last symposium, local practitioners have received training in evidence-based practices, and children are now receiving services as a result. Register for the 2009 Bridging the Gap Symposium, and make your voice heard in determining the direction of mental health care for children in Tarrant County.

## What Do We Know about Early Childhood Mental Health?

# RESEARCH

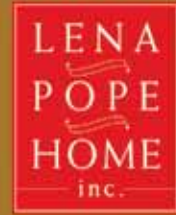
The effects of trauma and poverty  
on the developing brain

Psychotropic medication and young children



Bridging the Gap Sponsors

**CookChildren's**



How do we prevent the institutionalization of children?

**POLICY**

A comprehensive policy agenda that values children

## Who should attend:

Agency Executives/Decision Makers

College Students

Direct Service Staff

Faith Leaders/Chaplains

Parents/Family Members/Consumers of Mental Health Services

Pediatricians

Policy Makers/Policy Experts

Primary Care Physicians

Private Practitioners (psychiatrists, psychologists, etc.)

Researchers

RNs/Nurse Practitioners

School Staff/Educators

Substance Abuse Treatment/Prevention Providers

Supervisors

CMEs and CEUs will be provided for physicians, nurses and social workers.

How Can We Help  
Young Children?

# PRACTICE

Prevention as a part of practice

Making informed practice decisions  
using the research

## Symposium Faculty



Janice L. Cooper

Janice L. Cooper, Ph.D., is Interim Director of the National Center for Children in Poverty in Washington, D.C., and Assistant Clinical Professor at Columbia University's School of Public Health in New York. As a health services researcher specializing in children's mental health, she has focused on cultural and linguistic competence, as well as mental health financing and quality of care for children and youth with Attention Deficit/Hyperactivity Disorder. Her most recent work is *Unclaimed Children Revisited: The Status of Children's Mental Health Policy in the United States*. Previously, she served as Minnesota's Director of Children's Mental Health. She is a Director-at-Large of the American Orthopsychiatry Association and a member of the Multicultural Advisory Committee of the New York State Office of Mental Health.



Peter S. Jensen

Peter S. Jensen, M.D., is President, CEO and founder of the REACH Institute (Resource for Advancing Children's Health) in New York City. A federally chartered non-profit organization, REACH is dedicated to ensuring that children and families have access to the latest scientifically proven, high quality interventions for mental health problems. He also serves as Co-Chair of the Division of Child Psychiatry and Psychology at the Mayo Clinic in Rochester, Minnesota. During his career, he has served as the Ruane Professor of Psychiatry at Columbia University, Founding Director of the Center for the Advancement of Children's Mental Health in New York City and Associate Director for Child and Adolescent Mental Disorders Research at the National Institute of Mental Health.



Allison Metz

Allison Metz, Ph.D., is a developmental psychologist and scientist at the National Implementation Research Network, Frank Porter Graham Child Development Institute, University of North Carolina at Chapel Hill. She has expertise in supporting the effective implementation, replication and scaling up of evidence-based and evidence-informed programs in the areas of child welfare, early childhood mental health, early care and education. She is currently directing the Catawba County Child Wellbeing Project, which focuses on improving the wellbeing of children who leave the foster care system for permanent placement. This project includes the development and replication of evidence-based practices in several service areas, including mental health, education, in-home services, parent training, material supports and support groups.



Bruce D. Perry

Bruce D. Perry, M.D., Ph.D., is the Senior Fellow of The ChildTrauma Academy. The Houston-based Academy is a not-for-profit organization that promotes innovations in service, research and education in child maltreatment and childhood trauma. He is the coauthor of *The Boy Who Was Raised as a Dog: What Traumatized Children Can Teach Us about Loss, Love and Healing*. This popular book is based on Dr. Perry's work with maltreated children. Over the past 20 years, Dr. Perry has been an active teacher, clinician and researcher in children's mental health and the neurosciences, holding a variety of academic positions.



Kelli King-Jackson

Kelli King-Jackson serves as Texas Director of Outreach for the Children's Defense Fund. She also manages CDF's 100% Campaign, a collaboration with the Houston Independent School District and Houston hospitals. The program identifies uninsured children through school enrollment forms and links them with affordable health coverage. Under Ms. King's leadership, the campaign has gained the attention of America's Promise Alliance, the American Association of School Administrators and Leadership Houston, which honored CDF with its 2009 Leadership in Action Award. She is working to expand the successful 100% Campaign model to school districts statewide.

# Symposium Agenda

## Day 1: Monday, November 2

- 8:00 **Registration and Breakfast**
- 8:30 **Welcome and Opening Remarks**
- 9:00 **What is the status of children's mental health in our community?**  
A panel of local experts discussing the reality for children today and anticipating the future.
- 10:30 **Break**
- 10:45 **How Do We Stop the Cycle: From Cradle to Prison?**  
Addressing risk factors to effect change – an early-intervention approach  
*Kelli King-Jackson, National Children's Defense Fund*
- 12:30 **Lunch**
- 1:30 **Trauma and the Brain: What are the Effects of Trauma on Childhood Development?**  
Discovering the impact of trauma on young children and ways to address the issues that follow  
*Bruce Perry, M.D., Ph.D., ChildTrauma Academy*
- 3:30 **Adjourn**

## Day 2: Tuesday, November 3

- 8:00 **Registration and Breakfast**
- 8:30 **Welcome and Opening Remarks**
- 8:45 **What is the Evidence on Medication in Early Childhood?**  
Determining the efficacy and safety of psychotropic medication in young children  
*Peter Jensen, M.D., the REACH Institute (REsource for Advancing Children's Health)*
- 10:00 **Break**
- 10:15 **How do we create policy to support trauma-informed perspectives and practices?**  
Achieving a community where a trauma-informed response encompasses a fundamental understanding of trauma and the impact it has on children  
*Janice L. Cooper, Ph.D., National Center for Children in Poverty*

- 12:00 **Lunch**  
Table Discussions: Hot topics - What pushes your buttons?
- 1:00 **How Can We Make Change Work?**  
Advancing the science of implementation across domains to guide the transformation of behavioral health services  
*Allison J. R. Metz, Ph.D., National Implementation Research Network*
- 3:00 **Next Steps/Closing Comments**
- 3:30 **Adjourn**

## General Information

### Registration Fees

Mental Health Connection Members	\$ 75
Non-Members	\$100
Students	\$ 30

### Registration Deadline : October 23, 2009

Only checks or cash can be accepted. Checks should be made payable to Mental Health Connection. Space is limited, so early registration is recommended.

### Registration Confirmation

All registrations received by October 23 will be confirmed by mail, e-mail or phone.

### Cancellations and Refunds

Individuals submitting written cancellations by October 23 will receive a refund of the registration fee less a \$25 administrative fee. Registrations may be transferred between individuals, but notification must be submitted to Mental Health Connection by October 29 via fax at 817-927-2007, e-mail at [pthomas@mentalhealthconnection.org](mailto:pthomas@mentalhealthconnection.org) or mail: Mental Health Connection, 3131 Sanguinet, Fort Worth, TX 76107. For additional information, call 817-927-5200.

If written notification of cancellation is received after October 23, refunds will be issued at the discretion of the conference planners.

### Scholarships

Limited financial support will be available for students, parents and family members of those with a mental illness. To apply for a scholarship, call 817-927-5200.

# How Far Have We Come?

Following the 2008 Bridging the Gap Symposium, teams began meeting to determine ways to implement the pilot programs recommended by the six Learning Communities.

## Trauma/Post-Traumatic Stress Disorder

After the 2008 Bridging the Gap Symposium, the Texas Department of State Health Services contacted Mental Health Connection to provide funding for development of the Trauma-Focused Cognitive Behavioral Therapy training proposed by the Learning Community. As a result, 54 therapists and supervisors from 13 agencies, two hospitals and a private provider have received the training and are providing services to children 3 to 18 who have experienced some sort of trauma in their lives. Efforts are now underway to determine a central intake process to make referrals easier.

## Cultural Competence

The Cultural Competence Implementation Team is conducting a pilot training program this fall. The program is designed to help agency executives, therapists and frontline workers examine their own thinking, learn more about themselves, and – in the process – improve relationships with all members of our diverse community. The training effectiveness will be evaluated by MHMR researchers.

## Addictions

The Addictions Implementation Team is piloting an Alcohol Diversion Court model at all four high schools in the Keller Independent School District this fall. Students have an opportunity to choose between attending alternative school for alcohol infractions or participating in a program that includes elements of education, intervention and treatment. Four Mental Health Connection member organizations are providing their services without charge for the pilot program: All Church Home for Children, Lena Pope Home, MHMR of Tarrant County Youth Recovery Campus and Santa Fe Youth Services. MHMR will conduct both short-term and long-term follow-up studies on students who participate.

## Autism

The Autism Implementation Team scored a victory recently when the Physicians Network at Cook Children's Medical Center decided to provide reimbursement to its physicians for autism screenings at 18 or 24 months. The team is now working on system navigation issues that will address additional barriers to early identification and treatment.

## Externalizing/Internalizing Disorders

Two of the Learning Communities decided to join forces after bringing similar recommendations to the community. Both groups wanted to implement formal training in Cognitive Behavioral Therapy in the community. Since that time, they have identified potential experts, trainers and consultants and are in the process of determining the best solutions for Tarrant County.

Work will continue on all of these pilot programs in the year ahead.

## What's Next

Mental Health Connection will be offering Journal Groups that will meet monthly for six months to explore the research in mental health care for specific age groups. Please indicate your interest on your registration form to assist with planning.

# Accreditation Statements

## Physician Accreditation Statement

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of The University of North Texas Health Science Center at Fort Worth Office of Professional and Continuing Education and Mental Health Connection of Tarrant County. The University of North Texas Health Science Center at Fort Worth Office of Professional and Continuing Medical Education is accredited by the ACCME to provide continuing medical education for physicians.

The University of North Texas Health Science Center at Fort Worth Office of Professional and Continuing Education is accredited by the American Osteopathic Association to award continuing medical education to physicians.

## Physician Credit Statement

The University of North Texas Health Science Center at Fort Worth designates this educational activity for a maximum of *12 AMA/PRA Category 1 Credits™*.

The University of North Texas Health Science Center has requested that the AOA Council on Continuing Medical Education approve this program for 12 hours of AOA Category 2A CME credits. Approval is currently pending.

Physicians should only claim credit commensurate with the extent of their participation in the activity.

## Nursing Accreditation:

The University of North Texas Health Science Center at Fort Worth Office of Professional and Continuing Medical Education is an approved provider of continuing nursing education by the Texas Nurses Association, an accredited approval by the American Nurses Credentialing Center's Commission on Accreditation.

This activity provides 11.75 contact hours for the nurse.

To receive a certificate of successful completion, nurses must attend the conference, and complete and return the credit request form and evaluation.

## Social Workers Credit Statement

Judith Birmingham Center for Child Welfare, School of Social Work at The University of Texas at Arlington is an approved continuing education provider for Social Workers by the Texas State Board of Social Work Examiners Social Workers – Texas State Board of Social Work Examiners – Provider #5047, Licensed Professional Counselors by the Texas Board of Examiners of Professional Counselors – Provider #562, and Licensed Professional Counselors by the Texas State Board of Examiners of Marriage and Family Therapists – Provider #216. This activity is approved for 12 Clock Hour CEUs. To receive a certificate, participants must attend the activity in its entirety and complete and return the evaluation credit request form.

# Symposium Planning Committee

## Co-Chairs

The Honorable Mark Shelton, MD  
Texas House of Representatives

Kirsten Painter, Ph.D., LCSW  
Assistant Professor  
Texas Woman's University  
MHMR of Tarrant County

## Committee Members

Joseph Burkett, M.D.  
Medical Director  
MHMR of Tarrant County

Erin K. Carlson, M.P.H., DrPHc  
Center for Community Health  
UNT Health Science Center

Andy Crim  
Executive Director  
Professional and Continuing Education  
UNT Health Science Center

Joseph Peeler Howell  
District Director  
Representative Mark Shelton

Lee LeGrice, Ph.D., LCSW  
Executive Director  
Mental Health Association of Tarrant County

Mollie Kuchta, R.N.  
Family and Consumer Connection  
Cook Children's Medical Center

Todd Landry  
Executive Director  
Lena Pope Home

Carolyn Presnall  
Director of Psychiatry  
Cook Children's Medical Center

Uma Rao, M.D.  
Professor of Psychiatry  
Director, Adolescent Mood and Addictive  
Disorders Research Program  
Chief, Division of Child and Adolescent  
Addictions Research  
UT Southwestern Medical Center

Miriam G. Valdovinos, Ph.D.  
Research and Statistics Coordinator  
Tarrant County Juvenile Services

Maria Scannapieco, Ph.D.  
Professor and Director  
Center for Child Welfare  
School of Social Work  
University of Texas at Arlington

Linda R. Wolszon, Ph.D.  
Director  
Counseling, Testing and Mental Health Center  
Texas Christian University

Patsy Thomas  
President  
Mental Health Connection

Kay Barkin  
Social Marketer  
Mental Health Connection/Hand in Hand

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Mental Health Connection of Tarrant County is a collaboration of public and private agencies, mental health care providers, patients and caregivers working together to improve the mental health system for all residents of Tarrant County. Its goal is to create a highly networked system of mental health care so there is "no wrong door to the right mental health resources."

Texas Christian University is a major research and teaching university. It ranks in the top 10 percent of American colleges and universities and is listed in *US News and World Report's* America's Best Colleges. Its vision is to be a prominent private university recognized for its global perspective, its diverse and supportive learning community, its commitment to research and creative discovery and its emphasis on leadership development.

# Registration Form

Deadline: October 23, 2009

Salutation  Mr.  Ms.  Mrs.  Dr.  Other \_\_\_\_\_

First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_ Last Name \_\_\_\_\_

Name as it should appear on name tag \_\_\_\_\_

Title/Position \_\_\_\_\_

Organization/Agency \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_

Alternate Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_

Amount Enclosed

Mental Health Connection member at \$75  Non-member at \$100  Student at \$30

For membership information, please go to [www.mentalhealthconnection.org](http://www.mentalhealthconnection.org)

To apply for a scholarship, call 817-927-5200.

I will need a CME/CEU Certificate for  Physician  LPC  LMFT  
 LCDP  Nurse  Social Worker

Please check the box next to the category that best describes your involvement in mental health care.

- Researcher
- Policy Maker/Policy Expert
- Agency Executive/Decision Maker
- Pediatrician or Other Primary Care Physician
- Faith Leader/Chaplain
- Private Practitioner (psychiatrist, psychologist, etc.)
- School Staff/Educator
- Direct Service Staff
- Supervisor
- Parent/Family Member/Consumer of Mental Health Services
- College Student
- RN/Nurse Practitioner
- Substance Abuse Treatment/Prevention Provider
- Other \_\_\_\_\_

If you would like to participate in a Journal Group in the months following Bridging the Gap, please indicate your area of interest:

- Children 0-6  Young Adults 18-24
- Children 7-12  Adults 25-59
- Adolescents 13-17  Adults 60 and older

Mail registration form and appropriate registration fee to:

Mental Health Connection

3131 Sanguinet

Fort Worth, Texas 76107