



**BUILDING STRONG FAMILIES**  
THROUGH SCIENTIFIC RESEARCH

Mt.  
**HOPE**  
family center

2010 ANNUAL REPORT

Founded in 1979, Mt. Hope Family Center is dedicated to helping children and families improve their lives. Through treatment, prevention, research and training in the areas of human development, child maltreatment and mental disorders in children and families, we provide the resources parents and children need to build strong, healthy family and peer relationships.

Mt.  
**HOPE**  
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Building strong families  
through scientific research

187 Edinburgh Street  
Rochester, New York 14608

[www.mthopefamilycenter.org](http://www.mthopefamilycenter.org)



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# A MESSAGE FROM THE EXECUTIVE DIRECTOR



During 2010, I began my 25th year at Mt. Hope Family Center and marked my 5th anniversary as the Executive Director. From the beginning, innova-

tion has been one of our hallmarks as we sought sometimes unconventional solutions to challenges facing at-risk families. We grew into one of the nation's premiere research centers, gaining prestige in our profession while remaining virtually unknown locally. Once again, innovation is solving that too.

The tagline below our name reads, "Building strong families through scientific research." However, in 2010, we can also say Mt. Hope Family Center is "building strong families through creative partnerships." Just as integrating research with clinical application strengthens our work, these new associations broaden our ability to help children and families.

We reached out to community agencies with similar missions but different strengths and made cross-profession connections to colleagues in other fields of study at the University of Rochester. This resulted in some inspiring research projects that could dramatically change the way clinicians provide trauma treatments.

Our original large-scale community collaboration, Building Healthy Children (BHC), brought together the strengths of Mt. Hope Family Center with the Society for Protection and Care of Children, the

Social Work and Pediatrics Departments of Golisano Children's Hospital at Strong, Monroe County Department of Human Services, and the United Way of Greater Rochester. Its initial success resulted in additional funding and many cite BHC as one of the most successful teen parent prevention programs in the area.

One of our newest programs, Behavioral and Social Interactions for Children (BASIC), brings together the Children's Institute, the Early Childhood Development Initiative, Early Childhood Education Quality Council, The Incredible Years Collaborative, and Monroe Community College Child Care Centers to address behavioral management concerns expressed by preschool educators in a community survey.

Through our research project, CONNECT, we reached across to other fields of science. We saw great success working with the University of Rochester Department of Electrical and Computer Engineering and expanded that partnership to include physicians at the University of Rochester Medical Center in our new project, Biobehavioral Research in Different Generational Experiences (BRIDGE.) Their work could provide amazing insight into the parent-child relationship by revealing not only behavioral but also physiological changes resulting from therapy.

In 2010, Dr. Jody Todd Manly and I helped break ground for one of the area's most important alliances supporting children and adolescents involved with foster care. The Monroe County Pediatrics and Visitation Center offers a centralized

location for delivering primary and mental health services, family-centered programming and supervised visitation to children and families in foster care programs throughout the area. We provide evidence-based mental health services at the center and expect it to become a national model.

Finally, our membership in the National Child Traumatic Stress Network (NCTSN), a part of the Substance Abuse and Mental Health Services Administration (SAMHSA), affords us broader opportunities to develop and disseminate more evidence-based trauma-focused treatments. We are very proud of this affiliation and what it has brought to the local and national communities.

Henry Ford, known for his innovative thinking, once said, "Coming together is a beginning. Keeping together is progress. Working together is success." We began a new chapter in Mt. Hope Family Center's history this year. Together with community partners, professional colleagues and our donors, Mt. Hope Family Center will continue building strong families and contributing to the well-being of vulnerable children locally, nationally, and internationally.

A handwritten signature in black ink that reads "Sheree L. Toth".

Sheree L. Toth, Ph.D.  
Executive Director

# INTERVENTION AND PREVENTION

Mt. Hope Family Center provides five evidence-based clinical intervention and prevention services. We help approximately 900 at-risk children and families annually through our clinical programs and research projects, and even more through community outreach and collaboratives. All services receive rigorous scientific evaluation and efficacy validation at the Center and other locations. The Monroe County Department of Human Services, state and federal grants, the United Way of Greater Rochester, and private donations fund these services.



Promoting Alternative Thinking Strategies (PATHS)

91%

Over the past two years, 91% of the children who began the PATHS program with depressive symptoms in the clinical range reduced their symptoms.

## Clinical Services

### Child-Parent Psychotherapy (CPP)

This preventive intervention focuses on the attachment relationship between parents and children ages birth-6 years. Sessions meet weekly for 9-12 months. In addition to providing CPP through our Preventive Services, we utilize it in the Promoting Positive Pathways (PPP) and Behavioral and Social Interventions for Children (BASIC) clinical programs, and Building Healthy Children (BHC), and Fostering Recovery research projects.

In 2010, we provided CPP training to 14 sites around the country and worked with the University of California at San Francisco to develop training materials. SAMHSA honored our work with its 2010 Science and Service Award, saying "your success in the (CPP) arena is visible proof to those you serve of the importance and direct benefit of translating research into practice."

### Cognitive Behavioral Therapy (CBT)

This short-term, child-focused intervention addresses unhealthy emotions and behaviors in children ages 3-16 years. Therapists meet with their clients for 16-20 sessions. We use

Trauma Focused CBT (TF-CBT) if traumatic stress caused the child's difficulties. In addition to providing CBT through our Preventive Services, we utilize it in BASIC and PPP.

### Incredible Years Parenting Group (IY)

This award-winning preventive curriculum teaches parents effective parenting skills and positive behavior management. Classes meet at the Center for 14 weeks, and 23 families participated in 2010. We provide IY through our Preventive Services, and BHC offers classes for their teen mothers.

A six-agency IY Collaborative offers classes throughout Monroe County, and Mt. Hope Family Center serves as the lead agency. Through the Collaborative, we also provide IY to participants in BASIC.

### Interpersonal Psychotherapy (IPT)

This intervention lasts 12-16 weeks and helps adults and teens struggling with depression. When participants identify their symptoms, understand how relationships affect their depression, and how it diminishes their ability to function normally, they can develop better relationship and parenting skills, and ways to avoid future depressive episodes. In addition to providing IPT through our Preventive Services, we utilize it in BHC.

### Promoting Alternative Thinking Strategies (PATHS)

Our afterschool program, PATHS Club, employs this therapeutic emotions-based curriculum to reduce anger and violent behavior, and develop positive social skills in children ages 6-11. PATHS Club meets three days a week for seven weeks and, in 2010, we held three sessions with 25-30 children in each.

Over the past two years, 91% of the children who began the PATHS program with depressive symptoms in the clinical range reduced their symptoms. Seventy percent of children with elevated Post Traumatic Stress Disorder (PTSD) symptoms reduced their anxiety and counselors rated 92% of the children as improving in their socio-emotional skills.

## Clinical Programs

### Preventive Services

We provide each of the five evidence-based interventions through a contract with the Preventive Unit of the Monroe County Department of Human Services. Some highlights from 2010:

Of the 110 children receiving Preventive Services, 30 were in foster care placement at the time service began. Of the 80 children that were still in the home, none were removed and placed in foster care – a 100% avoidance rate.

Of the 28 cases closed in Cognitive Behavioral Therapy and Child-Parent Psychotherapy, 98% showed improvement as evidenced by goal achievement.

### Behavioral and Social Interventions for Children (BASIC)

This community partnership with the United Way of Greater Rochester, the Children's Institute, seven accredited urban childcare centers, and the IY Collaborative, provides an integrated network of preventive and therapeutic services for preschoolers and their caregivers on-site in the centers.

Services range from universal programs available to entire classrooms (IY and Preschool PATHS) to selective preventions

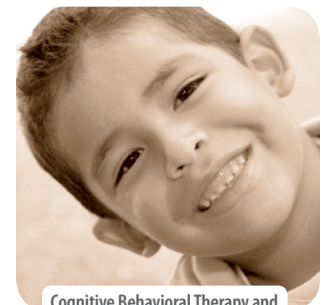
for higher risk children, (behavioral consultation and Primary Project) and indicated preventions (CPP and TF-CBT) for higher-need children and families.

### Promoting Positive Pathways (PPP)

This program provides and evaluates the efficacy of CPP and TF-CBT on promoting resilience in children involved in the foster care system and exposed to traumatic situations like abuse, violence, long-term illness or injury. In 2010, PPP provided 36 families with CPP and 38 children with TF-CBT. We also expanded the original target population to include children living with birth parents, relatives, adoptive homes, or their biological parents. Promoting Positive Pathway's SAMHSA funding qualifies the Center for NCTSN membership.



Dr. Sheree Toth joins Monroe County Executive, Maggie Brooks, Monroe County Human Services Commissioner, Kelly Reed, Monroe County Director of Public Health, Dr. Andrew Doniger, Cindy Lewis, Monroe County Director of Child and Family Services, and representatives from Starlight Pediatrics and the Society for the Protection and Care of Children at the groundbreaking for the Monroe County Pediatrics and Visitation Center. The 22,000-square foot center opened its doors in the fall.



Cognitive Behavioral Therapy and Child-Parent Psychotherapy

**98%**  
**IMPROVEMENT**  
Evidenced by goal achievement in the 28 cases closed.

# RESEARCH



Our research identifies processes in normal and abnormal child development with the goal of attaining a better understanding of the factors contributing to poor adaptation and psychopathology, as well as factors promoting resilience and healthy development. We primarily focus on the most at-risk children in our community, who live in environments most prone to maltreatment, community violence and maternal depression. We apply research knowledge to the development of interventions and preventive programs that result in healthy child development. You can find more detailed descriptions and contact information for the research staff on our website, [www.mthopefamilycenter.org](http://www.mthopefamilycenter.org).

## **Biobehavioral Research in Different Generational Experiences (BRIDGE)**

### **Principal Investigators:**

Melissa Sturge-Apple, Ph.D., Patrick Davies, Ph.D. – University of Rochester Department of Clinical and Social Psychology, and Mt. Hope Family Center; Wendi Heinzelman, Ph.D., Zeljko Ignjatovic, Ph.D. – University of Rochester Department of Electrical and Computer Engineering; Spencer Rosero, M.D. – University of Rochester Medical Center Department of Cardiology

### **Special Thanks to Our Funder:**

Eunice Kennedy Shriver National Institute of Child Health and Human Development

BRIDGE involves a multidisciplinary team from the fields of psychology, engineering, cardiology, and communications working together to develop new methods of studying the parent-adolescent relationship within the context of the family. The project follows middle school students and their families over a two-year period, and features several new approaches for analyzing emotional reactivity including recently designed wireless EKG monitors, paralinguistic voice analysis systems, and emotion reporting techniques.

**Status:** We are finalizing research protocols and recruitment begins in the fall of 2011, with plans to enroll 200 Rochester-area families with middle school-age students.

## **Children's Learning and Adaptation for Success in School (CLASS Continuation)**

### **Principal Investigators:**

Jody Todd Manly, Ph.D. – University of Rochester Department of Clinical and Social Psychology, and Mt. Hope Family Center; Michael Lynch, Ph.D. – SUNY, Geneseo

### **Special Thanks to Our Funder:**

National Institute of Mental Health

The original CLASS study investigated low-income children ages 4-6 from diverse family situations and the impact of child neglect on their learning and adaptation in a school environment. Through a grant from NIMH examining "Traumatic Stress Among Violence-Exposed Youth," we continued studying these children through age 11 and extended the original research to physical and mental health functioning. Researchers analyzed traumatic stress' effects on a wide range of mental and physical functions and are determining what factors may lead to mental health difficulties such as symptoms of PTSD, conversely, might make a child more resilient to adversity.

**Status:** Final data collection continues through mid 2011, and we begin analyzing our findings then. A total of 225 high-risk, urban children and their caregivers participated.

## Building Healthy Children (BHC)

### Principal Investigator:

Sheree L. Toth, Ph.D. – University of Rochester Department of Clinical and Social Psychology, and Mt. Hope Family Center

### Special Thanks to Our

#### Funding Partners:

Monroe County Department of Human Services, United Way of Greater Rochester, U.S. Health Resources and Services Administration through the New York Department of Health, and U.S. Administration on Children, Youth and Families Children's Bureau

BHC provides and evaluates preventive interventions for women who gave birth to their first child prior to the age of 21 years, and have no more than two children, both of whom are under the age of three. These young families receive a combination of four evidence-based programs: CPP and IPT provided by Mt. Hope Family Center, and Parents as Teachers and IY, provided by our partner, the Society for the Protection and Care of Children (SPCC.) Outreach workers through URMCC assist families with any needed support services such as food, housing, medical care, and transportation for up to 3 years.

**Status:** As of December 2010, BHC enrolled 311 families, with 173 in the treatment group. At intake, children ranged in age from one week-24 months and mothers ranged in age from 14-22 years.

## CONNECT

### Principal Investigators:

Melissa Sturge-Apple, Ph.D., Fred Rogosch, Ph.D. – University of Rochester Department of Clinical and Social Psychology, and Mt. Hope Family Center; Wendi Heinzelman, Ph.D., Zeljko Ignjatovic, Ph.D., and Joe Rausch, Ph.D. – University of Rochester Department of Electrical and Computer Engineering

### Special Thanks to Our Funder:

National Institute of Nursing Research

CONNECT is a collaborative effort developing new technologies that provide an in-depth look at how toddlers deal with common but stressful situations, such as being briefly separated from a parent. They developed a new system called WiPsy (Wireless technology for Psychological research) which serves as the foundation of the project. The WiPsy system allows for the toddler-mother interaction and the stress exhibited by the toddler to be assessed through both behavioral observation and physiological analysis. The way the toddler chooses to react in these unfamiliar environments can then be considered in relation to the complexities of the early parent-child relationship.

**Status:** CONNECT completed initial data collection in 2010. NINR extended funding into 2011 that allowed longitudinal follow-up with the participants. The findings will appear in a future issue of *Development and Psychopathology*.



Building Healthy Children

30  
MOMS

Graduated from the  
Building Healthy Children  
Program

The first 30 mothers completed the three-year Building Healthy Children program and we hosted a graduation ceremony in September at the Danforth Community Center to celebrate their hard work and success. This is the first time many of these women have been recognized for an achievement. Cindy Lewis, Monroe County Director of Child and Family Services, told the young women, "You are superstars! I am awed by your willingness to take the steps and make things better in your life and the lives of your children." Michielia Phillips, a graduating mother of a three-year old daughter, presented the keynote address. She wrote and read this poem about the BHC staff and her experience.

*I was withdrawn, depressed, and  
couldn't help myself,  
but with the help of Bree,  
I became free.*

*I couldn't express myself,  
or be myself,  
but with the help of Ms. Hall  
I accomplished it all.*

*I couldn't find a job or  
apply to school,  
Tamara and Anita helped me  
break that rule.*

*My name is Michielia Phillips &  
All four of these women helped  
build just one me.  
liesha, Tamara, Anita & Bree  
are who helped me be me –  
through BHC.*

## Fostering Recovery

### Principal Investigator:

Sheree L. Toth, Ph.D. – University of Rochester Department of Clinical and Social Psychology, and Mt. Hope Family Center

### Special Thanks to Our Funders:

The Children's Bureau and The Monroe County Department of Human Services

Fostering Recovery compares families receiving Rapid Referral support for traditional substance abuse programs with those also receiving CPP provided by Mt. Hope Family Center. We hope to improve lives of families struggling with substance abuse by showing that combining treatments enhances parent-child relationships, increases the children's emotional and cognitive development, reduces out-of-home placements and improves both parental participation and long-term success.

**Status:** This year, we created a relationship with The Judicial Process Commission to also help mothers who were recently released from incarceration. The project completed new enrollment in November, with 103 total participants. During 2010, we enrolled 65 new clients and discharged 36 clients.

## Successful Transitions in Ethological Perspectives (STEP)

### Principal Investigators:

Melissa Sturge-Apple, Ph.D., Patrick Davies, Ph.D. – University of Rochester Department of Clinical and Social Psychology, and Mt. Hope Family Center

### Special Thanks to Our Funder:

Eunice Kennedy Shriver National Institute of Child Health and Human Development

Emerging evidence suggests that the ways children cope and respond to conflict between parents vary as a function of their experiential histories with specific types of conflict, forms of family adversity, and their temperamental and physiological dispositions. However, little is known about the nature of children's responses to conflict, the specific family and child characteristics that serve as precursors of the different coping styles, or their distinct implications for children's adjustment. By understanding different patterns of coping with conflict and linking them to family and developmental pathways, STEP hopes to generate information that will improve prevention and intervention programs. This multi-faceted study focuses on 250 families with children ages four and five and combines clinical observation and information from the families with physiological data, like levels of two stress hormones, to determine distinct behavior patterns or behavioral changes and biological signs of distress or fear in the children.

**Status:** Data collection for Wave 1 is currently underway.

## Summer Camp

### Principal Investigators:

Fred Rogosch, Ph.D. – University of Rochester Department of Clinical and Social Psychology, and Mt. Hope Family Center; Dante Cicchetti, Ph.D. – The Institute of Child Development at the University of Minnesota

### Special Thanks to Our Funder:

National Institute of Mental Health

Summer Camp, one of our two longest-running programs, completed its 23rd summer. School-age children from low income, high-risk homes spend a week enjoying traditional camp recreation, like crafts and games, while participating in research-related activities, social skill building exercises and individual time with trained counselors. The staff uses a variety of assessment tools for evaluating the children cognitively, emotionally and physiologically. They measure brain activity and emotional responses during computer games, check daily levels of the stress hormone cortisol, and collect DNA samples to study genetic influences on adaptability. These data, along with individual questionnaires, family interviews, school records and observations of casual peer interactions, help characterize a child's overall mental health and level of resilience.

**Status:** In 2010, approximately 250 Rochester children ages 8-10 attended Camp. Current funding continues through 2014.



# TRAINING AND DISSEMINATION

## Training

Forty five undergraduate students and 10 graduate students participated in research projects and clinical services. Additionally, 14 undergraduate and graduate student counselors and five interns provided planning, coordination and research assistance for Summer Camp.

Dr. Toth and Dr. Patrick Davies continued providing educational and career development opportunities for University of Rochester clinical and developmental psychology graduate students through their monthly Brown Bag Lunch series.

Clinical staff participated in two NCTSN Learning Collaboratives focusing on TF-CBT and CPP. They learned more about other evidence-based clinical models for trauma treatment, interfaced with colleagues from around the country, and interacted with the model developers. Dr. Jody Todd Manly served on the CPP Collaborative faculty, where she trained sites across the nation on CPP implementation, and mentored junior faculty on becoming CPP trainers.

## Dissemination

In 2010, staff gave eight presentations at conferences all over the world, and published nine papers in professional journals. You can find the titles and publications under the Publications section of our website, [www.mthopefamilycenter.org](http://www.mthopefamilycenter.org).

Dr. Toth presented the keynote address, *Bridging Research and Practice: Relational Interventions for Maltreated Children*, at the Association for Child and Adolescent Mental Health's Jack Tizard Memorial Lecture and National Day Conference in London, England. The conference focused on "Child Maltreatment: The Way Forward."



### Training

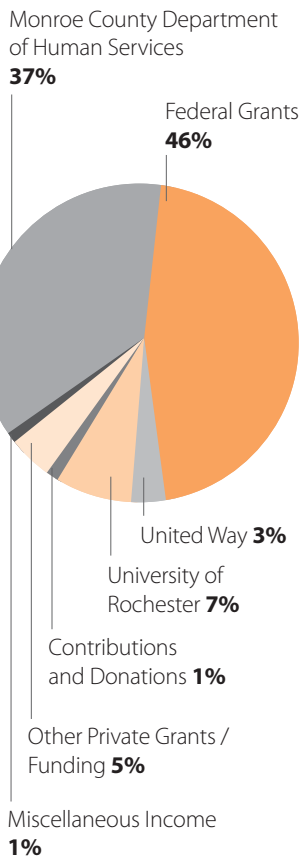
45  
undergraduate students and  
10  
graduate students  
participated in research  
projects and clinical services.

# FINANCIAL STATEMENTS

## Income

Monroe County Department of Human Services .....	1,858,444.00
Federal Grants.....	2,366,561.00
United Way.....	160,018.00
University of Rochester.....	379,067.00
Contributions & Donations.....	47,796.00
Other Private Grants/Funding.....	230,833.00
Miscellaneous Income .....	45,815.00
<b>Total Income.....</b>	<b>5,088,534.00</b>

## 2010 Income



## Expenses

Personnel.....	3,134,660.51
Travel.....	66,056.63
Clinical and Lab Supplies.....	17,207.46
Equipment.....	84,145.15
Occupancy.....	504,085.85
Telecomm.....	27,782.62
Maintenance and Operations.....	81,026.00
Bus Lease, Fuel, and Maintenance.....	17,734.62
Consultants.....	69,875.94
Insurance.....	1,354.00
University Health Updates.....	3,540.03
Subject Payments.....	50,056.05
Subcontracts.....	547,259.13
Tuition.....	11,190.00
Medical Motors.....	14,030.00
Indirect Costs.....	591,612.86
<b>Total Expenses.....</b>	<b>5,221,616.85</b>

We want to thank all who supported us with a financial gift during 2010. Here are a few highlights of events and other community support.

**April:** Blue Jean Days recognized National Child Abuse Prevention Month and raised \$7500 for our Family Emergency Fund.

**May:** The United Way Children's Success Fund donated \$5000 for new PATHS Club and Summer Camp sports equipment.

**July:** Yoga Shines 4 Change hosted Carnival for a Cause on our behalf, and the event raised \$3000.

## Blue Jean Days

Businesses and school groups across the area helped us recognize National Child Abuse Prevention Month with our first Blue Jean Days fundraiser. Blue is the color of child abuse prevention so we asked employers to allow their staff to wear blue jeans to work for a \$5 donation to Mt. Hope Family Center. Companies who were unable to dress casually, sold denim ribbons for \$5.

Several university student groups in the area, including the University of Rochester's Kappa Delta (KD) and Sigma Delta Tau (SDT) sororities sold ribbons on campus or held alternative events to increase awareness of the month and raise money. We raised \$7500 for our Family Emergency Fund.



Members of the University of Rochester's KD and SDT sororities kick off Blue Jean Days with University President, Joel Seligman, Mt. Hope Family Center Executive Director, Sheree Toth, and University of Rochester Vice President and MHFC board member, Paul Burgett.

# FINANCIAL DONORS

## We thank the following individual and corporate financial donors.

Received through 12/31/2010

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