

ALAMANCE ALLIANCE FOR CHILDREN AND FAMILIES

Alamance Alliance for Children and Families

www.alamancesoc.org

The First Five Years Count The Most

Understanding the Social and Emotional Needs of Infants, Toddlers and Young Children

Report to the Community 2013

FOCUS ON TRAUMA

The Alamance Alliance is a community wide System of Care initiative, funded through a six-year Substance Abuse and Mental Health Services Administration (SAMHSA) grant, that partners with families, the community, and child serving agencies to develop happy and healthy children aged birth through five to ensure their bright futures.

A main focus of the Alliance over the last year has been to raise awareness of the impact of trauma on the development of young children, to increase the early identification of young children who may have experienced trauma, and to provide treatment services that have been proven to be effective with young traumatized children and their families.

Trauma is experiencing or witnessing an event involving actual or threatened death or serious injury to self or others. The person's response involves intense fear, helplessness or horror. In young children trauma may be any incident that overwhelms the child's ability to cope. Children are more vulnerable to trauma because of their size, age and dependence. Traumatic events can include:

- Loss of a loved one
- Domestic abuse
- Child abuse
- Neglect
- Natural Disasters
- Accidents
- Medical Procedures
- Community Violence
- War

Experiences occurring in childhood, whether positive or adverse, affect every aspect of a child's development and can set them on a life trajectory towards positive mental and physical health or the development of mental and physical health difficulties.

A trauma informed community recognizes the impact of trauma, screens and assesses for trauma, provides services designed to treat trauma, and communicates sensitivity to trauma through supportive environments and practices.

Preparing Alamance County for a prosperous future begins with recognizing that our youngest citizens must get what they need today to become the adults who will strengthen our community and build our economy.

The vision of the Alamance Alliance for Children and Families is that Alamance County will have an early childhood System of Care that fully supports and promotes the social and emotional health of children birth through five and their families.

Family Partner Program

“When my daughter was diagnosed with her developmental delays, the CDSA (Child Development Services Agency) recommended us to the Alamance Alliance who in turn set us up with our Family Partner. As a mom, I was all over the place not knowing what to do or where to go for all the things that my daughter would need. I had recently been laid off and then was handed the news about my daughter so I was an emotional mess. Our Family Partner came and met with me and explained how she could be beneficial to me and my family. From that moment on, Barbara has been a godsend. She has been there to help us through situations that, on my own, I would not have known how to handle. Barbara came to my daughter’s first IEP (Individualized Education Plan) meeting with the school system (and) offered suggestions on a counselor for my daughter’s behavior problems. Barbara helped get funding to get my daughter in a preschool program that has

benefited her tremendously. She has listened to me cry and helped me come up with solutions to other issues within my family as well so that I can be a better mom to all of my children. Without her help I think I would have had a break-down. She recently facilitated a meeting with all of my daughter’s teachers and her therapist to see where we were progress-wise and what we thought would be the best option for my daughter next year as far as staying where she is in pre-school or going to public pre-k. As a result of this meeting I was better informed in making my decision on what I think will be best for my child. I will be forever grateful for the help, support and encouragement that we have received from Barbara and the Alamance Alliance for Children and Families.”

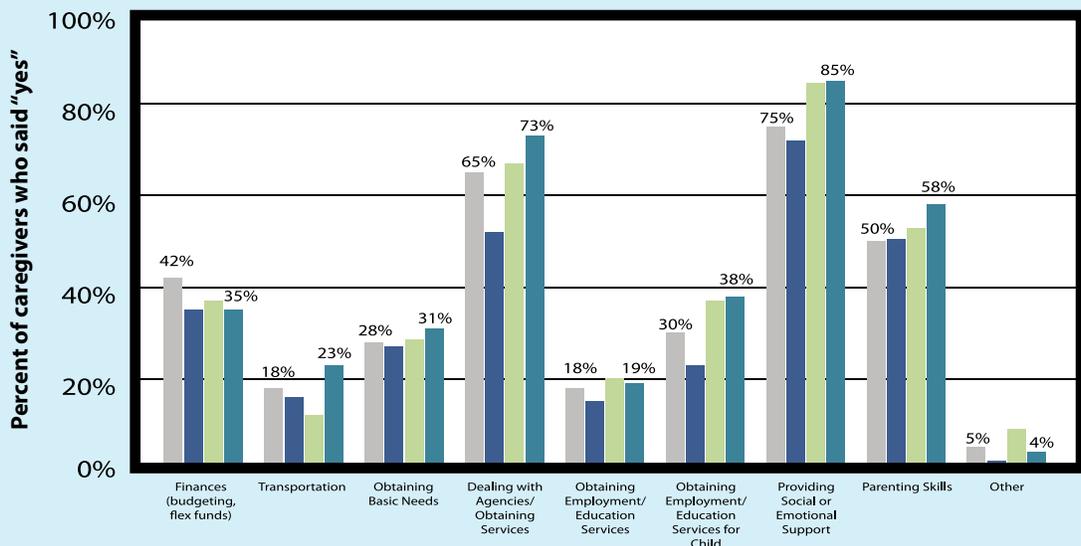
“You have made such a difference in our lives and most of all, you have made a difference in the lives of two abandoned little girls.”

~Family Member

“The Alliance has been such a blessing to me.”
~Parent

Did Your Family Partner Assist You With Any of the Following Activities?

Caregivers were asked a series of questions regarding whether the Family Partner had helped with or participated in various activities. The graph to the right shows responses to each question.



224 families have received Family Partner services.

Who Are the Young Children and Families We Serve?

Data As Of September 30, 2013:

- 867 children and families have received direct services through the Alliance
- 561 children have been referred for a diagnostic evaluation
- 409 have had a diagnostic evaluation
- 251 were assigned a mental health provider
- 224 were assigned a family partner

218 families participated in a longitudinal study with data summarized here:

CHILD CHARACTERISTICS:

Average Age: 3.4 years old

Gender:

Male 62%
Female 39%

Age Group:

<1 year 1%
1 year 3%
2 years 19%
3 years 26%
4 years 32%
5 years 19%

Race/Ethnicity:

White 46%
Black/African-American 29%
Hispanic/Latino 17%
Multi-racial 7%
American Indian 1%

CAREGIVER CHARACTERISTICS:

Average Age: 34 years old

Gender:

Male 7%
Female 93%

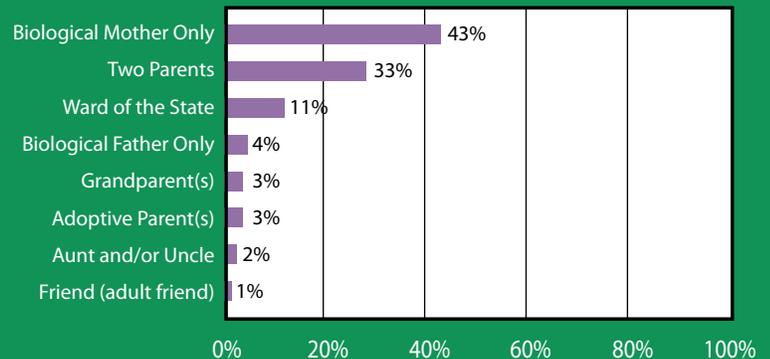
Race/Ethnicity:

White 55%
Black/African-American 29%
Hispanic/Latino 12%
Multi-racial 3%

Education Level:

Below High School 24%
High School/GED 35%
Some College/Associate's 31%
College Degree (e.g. BA, MA, PhD) 10%

Custody Status at Intake (n=218)



Children's Life Experiences

72% have lived with someone who was depressed

35% have lived with someone with mental illness, other than depression

35% have lived with someone with a substance abuse problem

35% have lived with someone who committed a crime

43% have witnessed domestic violence

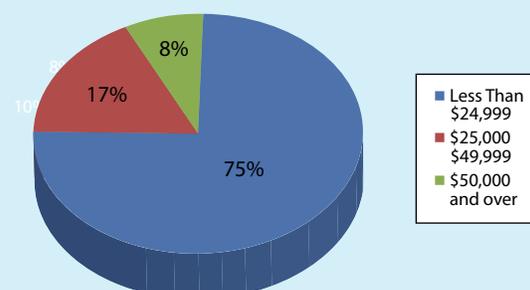
26% have witnessed or experienced physical assault

9% witnessed or experienced sexual assault

17% of kids in preschool have been suspended

Family/Household Income

(n=218)

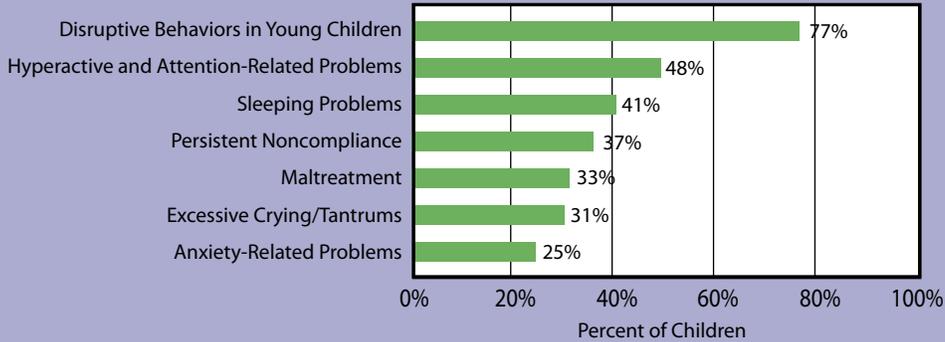


Child and Family Outcomes

Conservative projections indicate that between 1,113 and 1,699 preschool children in Alamance County have serious mental health needs.

Children's Presenting Problem

(n=218)

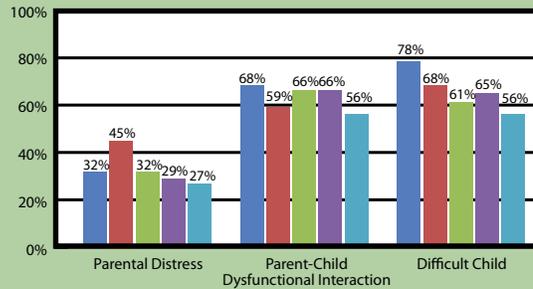


Over three quarters of the children were reported to have disruptive behaviors such as aggression, severe defiance, acting out, impulsivity, and recklessness and almost half displayed hyperactive and attention-related problems.

After 24 months of Alliance services, caregivers feel less distressed, have less difficult interactions with their children, and perceive their children as less difficult.

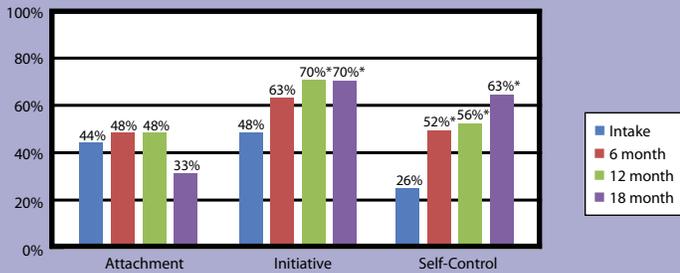
Percent of Caregivers Indicating Clinically Significant Stress Levels on the Parental Stress Index (PSI) at Intake and Follow-up Interviews

(n=41)



Percent of Children Displaying Average or Above Average Devereaux Early Childhood Assessment (DECA) Scores at Intake and Follow-up Interviews

(n=27)



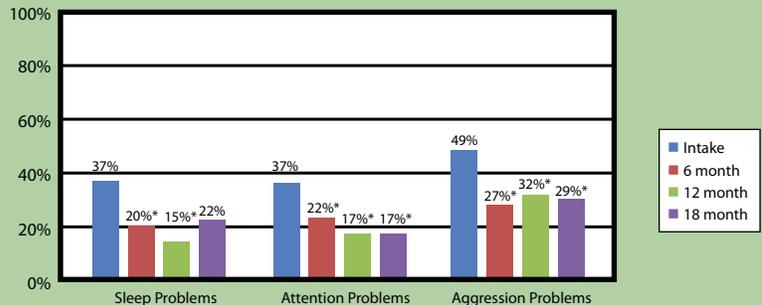
By 18 months of services, children appear to their parents to be less attached to adult caregivers, take more initiative and show more self-control in their behavior.



By 18 months of services, children's attention and aggression problems dropped significantly by 20 percentage points.

Percent of Children Scoring in the Clinical Range on the Externalizing Behavior and Sleep Subscales

(n=41)



Alamance Alliance Accomplishments

Direct Services

A total of 867 children and families have received direct services through the Alliance:

- 561 children have been referred for diagnostic assessment.
- 409 mental health assessments were completed.
- 309 children were eligible for Alliance enrollment.
- 100 children were referred to other community services.
- 283 families enrolled in the Alliance.
- 15 pregnant or parenting adolescent mothers have received Adolescent Parent Partner services.
- More than 109 families with young children have received case management services.
- 49 teachers in more than 25 child care facilities have received consultation services from the Early Childhood Mental Health Consultant.
- 15 women have participated in support group Services.
- 245 children and their families have been served through Incredible Years parenting classes.
- 15 families with 25 children have participated in the Parents As Teachers program through the Parent Educator co-located at Eastlawn Elementary School.



Indirect Services

- 602 children have been impacted through Incredible Years Teacher Training provided to more than 76 child care teachers in 30 facilities.

Workforce Development and Community Education

- 1,000+ agency/organization staff, child care providers, parents and members of the community received training on early brain development, social-emotional development and the effects of early childhood trauma, and identification and referral of children with social-emotional concerns.
- 121 professional staff from 15 agencies/practices have been trained to screen young children for social-emotional concerns using the Ages and Stages Questionnaire-Social Emotional (ASQ-SE).
- Over 321 training events have been held through the Alliance with 7,040 in attendance.



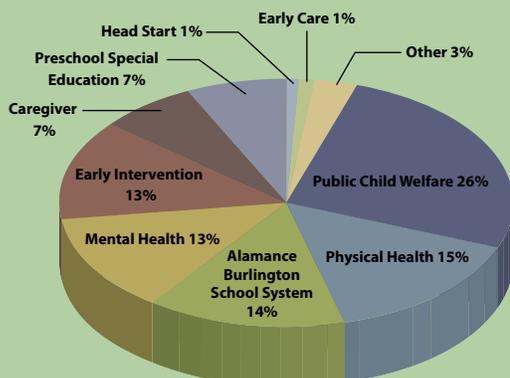
Through the training efforts of the Alliance, Project Launch and the Alamance Partnership for Children, eight evidenced-based early childhood mental health interventions and practices are now available in Alamance County:

- Trauma Focused-Cognitive Behavior Therapy (TF-CBT)
- Child-Parent Psychotherapy (CPP)
- Parent-Child Interaction Therapy (PCIT)
- Attachment & Bio-behavioral Catch-Up (ABC) (through Project LAUNCH)
- Triple-P-Positive Parenting Program (through Project LAUNCH)
- Incredible Years-Parents
- Incredible Years-Teachers
- Parents As Teachers

Statistics cited are over the life of the grant.



Who Refers Young Children for Services?



Referring Agency (n=218)



Kindergarten teachers say about 20% of children entering school do not yet have the necessary social/emotional skills to be "ready" for school. (BrightTots.com)



Community Outreach, Partnerships and Education Initiatives



The Alliance's two major public awareness projects this year were the *Give Your Child the Best Beginning* news insert (30,000 were distributed in Alamance County) and the *Behind the Seen* documentary premier and art show at the Paramount Theatre for Children's Mental Health Awareness Week.

Other awareness events have included:

- Carousel Festival
- Healthy Kids Day in the Park
- Active City Streets
- Burlington Christmas Parade
- Pre-kindergarten screenings and kindergarten fairs
- Employer Fairs
- Alamance Burlington School System Back to School Nights
- Flash mob for children's mental health
- Proclamation supporting young children's mental health

Partnerships and Education Initiatives:

- The Alliance partnered with the Alamance Partnership for Children to provide an Incredible Years class and Parents As Teachers Parent Educator at Eastlawn Elementary School.
- The Alliance partnered with Project Launch to provide early childhood mental health consultation to child care centers and homes.
- Through collaboration with the faith community the Alliance has offered a women's support group, kindergarten orientation, and community education.
- Case management services have been offered through Catholic Charities, NC Families United, and the Exchange Club Family Center.

For more information or to get on our mailing list call 336-513-0063 or visit our website at alamancesoc.org.

To download *Give Your Child the Best Beginning* go to alamancesoc.org



Behind the Seen Premier May 9, 2013 Paramount Theatre, Burlington, NC

