



**NATIONAL CHILDREN'S  
 MENTAL HEALTH  
 AWARENESS DAY  
 MAY 6, 2010**

**Awareness Day on May 6 will kick off focus on early childhood**

The federal sponsored National Children's Mental Health Awareness Day is a day for everyone to promote positive development of infants, toddlers, children, and youth. Communities across the country observe the day with events, youth demonstrations, and social networking campaigns to raise awareness about the importance of mental health and increase understanding of the mental health needs of children and their families.

This year's spotlight is on early childhood, which will continue to be a focus for 2011. The key message is that "positive mental health is essential to a child's healthy development from birth" By shining a spotlight on early childhood, Awareness Day efforts will encourage the following actions:


1. Integrate mental health into every environment that impacts child development from birth.
2. Nurture the social and emotional well-being of children from birth.
3. Discuss milestones of a child's social emotional development from birth.

There will be participation in community-based activities across the country for Awareness Day 2010. Organizations are coordinating events, social media campaigns and youth actions tailored to their specific communities and culture. There is planned an Awareness Day Art Action, where young children across the country will create art expressing their feelings. For more information, visit <http://www.arttherapy.org/chmad.asp>.

There will be celebrations and activities for the national event in Washington, DC. There will be an Early Childhood Forum featuring early childhood experts and celebrity panelists. There will also be family- and child-friendly events, featuring activities from various forms of the arts (i.e., visual, musical, and dance).

For more information on Awareness Day, please visit [www.samhsa.gov/children](http://www.samhsa.gov/children).

For more information on Awareness Day resources please visit: <http://www.tapartnership.org/events/awarenessday.php?id=topic1#content1>



Ted Strickland, Governor  
Sandra Stephenson, Director

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***In This Edition:***

<b>Children's Mental Health Day .....</b>	<b>2</b>
<b>Resiliency Ohio Web site launch .....</b>	<b>2</b>
<b>ODMH Children's Office Staff .....</b>	<b>3</b>
<b>ECMH Program Report .....</b>	<b>4</b>
<b>Early Childhood Development Center ...</b>	<b>5</b>
<b>Upcoming Event: TIP Training .....</b>	<b>5</b>
<b>Visioning for the Future.....</b>	<b>6</b>

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Photos from the 2009 Resiliency Ring at the Statehouse, including First Lady Frances Strickland at far right.

## Resiliency Ring at Statehouse set to Support Children’s Mental Health Day

– Submitted by Marjorie Cook, Parent Advocate, Ohio Federation for Children’s Mental Health

Please join youth, families, advocates, and other community members on May 4th as they form a human ring around the Statehouse in declaration of their belief in mental health resiliency and strength for Ohio’s children. The Ohio Federation for Children’s Mental Health is sponsoring Ohio’s 5th Annual Resiliency Ring in celebration of Children’s Mental Health Day. Entertainment begins on the West Plaza of the Statehouse at 11 a.m., speakers follow at 11:30 a.m. with formation of The Resiliency Ring at noon.

Ohio’s children, youth and families are incredibly resilient, yet without the support of our communities, their strengths and potential may not be realized. The work of resiliency belongs to ALL of us. We all have

*“Our victories and successes, both large and small, give us the energy to strive for more. We see other families in good times and in bad times and we know that we can make it.”*

*From the new Resiliency Ohio Video*

a role in strengthening our children and families that live with mental health/behavioral health challenges. We, as citizens of the state of Ohio, are challenged to see the hope and to offer hope for a future that has promise to our children. The Resiliency Ring is also calling attention to funding and service needs so that our children and youth can learn in schools, families can be supported and strengthened and communities can understand and help our children experience acceptance and success.

Come stand with us on Tuesday, May 4th. Affirm your belief in resiliency and your hope for our children. Accept the challenge to nurture and support our children and their families, to facilitate their resiliency and to meet life’s challenges with success, hope and well-being.

For additional information, visit the Web site at [www.ohiofederation.org](http://www.ohiofederation.org).

## Visit the New Resiliency Ohio Web site and Watch the Family Video

– Submitted by Dr. Rick Shepler, Center for Innovative Practices

“Resiliency is knowing when you’re falling and knowing how to catch yourself”, an Ohio youth comments in a new Web site to help children and youth with serious emotional challenges, and their families. ODMH, in collaboration with Resiliency Leadership Ohio, the Center for Innovative Practices (CIP) at the Institute for the Study & Prevention of Violence at Kent State University, and the Ohio Federation for Children’s Mental Health announced the new Web site, [www.ResiliencyOhio.org](http://www.ResiliencyOhio.org) in a press release in April 2010.

Families brought together through Resiliency Leadership Ohio share life stories and personal journeys through a video on the site to demonstrate the fundamental role of resiliency in supporting mental wellness. "We all share the responsibility to ensure the success of our children, regardless of their ability or disability," states one involved parent.

"The work found on this Web site would not have been possible without the wisdom and years of dedication from all youth and family members, past and present, of Resiliency Leadership Ohio," said ODMH Director Sandra Stephenson. "Our departmental policies must incorporate resiliency concepts and the dollars that flow through the department out to the community must support this focus on family health and wellness."

Resiliency Leadership Ohio is comprised of youth with serious emotional challenges and their family members, and it is co-facilitated by Kent State's CIP and the Ohio Federation for Children's Mental Health, with the support of ODMH. The group seeks to educate others on mental health issues to alleviate stigma and connect families and youth to resources that can help. "Resiliency is the antidote to stigma", said Dr. Steven Jewell, a member of the group and a representative of NAMI Ohio. As another Ohio family puts it, "Our victories and successes, both large and small, give us the energy to strive for more. We see other families in good times and in bad times and we know that we can make it."

ResiliencyOhio.org and related products are funded in part by ODMH and through a federal Transformation State Incentive Grant (TSIG) awarded to Ohio from the U.S. Substance Abuse and Mental Health Services Administration. Ongoing technical support and management of the Web site is provided by Kent State University. Contributors to this Project included: the youth and families of Resiliency Leadership Ohio, Dr. Rick Shepler with CIP, Terre Garner of the Ohio Federation for Children's Mental Health, Trudy Sharp, Kay Rietz, Linda Garrick and the Leadership Support Team at ODMH and Diane Nutter, former ODMH Resiliency Ohio Project Lead.

For more information and to view the video, go to [www.ResiliencyOhio.org](http://www.ResiliencyOhio.org).



**Family participants in Resiliency Leadership Ohio at a February meeting to discuss the launch of the Web site.**

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# State Fiscal Year 2009 Early Childhood Mental Health Program Report

(Excerpts From the Executive Summary)

## **What Is Early Childhood Mental Health (ECMH)?**

Early childhood mental health is the social, emotional and behavioral well-being of children birth to six years and their families, including the capacity to:

- Experience, regulate and express emotion
- Form close, secure relationships
- Explore the environment and learn

Early childhood mental health is influenced by:

- Biological and physiological characteristics of the young child
- Quality of adult relationships in child's life
- Caregiving environments child is in
- Community context in which child and family lives

The system of care provides a comprehensive cross-system, cross-agency infrastructure that sustains services and supports that:

- Promote positive mental health
- Prevent mental health problems in children and families
- Intervene for children & families impacted by mental health disorders

## **ECMH Consultation**

The primary goal of Ohio's Early Childhood Mental Health Consultation Program (ECMHC) is to increase knowledge, awareness, resources and skills necessary for communities to meet the behavioral health needs of young children and their families, especially those at risk for abuse, neglect and poor social and emotional health by building protective factors in young children and increasing competencies and skills of parents and early childhood providers. ECMHC targets the healthy social and emotional development of all young children in Ohio to ensure they thrive and are ready for school.

SFY 2009 Outcomes

- Child-specific consultations provided for 1,659 children at risk of removal from an early childhood setting.
- 87.8% were maintained in setting.
- For those children that were not able to be maintained in setting
  - 5.9% were transferred during services,
  - 5.1% were removed – not participating in childcare,
  - 1.1% were expelled due to behavior.
- Parents scored 90% of children in the concern range on the pre-test and 53.3% on the post-test.
- Teachers scored 73.8% of children scored in the

concern range on the pre-test and 57.1% on the post-test.

ECMH Consultant Profile

- 80% have Master's Degree or higher
- 87% have early childhood experience
- 77% are licensed professionals
- 167 ECMH Consultants for FY 2009
- 7 years average mental health experience

## **ECMH Core Competencies**

Ohio's ECMH Core Competencies document was developed by a workgroup of ECMH professionals from around the state with a broad range of expertise and experience. The document of core competencies is for ECMH professionals who provide consultation and/or treatment. The core competencies are written to promote the professional development of knowledge, skills, and attitudes necessary for working with diverse populations. The document serves as an initial effort to articulate Ohio's vision of the competent ECMH Practitioner.

## **ECMH Treatment**

Funds were earmarked in the state budget for FY 08-09 for ECMH Treatment. An RFP process resulted in 11 boards being recommended to receive funds for an 18 month project. Additional funds were allocated and 2 additional boards were funded for FY 09. The grant's purpose was the implementation of evidence-based practice in Ohio through increasing availability and penetration of early childhood mental health treatment. This grant sought to support and enhance a significant public investment in the health and education of Ohio's youngest children and their families.

- Participants reported 1,185 children and their families received ECMH treatment services from the beginning of grant activities through June 30, 2009. This significantly surpasses the estimate of serving up to 650 children.
- Children receiving treatment ranged in age from one year, 11 months, up to six years, 2 months, with the average being 4.6 years of age.
- The most cited reasons for children seen for treatment were aggression, trauma, attachment issues and disruptive behaviors.

Of the clients that had a closure status by the end of the grant, 90.6% were maintained in the Center at closure, 3.4% were transferred during services, 4.1% were removed – not participating in childcare, and only 1.9% were expelled due to behavior.

## Governor Announces New Center for Early Childhood Development

Governor Strickland laid out a vision during the 2009 State of the State regarding his vision for Ohio's early childhood administrative structure, "To better serve our youngest learners and help them thrive in school and in life, we will unite all of our early childhood development programs



and resources into the Department of Education. This comprehensive early childhood system will focus on the whole child and provide quality early learning and care while improving our efficiency and effectiveness."

The Center for Early Childhood Development (CECD) will create a single administrative structure with the authority and responsibility to implement and coordinate state funded or administered early childhood programs and services for children pre-natal until entry into kindergarten.

The language for the Center for Early Childhood Development was introduced into HB 1- the state operating budget bill. The House and Senate versions of the bill support the creation of the Center.

Further information including the CECD Implementation Plan, a listing of Ohio's Early Childhood Programs and Services, the As-Is State Matrix (System Elements 10/09), and the Compendium to the As-Is State Agency Matrix (Final 02/10) may all be accessed at <http://www.build-ohio.org>.

## Maternal Depression

The ODMH Maternal Depression Program (MDP) was originally developed in 2004. Help Me Grow providers administer the Edinburgh Postnatal Depression Scale (EPDS) to mothers ages 18 years or older with infants between 4-20 weeks of age as part of their standard services. Mothers who score in the clinical range ( $\geq 12$ ) on the EPDS and/or endorse item 10 (suicidal ideation) on the EPDS are referred to a partnering county mental health provider for further evaluation and treatment.

A total of 1218 screens that fit the established MDP protocol were submitted for FY 2009. 13.5% of mothers screen positive for depression on the EPDS and about two thirds (65.3%) of the mothers screening positive accepted a facilitated mental health referral and nearly half of those accepting a referral (47.6%) actually kept their appointment with the 90-day surveillance period. The median time between the referral and completed appointment was 14 days.

For full report with appendix and map go to:

<http://mentalhealth.ohio.gov/what-we-do/provide/children-youth-and-families/early-childhood/mental-health-consultation-and-treatment.shtml>

## Free Upcoming Event: TIP Model Training Focuses on Transition-Age Youth Population

The Ohio Department of Mental Health is excited to announce that Hewitt B. "Rusty" Clark, Ph.D., Professor and Director, National Network on Youth Transition for Behavioral Health, will present the Transition to Independence Process (TIP) Model at a statewide training event scheduled May 17, from 9 a.m. to 12:30 p.m., at the Ohio Department of Transportation Auditorium in Columbus.

The TIP model is an evidence-based practice developed to assist young people with emotional and/or behavioral difficulties make a successful transition to adulthood. This model promotes young persons achieving, within their potential, their goals in the transition domains of education, employment, living situation and community life.

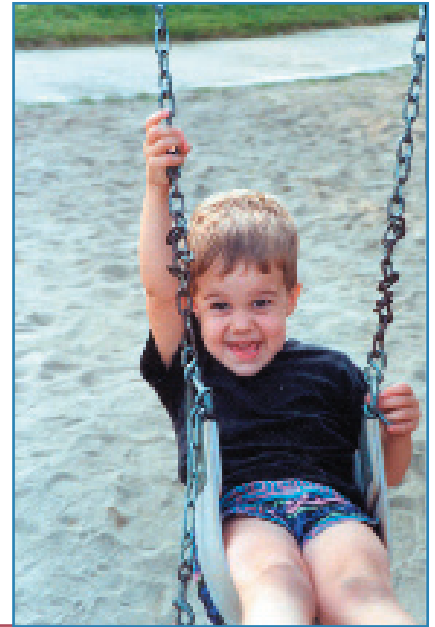
Learn more about the TIP model at <http://tip.fmhi.usf.edu/>. For registration, agenda and event details, email [Lynette.Cashaw-Davis@mh.ohio.gov](mailto:Lynette.Cashaw-Davis@mh.ohio.gov).

Visit the ODMH Web site for information about our work with youth and young adults in transition: <http://mentalhealth.ohio.gov/what-we-do/provide/children-youth-and-families/transition-age/index.shtml>.

## Children's Mental Health: Visioning for the Future

This is a landmark year for children's mental health in Ohio as ODMH, youth and families, along with our public mental health and inter-system partners, are engaging in strategic planning for the future. During the next six months, stakeholders will assist ODMH in the development of short-term, measurable goals and objectives, and identification of long-term goals and initiatives for the system. The result will be a Children's Mental Health Strategic Plan for Ohio.

Our first important goal in this process has been achieved. The group has drafted a Mission, Vision and Values document to guide our work. Look for this and future updates to be posted on the ODMH Web site.



### ***Mission***

We promote and support the health and wellness of young people and their families through a cross-system continuum of culturally appropriate mental health services and supports that are youth and family driven.

### ***Vision***

All Ohio's young people and their families are healthy, hopeful, empowered and resilient.

### ***Values***

We value:

1. Respecting the diversity and uniqueness of families
2. Inclusion of the child identified family
3. The expertise of families regarding their children's needs and strengths
4. Sustainability of services & supports
5. Prevention and early intervention
6. Physical and behavioral health integration
7. Wraparound services and supports for young people and families
8. Partnerships
9. Natural environments – delivering services and supports in home, school & community-based settings
10. Youth voice

