A successful partnership was formed across state and international boundaries when USF was asked to provide consultation and training, first in Ottawa, Canada and later in Arizona, to help assess changes needed for their systems that serve children and youth with complex mental health issues.

CFS faculty, along with John Mayo, Deputy Executive Director of Success4Kids & Families, Inc. in Tampa, provided training in Ottawa on the System of Care Practice Review (SOCPR), an assessment tool developed by CFS Department Chair, Dr. Mario Hernandez. Mayo describes that “the partnership with CFS blends academia and research with direct service and parents who have gone through the system.” Mayo has experience both as a trainer of the SOCPR, as well as a provider utilizing the information gained from it. During the past few years, Mayo has teamed with CFS faculty including Sharon Hodges, Keren Vergon, Mary Armstrong, Norin Dollard, Steve Roggenbaum, and others on various SOCPR trainings for communities in Iowa, Tennessee, and Mississippi, as well as Canada.

The SOCPR Protocol

The SOCPR is a practice-based, quality improvement protocol that examines a program, agency, or system's adherence to system of care values and principles at the level of practice. The three core system of care values include practice that is child-centered, community-based, and culturally competent. The guiding principles describe how these values are practiced: that services are integrated, coordinated and individualized through case management; that children have access to a comprehensive array of services in a system that promotes early identification and intervention; that services are received in the least restrictive environment; that families are included in full service planning and delivery; and that the rights of children are protected while ensuring a smooth transition to adult services when they reach maturity. The SOCPR, through the collection of in-depth information from chart reviews and interviews with youth, families, formal providers, and informal supports, provides a measure of how well a community's overall service delivery system is meeting the needs of children, youth, and their families.

Success in Canada

Ottawa’s Children’s Coordinated Access & Referral to Services program used the tool to gain insight into their system strengths and challenges, as well as to deliver training needed for direct service staff across the mental health system. The SOCPR results have created various advancements within the Ottawa children’s mental health system, including the development of a training fund for staff and the adoption of a common treatment approach based on system of care values and principles. Natasha Tatarcheff-Quesnel, Manager of the Ottawa Children’s Coordinated Access & Referral to Services, said that the SOCPR provided their community with the ability to develop a community action plan based on the results. She adds that “the process has brought our community closer together in many ways. It has given us direction in our transformation process and a means for evaluating those changes at the level of practice over time.” Natasha goes on to say that “the experience of using this tool has been wonderful and the benefits have far outweighed any of the challenges. We are committed to using the tool for at least the next five years in order to also track progress over time.” Ottawa’s successful use of the SOCPR has provided the foundation for use in other communities. Dr. Hernandez commented that “we were so impressed with how Ottawa implemented the SOCPR. Their experiences and knowledge gained became an excellent sharing opportunity when Arizona requested our services.”

Taking the SOCPR to Arizona

Arizona has become the first state to implement the SOCPR statewide. In Arizona, Dr. Hernandez first provided consultation with the Department of Health/Division of Behavioral Health Services (ADHS/DBHS) to develop a statewide Theory of Change that expresses the state’s strategies for implementing behavioral health services for children and their families. The Theory of Change is depicted in a Logic Model, a diagram that captures the global aspects of Arizona’s children’s system of care. This visual logic model links to detailed information regarding Arizona’s system of care approach. “The international partnership forged between our communities has allowed us to learn in a completely different way, to share our experiences, and to truly improve our system. While we began the partnership as a student/teacher relationship, we have moved to one of colleagues who are able to learn from one another,” Dr. Hernandez believes that this effective partnership sets the stage for further dissemination of the SOCPR. “The international collaboration reinforced just how well the SOCPR can be utilized across multiple settings.”

A narration of Arizona’s logic model can be viewed at www.azdhs.gov/bhs/AZ_sys_care-WebFiles/index.htm

them. “They provided technical assistance all along the way to insure we are implementing this tool in the fashion that it’s meant to be.” Kimberly Engle, Bureau Chief, Children’s System of Care at ADHS/DBHS, added, “It was really a huge learning experience for us to be able to pull the pieces and components of our children’s system together and to make sure everything coordinated well.”

Arizona’s training in the SOCPR required participation by a large team. In order to meet the need, USF and Success4Kids & Families partnered with Ottawa. The partnership was beneficial for all involved. “Conducting the SOCPR outside your own community forces complete objectivity and reinforces the tenets of evaluating only what you see,” said Ottawa’s Natasha Tatarcheff-Quesnel. “The international partnership forged between our communities has allowed us to learn in a completely different way, to share our experiences, and to truly improve our system. While we began the partnership as a student/teacher relationship, we have moved to one of colleagues who are able to learn from one another.”

A narration of Arizona’s logic model can be viewed at www.azdhs.gov/bhs/AZ_sys_care-WebFiles/index.htm
Behavioral Health Degrees

- The Doctor of Public Health (DrPH) Focus in Behavioral Health is an advanced professional degree program for students intending to pursue leadership and executive management opportunities in behavioral health services.
- The Doctor of Philosophy (PhD) Focus in Behavioral Health is an advanced research degree program for students intending to pursue academic, research, or high-level administrative careers in behavioral health services.
- The Master of Public Health (MPH) Concentration in Behavioral Health is a non-thesis degree program that prepares students for a professional career in behavioral health services.
- The Master of Science in Public Health (MSPH) Focus in Behavioral Health is a thesis degree program that prepares students for careers in applied behavioral health research and outcomes evaluation.
- The Masters of Social Work/Masters of Public Health Dual-Degree Program (MSW/MPH) (Behavioral Health Concentration) is an advanced dual degree program for students interested in combining clinical social work with public health and a concentration in behavioral health services.

For additional information, contact Bruce Lubotsky Levin, DrPH at levin@fmhi.usf.edu or blevin@health.usf.edu, 813-974-6400.

Degrees Offer Behavioral Health Focus in Public Health

Are you interested in a job that helps improve the health and quality of life for entire communities, specific populations such as the homeless, or those struggling with mental health or substance abuse issues? Whether interested in organizing systems, planning services, conducting research or educating others, USF offers five graduate programs that will prepare students for leadership roles within local, state or federal mental health organizations, faculty and research positions within academic settings, as well as a variety of positions in community and social services agencies.

USF’s College of Behavioral and Community Sciences (CBCS) and College of Public Health (COPH) jointly offer a specialty concentration in behavioral health as part of the Master and Doctoral programs in the COPH Department of Community & Family Health (DCFH). The Graduate Studies in Behavioral Health Program examines community and family issues in policy, evaluation, systems performance, and outcomes of alcohol, drug abuse, and mental health services.

“The Graduate Studies in Behavioral Health Program has blossomed over the years and proves to be one of our more popular degree programs in the department,” said Julie A. Baldwin, PhD, DCFH Professor and Chair. “I am truly thankful to the FMHI faculty, under the aegis of Bruce Lubotsky Levin. They have done a remarkable job of providing leadership in emphasizing, to both faculty and students in the COPH, the importance of examining behavioral health problems within a public health perspective.”

From Employee to Student

Amy Green found her way to USF as an employee first. Although beginning the PhD program this fall, she has worked within the Department of Child & Family Studies (CFS) since 2009 as a statistical data analyst, a job she feels was written just for her. Amy is currently coordinating research activities for several projects, including an IES funded project that is looking at the feasibility of an intervention aimed at increasing the engagement of families in the broad educational development of their children.

Amy received her undergraduate degree in Psychology ten years ago, and soon after began working toward a PhD in clinical psychology.

“I realized I had a greater interest in addressing children’s mental health issues at the population level, rather than the individual level, where prevention efforts can have a broader impact,” said Amy. “I switched to a PhD in Epidemiology at Virginia Commonwealth University, and then life happened. I had twins, my husband was transferred, and eventually we ended up in Orlando. My academic career was put on hold.”

Amy started surfing the web for jobs, and came across a posting at USF working with Drs. Krista Kutash and Al Duchnowski in CFS. She was told during the interview that the position would allow her the ability to take classes. When she mentioned her interests in children’s mental health services, epidemiology and the pursuit of a PhD degree, she was introduced to Dr. Bruce Levin, Head of the USF Graduate Studies in Behavioral Health Program. Amy spent the last year taking prerequisite courses, and is now on her way toward a Doctor of Philosophy (PhD) Focus in Behavioral Health. “I am looking forward to the knowledge and skills I will gain by being a part of a program that will allow me to examine mental health from a public health perspective.”

“Drs. Kutash and Duchnowski are committed to helping me achieve my goals,” said Amy, “Their encouragement and support have been indispensible.”
Students Share their Interests

The Graduate Studies in Behavioral Health program draws interest from both undergraduates seeking higher education degrees and professionals who have been in the field for years and want to advance their skills and degrees.

“For me to have this exposure goes above and beyond my expectations,” said Donna Burton, who began the Doctor of Philosophy (PhD) Focus in Behavioral Health program in 2007. Before deciding to pursue the degree, Donna spent 15 years as a practitioner and administrator – first in a residential setting working with adults with substance abuse and mental disorders – and later with adolescents, where her main interests are now focused.

Donna shared her concern about what is happening with youth today.

“With many extracurricular school programs being dropped and fewer intact families, kids have fewer protective factors. They often have little sense of belongingness or accomplishment as a person – and no way to explore who they are. We take kids at risk and help eliminate risk factors, such as substance abuse, and help them to explore personal interests and develop skills and talents.”

Donna’s dissertation research involves implementation of evidence-based drug abuse prevention programs in schools. She is working with CFS’s Dr. Tom Massey on one of his projects within Hillsborough County schools.

“I am looking at how practice can influence research. We need to listen to professionals in the field, and understand what works for them. Practitioners need to be engaged in the research, and both sides seen as mutual partners.”

“The advisors are great,” added Donna. “In terms of my personality and my focus, they took the time to match us so that we are better guided in the process for research dissemination.”

Dr. Roger Casey, the first doctoral graduate in public health with a behavioral health focus and Director of the Department of Veterans Affairs/National Center on Homelessness Among Veterans, recently shared his thoughts.

“Students have the opportunity to study the complex delivery issues unique to the field of behavioral health services research. The program provided me with expanded insights and greater opportunities within the VA. I credit the existence of the Graduate Studies in Behavioral Health Program for greatly influencing my ability to develop my dissertation topic and providing courses which allowed me to expand my knowledge base in the areas of homelessness and mental disorders.”

The curriculum at the doctoral level is designed to be individualized based upon the student’s career goals and previous experiences.

“I took the first course to see what it was about and found the material was so immediately transferrable to the field and so relevant to what was really happening,” said Donna Burton. “It’s an intensive program that requires lots of time and attention, but I have not had the feeling at all that the content isn’t useful.”

MPH Master of Public Health (Behavioral Health Concentration)

Sarah Bonnema

Undergraduate degree: Journalism & Mass Communications (and two courses short of Psychology double major); sociology minor. Whitworth University.

What got you interested in the Graduate Studies in Behavioral Health program?

In the summer of 2007, I was awarded Mayo Clinic’s Summer Mentored Undergraduate Research Fellowship. I worked as part of Mayo’s Behavioral Health Research Group. I wound up working with them for 15 months and became very interested in behavioral health issues. When graduation approached, I applied to clinical psychology programs and to USF’s Behavioral Health MPH program, which seemed like a unique offering among MPH programs in the United States. I got accepted to several programs, but the MPH struck me as a very versatile degree that could either prepare me for PhD level work or offer me lots of opportunities at the Master’s level. I decided to go for the MPH!

CONTINUED...
What are your plans after graduation?

My MPH studies have really helped me define and articulate what my passion is: to give others the tools and support they need to live a healthy life. To me, living “a healthy life” means that someone is satisfied with their physical, mental, and social health and has the skills and self-confidence to make changes when they come dissatisfied.

I can see my career going one of four directions: a leadership position at a nonprofit organization focusing on behavioral health issues; corporate wellness; health and fitness writing; or going back to school to become a Licensed Mental Health Counselor. I will be working for the Ophelia Project & Boys Initiative as a Program Facilitator to continue exploring the nonprofit world. I appreciate how many options my MPH gives me!

How do you feel the program has prepared you for employment?

I think it prepares you well for a variety of positions. The program requirements lead you into great opportunities to make connections for that first position. For example, I interned at the Ophelia Project & Boys Initiative as part of the required Field Experience and also completed my special project with them. As soon as my Field Experience ended, I was offered a contract position. I would have never had my foot in the door at that organization without the Behavioral Health MPH program.

Is there anything else you would like to share?

Dr. Levin has been a wonderful advisor throughout the whole process. He really cares about each student and is dedicated to helping you succeed.

Dr. Norín Dollard and Dr. Mary Armstrong taught a fantastic course on Children’s Mental Health. I find myself referencing that class frequently as I work with middle school students. The Social Marketing Field School is a MUST! The program’s interdisciplinary nature is a great benefit that often goes unadvertised. I really enjoyed taking classes with the dual MPH-MSW students because most of the MSW students are currently working in the social work field and can lend great insight to the behavioral health discussions.

Academic Certificates

Positive Behavior Support

This new certificate program will benefit students by equipping them with necessary skills to provide systemic applications of PBS. The applications vary from understanding consultation at the individual level at home and in the community, with young children in preschool settings and/or school age children within classrooms and schools. Applicants must hold a bachelor’s degree from a regionally accredited institution with a GPA of 3.0 or better. Up to 12 hours of certificate course credits may be applied to a graduate degree with departmental approval. Visit www.gradcerts.usf.edu.

Graduate Certificate in Children’s Mental Health

Since 2006, CFS has offered a fully on-line program to create a new generation of professionals to provide leadership in the implementation of systems of care for children who have mental health challenges and their families. The Graduate Certificate in Children’s Mental Health distance learning program consists of 15 hours of credit, with courses taught by faculty from USF and other universities participating in the SOC Professional Training Consortium. To date, more than 80 students from 11 states have been admitted into the program, generating more than 1,000 student credit hours. Twenty-eight students have been awarded the Certificate.

“The graduate certificate courses provided me with practical and applicable knowledge that has enhanced my skills in the areas of systems and program development, and planning with children and their families,” said Renee’ Dozier, MPA, from Region V Systems Behavioral Health in Lincoln, NE. “I have utilized the skills gained to provide technical assistance to systems partners as we strive to build a system of care that is collaborative, inclusive, and effective. The professors and faculty were readily available to provide feedback and support as well as challenge my thinking.”

The Certificate’s early success at improving the quality and relevance of education and training in the mental and behavioral health fields quickly led to the program’s recognition by the Annapolis Coalition on the Behavioral Health Workforce as one of the Innovative Practices highlighted in their Registry of Innovative Practices in 2007. Practices were selected for their exceptional degree of innovation, transferability, and effectiveness.

The Graduate Certificate in Children’s Mental Health is an interdisciplinary program that provides graduate students with specialized training in children’s mental health, and provides professionals with the knowledge to keep pace with the fundamental changes that occur in the field. Several students in the Rehabilitation & Mental Health Counseling program at the USF College of Behavioral & Community Sciences are taking advantage of this unique opportunity to build their credentials in the area of children’s mental health.

For additional information on the Graduate Certificate Program, please contact Carol MacKinnon-Lewis 813-974-2075 or lewiscm@usf.edu.

“The graduate certificate courses provided me with practical and applicable knowledge that has enhanced my skills in the areas of systems and program development, and planning with children and their families.”
Welcome new ABA Students!

This year's impressive class enters with an average GRE score of 1058 and GPA of 3.63.

Class List of 2010

- Amye Bock
- Emily Braff
- Christie Cacioppo
- Corey Cohrs
- Scott Fontechia
- Samantha Fuesy
- Blair Jacobsen
- Hillary Lamendola
- Jacquelyn Lansdale
- Nicole Levesque
- Alexander Mclean
- Kelsey Morgan
- John O’Neill
- Rosana Pesantes
- Mary Sawyer
- Sara Schonwetter
- Christopher Scull
- Evan Skelton
- Jonathan Vincent
- Stephanie Wack

Summer Graduates

- Arica Bolechala
- Krystal McFee
- Lindsey Merritt
- Shannan Smith
- Elyse Wiseman

Evaluating the Effectiveness of the Travel Assistance Device on the Bus Riding Behavior of Individuals with Disabilities

Professor Ray Miltenberger from the Master’s Program in Applied Behavior Analysis (ABA) saw an excellent opportunity for interdisciplinary research when he met Research Associate Sean Barbeau from the USF Center for Urban Transportation Research (CUTR) at a function hosted by the University Centers for Excellence in Developmental Disabilities Education, Research, and Service (housed within CFS). After meeting over lunch with Barbeau and other colleagues to discuss research ideas, Miltenberger shared the information with one of his students from ABA, Arica Bolechala (pictured left). Bolechala and Miltenberger soon began working with Barbeau to help evaluate a device used for increasing independent bus riding among individuals with disabilities.

According to Bolechala’s recently completed thesis research, Evaluating the Effectiveness of the Travel Assistance Device On the Bus Riding Behavior of Individuals with Disabilities, the Travel Assistance Device (TAD) is a software application for GPS-enabled mobile phones developed by the CUTR and the Department of Computer Science & Engineering at USF and funded by the Florida Department of Transportation and the National Center for Transit Research. The TAD prompts individuals via a cell phone to exit the bus at a pre-scheduled location. Once the software is downloaded to the cell phone, parents, travel trainers, or other authorized individuals can access the web management page to schedule trips to be transmitted to the cell phone. The TAD offers phone alerts for the user on the bus, real time tracking of the cell phone via the web management page, an alarm that triggers when the user deviates from the pre-scheduled route, and estimated arrival times shown to the rider while they are waiting for the bus. Bolechala’s thesis demonstrated that the TAD was successful in prompting individuals with disabilities to exit the bus at the correct location. Prior to the use of the TAD, the individuals were not able to exit the bus at the correct bus stop.

Bolechala, Miltenberger, Barbeau, and Gordon submitted this research for presentation at National Academy of Sciences’ Transportation Research Board annual meeting and for publication in the proceedings of the meeting. To view the findings, visit www.locationaware.usf.edu/ongoing-research/travel-assistance-device/.
Aging Adults with Intellectual Disabilities: JAMA Commentary First for USF College of Behavioral & Community Sciences

Dr. Elizabeth Perkins, a Research Assistant Professor in the Department of Child & Family Studies, has become the first faculty member in the College of Behavioral & Community Sciences to author a Commentary published in the Journal of the American Medical Association (JAMA), one of the most pre-eminent medical journals in the world, and the most widely circulated.

In the Commentary, “Aging Adults with Intellectual Disabilities,” featured in the July 7th issue, Dr. Perkins and co-author Dr. Julie Moran of Beth Israel Deaconess Medical Center - a teaching hospital of Harvard Medical School - urge the medical field to become better prepared in providing geriatric health care to the rapidly increasing population of aging adults with intellectual disabilities (ID). For more information, visit http://cfs.fmhi.usf.edu/news-detail.cfm?NewsID=622.

Third Edition of Mental Health Services Text Focuses on Parity, Transformation and Recovery

A new book edited by faculty from the College of Behavioral & Community Sciences (CBCS) reflects new ideas about how to improve mental health services. Mental Health Services: A Public Health Perspective: Third Edition is edited by CBCS Professors Bruce Lubotsky Levin and John Petrala, along with Kevin D. Hennessy from the US Department of Health and Human Services. As described in the book’s Foreword, “the focus is no longer on the specialty mental health services sector but on the broad array of human services sectors, where people who experience a mental disorder find themselves as they pursue their lives in communities.” For more information, visit http://cfs.fmhi.usf.edu/news-detail.cfm?NewsID=625.

Community Awareness Series: Children’s Suicide Prevention

A slideshow presentation titled, “Warning Signs of Children & Adolescents at Risk for Suicide,” is now available for viewing as part of the Online Learning in Children’s Mental Health Community Awareness Series. Stephen Roggenbaum, Assistant in Research at CFS, was the presenter at the the November 2009 NAMI Workshop for Teachers, Guardians ad-litem, Professionals and Caregivers in Tampa, FL. The presentation will help teachers, mental health professionals, families and friends recognize the warning signs of suicide. Visit http://onlinelearningincmh.fmhi.usf.edu/ or contact Steve Roggenbaum at 813-974-6149.

Teen Pregnancy Costs

Most of the costs of teen childbearing are associated with the negative consequences for the children of teen mothers. In Florida in 2004, annual taxpayer costs associated with children born to teen mothers included:

- $96 million for public health care (Medicaid and SCHIP)
- $89 million for child welfare
- $105 million for incarceration
- $145 million in lost tax revenue due to decreased earnings and spending

The Rise in Adolescent Pregnancy

After a decade of steady decline in the United States, the rate of teen pregnancy has been on the rise and is now signaling a national crisis. CFS’s Robert Lucio addresses this subject in a paper he co-authored with Katherine Hadley Cornell, Postdoctoral Fellow/School Psychologist at Baltimore City Public Schools. The paper, The Role of School Mental Health Services in Addressing Adolescent Pregnancy is published in the latest issue of Advances in School Mental Health Promotion, an academic journal that publishes material of distinction submitted by those with a clinical, professional, academic or personal interest in promoting mental health in schools.

The paper focuses specifically on the relationship between teen pregnancy, mental health and school services. It addresses four areas:

- key mental health and social risk factors and outcomes related to teen pregnancy,
- strategies that have been found to reduce teen pregnancy,
- the role that school mental health providers can hold in serving students who are at risk for pregnancy, pregnant or parenting,
- future directions for research, public policy and school-based services.

Trauma-Informed Care Practices in Youth Residential Treatment

Dr. Mary Armstrong, Dr. Norín Dollard and Vicki Hummer, MSW, LCSW, along with Dr. John Robst in the CBCS Department of Mental Health Law & Policy, were recently published in Child Welfare 89(2), the journal of Child Welfare League of America (CWLA). CWLA is the nation’s oldest and largest organization devoted entirely to the well-being of America’s vulnerable children. The article, Innovations in Implementation of Trauma-Informed Care Practices in Youth Residential Treatment: A Curriculum for Organizational Change, describes a curriculum the authors developed for use in youth residential treatment programs. For more information, contact Norín Dollard at 813-974-3761 or visit http://cfs.fmhi.usf.edu/news-events.cfm.
Recent news stories have highlighted a variety of efforts from the Center for Autism and Related Disabilities at USF:

- CARD Director Karen Berkman, PhD, shares her support for Project Lifesaver, a national program that delivers tracking equipment and bracelets to law enforcement agencies that subscribe to the service. The program serves those with Alzheimer’s, dementia and other individuals with developmental disabilities who may wander from their homes. In the Tampa Bay region, the program is used by the Pinellas and Pasco sheriffs’ offices and the Sarasota Police Department.

- CARD-USF graduated its first class from the USF Learning Academy, a post secondary education program for students with autism and related disabilities. The program helps to build and enhance skills that will prepare students for the world of work or further education.

- Several businesses including the Wyndham Tampa Westshore and Rita’s Italian Ice in Bartow now proudly display “Autism Friendly” decals. The designation comes from a CARD-USF initiative that creates a welcoming business environment for all customers, encourages employment opportunities for adults with autism, and impacts retention of current employees who have a family member with autism.

All stories can be viewed at http://cfs.fmhi.usf.edu/news-detail.cfm?newsID=630.

New CFS Governance Council

At the August 12, 2010 CFS Governance Council meeting, the nomination and election of officers were held. The results are as follows:

- Tracy-Ann Gilbert-Smith, Chair
- Kimberly Crosland, Co-Chair
- Maricel Hernandez, Recorder

Other members of the CFSGC are:

- Storie Miller
- Janet Reyes
- Cindy Hipple
- Aleatha Neal
- Tim Weil
- Ruby Joseph
- Robert Lucio
- Rose Iovannone
- Ray Miltenberger
- Mary Armstrong/Lise Fox (BCS Faculty Council Representative)

The next meeting will be held October 14th. All CFS staff and faculty are encouraged to attend.
Please consider partnering with us to generate hope and solutions for the complex issues confronting individuals, children, and families. Donations to the Department of Child and Family Studies support our commitment to enhance the development, mental health and well-being of children and families through leadership in integrating research, theory & practice.

To find out more about donations or sponsoring one of our annual conferences or special events, visit our website at http://cfs.fmhi.usf.edu, or contact Sandra Dwinell at 813-974-0342 or sdwinell@fmhi.usf.edu.

Back-to-School Backpack Drive

For the past few years, a group from CFS has supplied backpacks and school supplies to Tomlin Middle School in Plant City, where more than 56% of the students are on the free/reduced lunch program and are not able to start school with the necessary supplies.

This year, 15 backpacks were donated and filled with supplies including paper, folders, pens, pencils, calculators, etc. In addition, there were enough supplies left over to fill 2 boxes for teachers to distribute as needed.

Backpack Volunteers: Nancy Burrus, Patricia Uber, Tracy-Ann Gilbert-Smith, Jay Dominguez, Aleatha Neal