

Mt. HOPE family center

Building strong families
through scientific research

Winter/Spring 2010

A MESSAGE FROM THE EXECUTIVE DIRECTOR, DR. SHEREE TOTH

During the yearlong celebration of our 30th Anniversary in 2009, I have had many opportunities to reminisce about Mt. Hope Family Center's accomplishments with friends and colleagues. We have changed in many ways since 1979 but as we look ahead to the next 30 years and beyond,

I am struck by how much of our original mission of using sound scientific research to create and implement evidence-based therapies has stood the test of time. That was never so evident as during our symposium, *Frontiers in Translational Research on Trauma*.

Over 180 attendees from all over the country filled the Memorial Art Gallery auditorium for a day and a half to hear and discuss ways to translate cutting-edge research into evidence-based therapy for children and families. While we emphasize our research and clinical services, our affiliation with the University of Rochester makes it possible for us to train future scientists and practitioners all over the world. I was moved by how many former Mt. Hope students and staff returned for this event.

The symposium attendance and the quality of speakers who participated was a tribute to Mt. Hope's influence in the field of child development during its thirty years of existence. Not only through the many publications and presentations that emanate from Mt. Hope, but also from the hundreds of students and staff who have worked and studied here and then gone out into the world, we have been and continue to be a major contributor to the development of solid information and practice in improving family functioning and children's lives.



The symposium was a reminder of the growing acceptance of evidence-based interventions and how therapies, like Child Parent Psychotherapy, continue producing positive outcomes. Since evidence-based interventions depend on rigorous scientific research, public policy makers recognize them more

positively now, and advocate their utilization. Mt. Hope is proud to be at the forefront of integrating scientific research and evidence-based interventions.

I want to thank the speakers, Dr. J. Lawrence Aber, Dr. Gail Goodman, Dr. Christine Heim, Dr. Alicia Lieberman, and Dr. Ann Masten, and express my deep appreciation to Dr. Dante Cicchetti, my co-chair for this amazing event. I would also like to thank Joel Seligman, president of the University of Rochester, and Kelly Reed, Monroe County Human Services Commissioner, for their gracious welcome remarks the first morning.

A special note of gratitude goes to our funders, without whom the symposium would not be possible, The Lisa Flanagan Grossman Memorial Scholarship Fund, Monroe County Department of Human Services and Monroe County Office of Mental Health, The University of Rochester, The University of Rochester School of Nursing, and The Fred and Floy Willmott Foundation. It is truly an honor to be able to help contribute to disseminating quality services to children and families.

Sheree L. Toth, Ph.D.
Executive Director



MT. HOPE IS MEETING BASIC NEEDS IN CHILD CARE CENTERS

Pre-school children exposed to violence and other stressors often exhibit challenging behaviors, emotional or behavioral disorders, delays, and disabilities. The link between poverty and violence increases this risk in low-income children. It is therefore concerning that a community-wide study reveals early childhood educators and child-care providers feel ill equipped and lack the necessary tools to address these issues.

Behavioral and Social Interventions for Children (BASIC), a community partnership initiative, examines

whether providing an integrated network of preventive and therapeutic services on-site in child care centers can change or prevent the development of challenging behaviors in high-risk young children. Services range from universal programs (available to entire classrooms), including Incredible Years parenting classes and PATHS (Promoting Alternative THinking Strategies) preschool emotions curriculum to selective prevention (for higher risk children) including behavioral consultation and Primary Project, to indicated prevention (for children and families with higher levels of need), including Child Parent Psychotherapy (CPP) and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). Mt. Hope Family Center provides CPP, TF-CBT, and is one of the partners conducting Incredible Years classes.

All of the centers have National Association for the Education of Young Children (NAEYC) accreditation, serve primarily low income, urban populations and are not part of other initiatives such as Head Start.

We would like to thank our community partners:

- Children's Institute
- Early Childhood Development Initiative, Task Force on Children with Challenging Behaviors
- Early Childhood Education Quality Council
- Incredible Years Collaborative
- Monroe Community College Child Care Center

Special Thanks to our Funder:

- The United Way of Greater Rochester

WE HAVE A NEW LOOK ON THE INTERNET

If you have not been to our website recently, you will notice a huge difference. Anyone visiting www.mthopefamilycenter.org will know that our mission is helping children. A changing banner of smiling faces invites you to discover more about our projects, events, and latest news. Like any new venture, we are still tweaking things but we want to thank Avery Marketing for donating their time and effort to this terrific communication tool.



Be a **Facebook fan!** Help us reach our goal of 500 fans by joining us and suggesting us to everyone you know or linking to us on your home page.



MAJOR FUNDING ESTABLISHES NEW STUDY AND PRESTIGIOUS NETWORK MEMBERSHIP

The U.S. Substance Abuse and Mental Health Services Administration (SAMHSA), through the U. S. Department of Health and Human Services, awarded Mt. Hope Family Center a three-year, \$1.2 million grant. It establishes MHFC as part of the National Child Traumatic Stress Network, a federally funded partnership of academic and community-based centers aimed at improving care for children and families struggling with abuse, neglect, community violence, and other forms of trauma. Mt. Hope is the only program in Western New York invited to join the network.

Families struggling with trauma often have difficulty establishing secure relationships, setting the children up for a cascade of failures throughout life. Trauma, ranging from abuse and domestic violence to long-term illness or

injury of a loved one, and homelessness, can seriously disrupt many aspects of normal development. A key factor to success is facilitating a child's resilience in the face of adversity.

Promoting Positive Pathways, our new project funded by the SAMHSA grant, provides and evaluates three innovative evidence-based treatments, Child-Parent Psychotherapy (CPP), Attachment and Bio-Behavioral Catch-Up (ABC), and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). This three-year project provides services to 270 young children, (90 each year) many who have been placed in Monroe County Foster Care as a result of traumatic experiences.

The National Child Traumatic Stress Network's Mission is to raise the standard of care and improve access to services for traumatized children, their families, and communities throughout the United States. Dr. Toth commented, "Being part of the Network is an incredible opportunity to bring in resources, one that not only enhances our capabilities, but that changes our community."

BLUE JEAN DAYS – GOING CASUAL FOR KIDS, APRIL 5-11

April is *National Child Abuse Prevention Month* and Mt. Hope Family Center is hosting a community-wide event, Blue Jean Days — Going Casual for Kids. Participating companies allow their employees to wear blue jeans for the day when they make a \$5 donation supporting the programs and families at Mt. Hope Family Center. If dressing casually is not appropriate, they can wear one of the denim pins we provide. To become a Blue Jean Days company, please contact Sarah Smith at sarah.g.smith@rochester.edu or Margaret Possee at mpossee@gmail.com



MT. HOPE FAMILY CENTER PARTNERS IN INNOVATIVE CENTER

Dr. Sheree Toth, Dr. Jody Todd Manly and Sara VanBortel joined County Executive Maggie Brooks and other community partners to break ground for The Starlight Pediatrics and Monroe County Visitation Center, a one-of-a-kind center providing well-coordinated comprehensive services for children and adolescents in foster care. This high-risk special needs population has increased rates of developmental, behavioral and mental health problems attributable to childhood traumas. The \$8 million center is scheduled to open in the fall of 2010 and will improve outcomes for children and families through a coordinated and comprehensive approach to their health and well-being.

Services will include: primary health services, evidence-based assessments and evaluations, on-site mental and developmental health services, parenting education programs, and therapeutic supervised visitation. Mt. Hope Family Center has been asked to provide mental health services.

The goal is to effectively translate individual interventions into a well-coordinated, comprehensive model. This unique facility will combine the county's current nationally recognized medical home with a much-needed supervised visitation center. We are confident it will become a national model for providing care to children in foster care.

NEW FACES AT MT. HOPE FAMILY CENTER

ADVISORY BOARD

We welcome two new members to our Advisory Board, **Tony Dechario** and **Sue Avery**. Tony recently retired after serving as the Mt. Hope Family Center Administrator for over ten years and graciously agreed to remain as a consultant and valued voice on our Board. Sue Avery is the CEO of Avery Marketing, an integrated marketing communications company in Fairport working with many blue chip and Fortune 500 companies. Sue's creative team at Avery Marketing built our beautifully redesigned website, www.mthopefamilycenter.org.

RESEARCH FELLOW

We also welcome **Dr. Assaf Oshri**, our new postdoctorate fellow, to Mt. Hope Family Center. Dr. Oshri is a developmental psychologist specializing in research on youth risk behaviors. He completed his Bachelor degree with a major in Behavioral Sciences at Ben Gurion University in Israel, then pursued a Masters and Doctorate Science degree at Florida International University, majoring in developmental psychology. In his dissertation, Dr. Oshri examined relations between child maltreatment experiences, psychiatric problems and sexual risk behaviors among youth with drug use problems. He is currently working on multiple projects with Dr. Sheree Toth, Dr. Fred Rogosch, and Dr. Dante Cicchetti. Dr. Oshri stated, "I'm very excited about being at Mt. Hope Family Center and the chance to work with such highly respected colleagues."

SUMMER CAMP LEADS TO NEW INFORMATION ON DEPRESSION

Although children can be depressed for many reasons, new evidence from data collected during Mt. Hope Family Center's Summer Camp, suggests that there are physiological changes among depressed children who were abused before age 5.

The study found that daily fluctuations in cortisol, the "stress hormone," were atypical in these children, indicating that the body's primary system for adapting to stress had become compromised. Early abuse may be especially damaging to developing emotion and stress systems in the young child. Dr. Dante Cicchetti, Dr. Fred Rogosch, Dr. Megan Gunnar, and Dr. Sheree Toth co-authored the study. Read the full article in the January/February 2010 issue of the journal, *Child Development*, or online at www.srcd.org.

DONORS

Mt. Hope Family Center wants to thank all the following for their support for our 30th Anniversary Symposium, *Frontiers in Translational Research on Trauma*, the Annual Fund, and our families during the holidays.

All State Insurance
Kathy Adamski
June E. Adinah
The Honorable Francis & Heather Affronti
Melissa Affronti
Lisa B. Altman
Lisa Ambrette Tellechea
Keith W. Amish
Thomas H. Anderson
Dr. Richard & Patricia Aslin
Association of College Unions International
Joan Baleno
Janette I. Barley
Geoff Barrow
Ruth H. Bennett
John Ellsworth Black
Frederick & Marianne Borrelli
Nancy M. Bowllan, RNMS
Dr. A. Richard & Faith Brayer
James Bruen & Jane Plitt
John & Lisa Butt
Dr. Robert & Bets Caldwell
Anthony & Stephanie Capobianco
John & Betsy Carver
William & Musette Castle
Kar Chai & Molly Py Chan
Christopher Communications
Dr. Dante Cicchetti
Dolores Cicchetti
Clara & Kurt Hellmuth Foundation, Inc.
Conolly Printing
Dr. Patrick & Tina Davies
Dr. Edward L. Deci
Dr. Kenneth & Jean DeHaven
Elaine Ann Dewey

Matthew & Laura DiBiase
Dr. Michael & Elizabeth Divinia
Thomas & Lesley Doupe
Ann Louise Erickson
Kathryn Eveleigh
Ann M. Farie
John & Suzanne Fitzgerald
Elizabeth V. Flanagan
Dr. Jill Terese Gentile
Drs. Thomas & Kathleen Gerbasi
Dr. Eric B. Grossman, Ms. Elizabeth Schorr & Nina
Lisa Flanagan Grossman Memorial Scholarship Fund
Dr. Don P. Haefner
Florence Hamilton & the University of Rochester Clinical & Social Sciences in Psychology Department
Nancy D. Harber
Lawrence & Laura Heilbronner
Dr. John J. Hoffman
William & Iris Iler
Dr. Rafael Klorman
Anne Kryger
Elliott Landsman & Deborah Goldman-Landsman
Carol Ann Laniak
Brian & Jennifer Lester
Renee J. Levine
Jo Bonnie Levinson
Richard & Judith Lines
Kenneth & Maryjane Link
Joseph Lippa
Frank & Cricket Luellen
David Lutz & Mette Stromnes

Dr. Jenny Anne Macfie
Wayne R. Magaw & Nancy Lopez
Gerald Marshall & Dr. Gail Rothman-Marshall
John & Mary Martha McKenna
Dr. William & Barbara Mitchell
Monroe County Department of Human Services
Monroe County Office of Mental Health
Dr. Philip Samuel Nash
Papa John's Pizza on Mt. Hope Avenue
Peter & Mary Ellen Neun Parry
Louise Paulsen
Sheila M. Pelton
Katharine B. Peltz
Kevin Perry & Constance Ihlenburg Perry
Pullano & Associates
Robert E. Pykus
Dr. Mark Herr Rains
Edward & Elaine Reeners
Rene Reixach
Michelle Rogers
Joseph Anthony Roscoe
Dr. Donald C. Ross
Alan Rubenstein
Theresa Alessandra Russo Foundation
Drs. Carl & O.J. Sahler
Melinda R. Saran
Erica Setter
William & Alma M. Shelly
Dr. Virginia Shipman
Wendy Sue Siegel, in memory of Daniel Millman
Mark & Marcia Siewert
Jean B. Smith
Melinda Diana Soisson

Michael Spitale Salon
Michael, Diane, Mike & Brittany Spitale
Dr. Eugene Schnell & Monika Springer Schnell
The Spunk Fund
Staples, Henrietta, NY
John & Marcella Stewart
Drs. Peter & Moira Szilagyi
Jeffrey & Christina Teschke
Mary Ellen Thomas
Mona Thomas
Dr. Peter & Lucinda Tischer
Dr. Sheree L. Toth
Kimberly Truebger
United Way of Greater Rochester
University of Rochester
University of Rochester School of Nursing
Derek & Arlene Vanderlinde
Roberto M. Vargas & Rebecca Jeanne Mercier-Vargas
Stephen J. Vega & Madelyn Garcia
Prof. Peter Leonard Waasdorp
Melinda Hope Wasserman Boxenbaum
Bill Waterhouse and the University of Rochester Information Technology Services Department
Fran Weisberg
Dr. Patricia Wheeler
Fred & Floy Willmott Foundation
Melody Wollgren
Elizabeth Wood, in honor of Margaret Manley
Dr. Bernard Zeifang
Carol A. Zeitler
Pam Zucco, Time Warner

