

2013/14 Annual Report



Mt.
HOPE
family center

Building strong families through scientific research.



“It is easier to build strong children than to repair broken men.”

Frederick Douglass





Dear Friends,

This is an exciting time at Mt. Hope Family Center. We continue growing in ways that have both local and far-reaching effects. Over the past 18 months, we developed trauma training for clinicians and teachers across the country, began working with older adolescents, and presented our research findings around the world, from Seattle, Washington, to Edinburgh, Scotland and Namibia, Africa.

Here are a few more of our top highlights:


- For the first time, we have a project (PEACE) that reaches out to military families. We are learning a great deal about the challenges they face due to the unique stresses of deployment, relocation, or loss.
- Project TRAIN is partnering with Kirch Developmental Centers and Starlight Pediatrics to conduct a monthly Fetal Alcohol Spectrum Disorders (FASD) Diagnostic and Evaluation Clinic – one of only two in New York State.
- Drs. Jody Todd Manly, Robin Sturm and Alisa Hathaway became certified for the National Child Parent Psychotherapy Training Faculty and conducted trainings at 14 sites around the country, greatly expanding the number of families helped by this intervention.
- We began groundbreaking research with the Rochester Center for Brain Imaging using Magnetic Resonance Imaging (MRI) to study resilience in adults with and without histories of child maltreatment.

What really inspires me is knowing that our center's achievements reflect personal success for our clients. Reaching out to new populations and expanding our training means we help more at-risk families and children learn to cope, heal, and grow stronger. In the following pages, every number represents a great deal of hard work and dramatically changed lives, like the teen mother who sets and attains goals for the first time, or the family reunited after gaining control and confidence in our Incredible Years parenting class. Their stories are our stories. Our success is their success.

As you will see, our new website is featured in this report. Please visit us at www.mthopfamilycenter.org to see all the ways we are helping children and families, conducting research, and educating the next generation of therapists and scientists. As always, our work would not be possible without our valuable friends and donors. So, on behalf of the staff and families, thank you for your continued support.

A handwritten signature in black ink that reads "Sheree L. Toth". The signature is fluid and cursive.

Sheree L. Toth, Ph.D.
Executive Director

A close-up photograph of a woman with voluminous, curly brown hair hugging a young girl with similar curly hair. The woman is wearing a dark blue long-sleeved shirt and has a gentle smile. The girl is wearing a light green, button-up shirt and is smiling broadly. The background is a soft, out-of-focus golden-brown color, suggesting an outdoor setting with warm lighting.

“I didn't think I could do it,
but Rebecca believed in me!”

A participant in the **Incredible Years Parenting Group**



Clinical Intervention & Prevention Services

Mt. Hope Family Center provides seven evidence-based models in our clinical intervention and prevention services. The Monroe County Department of Human Services (DHS), state and federal grants, United Way of Greater Rochester (United Way), and private donations fund these services.

- **Child-Parent Psychotherapy (CPP)** – A preventive intervention focuses on treating child trauma and its impact on attachment relationships of parents and children ages birth to six years. Therapists meet with both parent and child weekly for 10-12 months. We are one of the nation's premiere facilities in providing CPP, researching its efficacy, and disseminating the model throughout the United States.
- **Cognitive Behavioral Therapy (CBT)** – A short-term intervention that addresses trauma and significant behavioral and emotional difficulties in children ages 3-16 years. **Trauma Focused CBT (TF-CBT)** focuses on children who also exhibit posttraumatic stress disorder (PTSD) symptoms. **Alternatives for Families CBT (AF-CBT)** specifically helps families struggling with conflict, aggression, or violence.
- **Incredible Years Parenting Group (IY)** – This award-winning preventive curriculum teaches effective parenting skills and positive behavior management through group discussion and role play. Parents meet at the center for 14 sessions.
- **Interpersonal Psychotherapy (IPT)** – A 12-16-week intervention for adults and teens struggling with depression. When participants identify their symptoms, learn how relationships affect their depression, and how it impacts other aspects of their lives, they can develop better relationship and parenting skills and avoid future depressive episodes.
- **Promoting Alternative Thinking Strategies (PATHS)** – Our afterschool program, PATHS Club, employs this therapeutic emotions-based curriculum to develop non-violent conflict resolution strategies and positive social skills in children ages 6-11 years. Half of the participants are referred by the DHS and the other are referred from the community. PATHS Club meets three days a week for seven weeks.

Clinical Outcomes

(as reported to the Monroe County Department of Human Services for 2013)

We served 184 children in our intervention and prevention services CPP, CBT, IPT, and PATHS. Of those 184, 38 children were in foster care at the time of service initiation, seven children were returned to a lower level of care (they went to live with a relative or returned to their parents). Only one child was removed from the home during services.

72 % of caregivers and adolescents who completed IPT **had lower scores** on the Beck Depression Inventory or Beck Depression Inventory for Youth.

100% of children who completed the Child Behavioral Checklist before and after receiving CBT, **showed a decrease in total behavior problems.**

74% of families enrolled in CPP **showed improved family functioning** based on the goals of their treatment plan and therapist assessments.

95 children participated during four sessions of PATHS Afterschool Club. **84% showed improved behavior** based on the Child Behavioral Checklist.



Every day, we build
strong families through
scientific research.



Clinical Programs & Research Projects

Mt. Hope Family Center implements clinical intervention programs in the areas of trauma treatment (specifically coping with violence and other stresses), family functioning, parenting, conflict resolution, and developing positive interpersonal relationships in children. Everything we do is founded on scientific research and proven to be effective. Through our clinical services and research projects, **we directly help approximately 900 at-risk children and families annually, and even more through community outreach and collaboratives.**

Our research identifies different processes in normal and atypical child development, allowing us to better understand what factors contribute to poor adaptation and psychopathology, and what promotes resilience and healthy development. We primarily focus on the most at-risk children in our community who live in environments fraught with maltreatment, community violence and maternal depression.

Biobehavioral Research in Different Generational Experiences (BRIDGE)

Funded through the Eunice Kennedy Shriver National Institute of Child Health and Human Development

Project BRIDGE includes a multidisciplinary team from the fields of psychology, engineering, cardiology, and communications developing new methods of studying the parent-adolescent relationship. BRIDGE follows middle school students and their families over a two-year period, analyzing emotional reactivity through several methods including: a recently designed wireless EKG monitor, paralinguistic voice analysis systems, and emotion reporting techniques.

STATUS: BRIDGE is in year Five of a five-year grant. The project is finalizing Wave 2 data collection with 200 families this fall. Observational coding assessments and manuscript preparation should begin this spring.

Building Healthy Children (BHC)

Funded through the Monroe County Department of Human Services and the United Way of Greater Rochester

BHC is a home visitation-based program that provides and evaluates preventive interventions for low-income women who had their first child prior to the age of 21 years. Approximately half of the families, or the treatment group, receive a combination of three evidence-based therapies: CPP, IPT, and Parents as Teachers (PAT). URMCC outreach workers assist with support services such as food, housing, medical care, and transportation for three to five years. The other half, or comparison group, receive annual screening assessments and service referral as needed.

STATUS: Since 2007, BHC enrolled 626 families with 338 in the treatment group receiving BHC services. At intake, children ranged in age from one week-24 months and mothers ranged in age from 14-23 years.

- 99% of treatment participants have avoided foster care placement.
- 98% of treatment participants and 95% of the comparison group avoided indicated Child Protective Services (CPS) reports during their enrollment.
- 93% of all families have continued without CPS involvement after completing the program.

Clinical Programs & Research Projects cont.

Inspiring Possibilities for Teens (IPT)

Funded through the National Institute of Mental Health

IPT hopes to determine if a proven preventive intervention for depression in adolescents, IPT-A, can prevent Major Depressive Disorder in low-income, high-risk teen girls. This five-year project works with girls ages 13-15 and their mothers, focusing on relationships, emotions, problem solving and life skills.

STATUS: IPT is in year four of a five-year grant. The project has enrolled 235 families with a goal of enrolling 350 families.

Project MRI

Funded by the Jacobs Foundation 2012 Klaus J. Jacobs Research Prize awarded to Dante Cicchetti, Ph.D.

This groundbreaking research uses Magnetic Resonance Imaging (MRI) to study resilience in adults with and without histories of child maltreatment. It follows-up on previous studies of summer camp children and reconnects with them years later in adulthood. During two visits, the adults take part in assessments about their lives since camp and perform various tasks on a small response device while undergoing a functional MRI (fMRI) at the Rochester Center for Brain Imaging.

STATUS: The project began in 2012. Data collection is ongoing. Currently, 70 adults have completed research sessions.

Promoting Emotional Adjustment in Children Experiencing challenges (PEACE)

Funded through the Substance Abuse and Mental Health Services Administration (SAMHSA)

PEACE works with families affected by challenges of military deployment, traumatic stress, including grief and loss, maltreatment, or exposure to intimate partner violence (IPV), to provide and evaluate three innovative evidence-based trauma treatments: CPP, TF-CBT, and AF-CBT. Participants include children and families in the child welfare system, community-based referrals, and military families. PEACE has been guided by military-related focus groups, a strong local Community Advisory Board, and continuous involvement as a member of the National Child Traumatic Stress Network (NCTSN).

STATUS: PEACE is in year two of a four-year grant and has enrolled over 100 participants.

Study Of Late Adolescent Resilience (SOLAR)

Funded through the National Institute on Drug Abuse

During 2004-2008, the National Institute on Drug Abuse (NIDA) funded a study at Summer Camp investigating the relationship between the chronic stress associated with maltreatment and risk factors for later substance use and mental health problems in children 10-12 years old. Over five years, SOLAR will reconnect with 700 of those participants, now 18-20 years old, and evaluate their substance use and mental health, socio-emotional well-being, personality, and relationships in addition to assessing memory, inhibitory abilities, attention, and intelligence.

STATUS: SOLAR is in the second year of a five-year grant and will soon be engaging the third cohort of participants for recruitment.

Successful Transitions in Ethological Perspectives (STEP)

Funded through the Eunice Kennedy Shriver National Institute of Child Health and Human Development

STEP examines the behavioral and physiological ways children cope and respond to different types of conflict between parents. This multi-faceted study focuses on 244 families with children ages four and five and combines clinical observation and information from the families with physiological data, to determine signs of distress or fear in the children.

STATUS: STEP is in the fifth year of a five-year grant and has completed three waves of data collection. Observational coding, data analysis, and manuscript preparation are continuing.

Project TRAIN: Families on Track

Funded through the National Institute on Alcohol Abuse and Alcoholism

Project TRAIN began in 2013 and is evaluating the types of services and supports that are most useful for young children exposed to prenatal alcohol who developed fetal alcohol spectrum disorders (FASD) and their families. All children enrolled in the study receive a neuropsychological evaluation and referrals to community services. Approximately half of participants also have the opportunity to participate in a multi-component intervention program aimed at preventing adverse outcomes and promoting adaptive functioning.

STATUS: Project TRAIN is in the second year of a five-year grant. The project has enrolled 32 children with FASD across two cohorts into the randomized controlled trial.


NEW – Fetal Alcohol Spectrum Disorders Diagnostic and Evaluation Clinic

This monthly multidisciplinary clinic is available for children ages 3-16. It is part of Project TRAIN and a partnership with Kirch Developmental Services Center and Starlight Pediatrics. This is one of only two such clinics in New York State.

For more information about
Mt. Hope Family Center, visit our
new web site!



www.mthopefamilycenter.org

A photograph of a woman with curly brown hair, smiling warmly, holding a young child in denim overalls. The child is also smiling. The background is a soft-focus green outdoor setting.

“You’re the first person that ever told me I’m a good mother.”

A mother in our
**Child-Parent
Psychotherapy program**



Publications

Mt. Hope Family Center research scientists **published 22 papers in professional journals** between **January 2013 and June 30, 2014**.

Dr. Toth continues her role as an Associate Editor for *Development and Psychopathology*. She is also on the editorial board of the *Journal of Clinical Child and Adolescent Psychology*, *Child Maltreatment*, and the *Journal of Child and Family Studies*, and is an ad hoc reviewer for over 12 other journals.

Dr. Rogosch serves as an Associate Editor for *Development and Psychopathology* and is an ad hoc reviewer for over 10 other journals.

Dr. Manly serves on the editorial board of *Development and Psychopathology*, is an ad hoc reviewer for 6 other journals and a member of the National Child Traumatic Stress Network (NCTSN) Publication Review Committee.

You can find a full list of all our publications under the Information for Researchers tab at www.mthopefamilycenter.org

Training

In addition to our research and clinical work, we provide training and consultation for professionals across a range of topics from intervention to research. Between January 2013 and July 2014, our staff and graduate students participated or presented our work in venues both locally and around the world, including:

- The World Association for Infant Mental Health Congress in Edinburgh, Scotland
- Society for Research on Adolescence in Austin, Texas
- The Network on Child Protection and Well-Being Conference at Pennsylvania State University
- NCTSN Network Conference in Philadelphia, Pennsylvania (2013) and Falls Church, Virginia (2014)
- The Development and Psychopathology Lab at the University of Notre Dame
- The World Health Organization meeting in Namibia, Africa
- University of Rochester Medical Center Pediatric Grand Rounds
- American Psychological Association's 121st Annual Convention in Honolulu, Hawaii
- Society for Research in Child Development's Biennial Meeting in Seattle, Washington

Drs. Jody Todd Manly, Robin Sturm and Alisa Hathaway became certified as training faculty for National Child Parent Psychotherapy and have conducted trainings at 14 sites around the country. Drs. Manly and Hathaway also participated in the National Center for Child Traumatic Stress training on the Core Curriculum of Child Trauma.

Drs. Sheree Toth and Patrick Davies host a Developmental Psychopathology Brown Bag Lunch series with the assistance of graduate students Shayne Ragbeer, Melissa Dackis, Danielle Guild, and Jennifer Suor (2013-2014). These lectures provide an educational forum for graduate students and staff in the university and community.

NEW ON THE WEB: Meet our Experts

Now, you can learn more about our senior staff and their areas of expertise. Click on the About MHFC tab on our website.

We wish to thank those who made financial or in-kind gifts to Mt. Hope Family Center

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You can make a gift easily and securely on our donor page under the **About MHFC** tab at

www.mthopefamilycenter.org

Blue Ribbon Days

Our annual spring campaign during **National Child Abuse Prevention Month** raises funds for specific projects around the center. Businesses and schools host Blue Jean Days and allow staff to wear jeans to work in exchange for a donation to Mt. Hope Family Center.

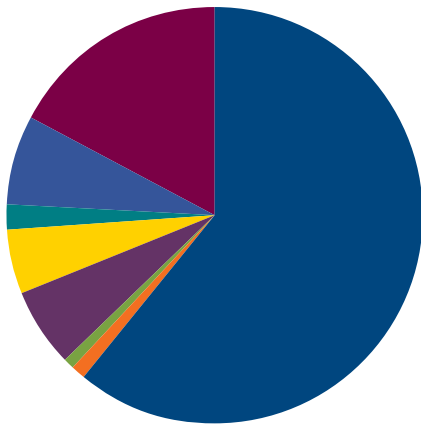
In 2013, we raised \$11,000 to purchase a new sub-zero freezer for supporting our research on stress, neurobiology and molecular genetics. We are grateful to all who supported that effort, especially Avery Marketing, Donnelly's Public House, Lovin' Cup Bistro, Canandaigua National Bank and Apple Transportation.

In 2014, we raised \$6000 to purchase new therapeutic toys and books. We wish to thank our 2014 corporate sponsors, Canandaigua National Bank, Blue Heron Consulting and Apple Transportation. A note of thanks also goes to Painting with a Twist in Fairport, the Sigma Phi Epsilon fraternity and the Kappa Delta and Sigma Delta Tau sororities at the University of Rochester for hosting great events on our behalf.

To find out how you can host a Blue Jean Days benefit at your office or school, email our development coordinator, Sarah Smith at: sarah.g.smith@rochester.edu.

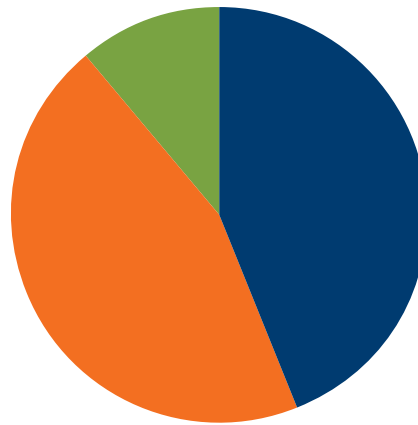
Financial Report

Expense by Category



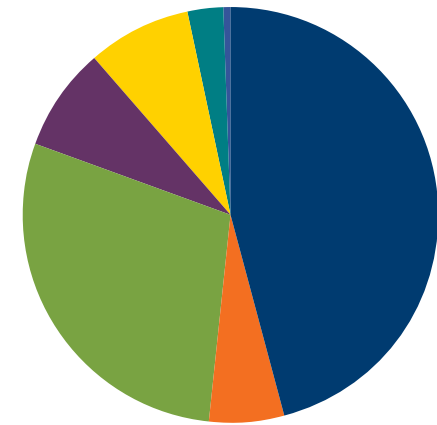
- Personnel (61%)
- Transportation & Travel (1%)
- Supplies and Equipment (1%)
- Occupancy (6%)
- Subcontracts and Consultants (5%)
- Subject Payments and Recruitment (2%)
- Other Operating Expenses (7%)
- Indirect Costs (17%)

Expense by Program



- Intervention & Prevention (44%)
- Research (45%)
- General (11%)

Funding by Source



- National Institutes of Health (46%)
- SAMHSA (6%)
- Monroe County (29%)
- United Way (8%)
- UR (8%)
- Other Grants & Contracts (3%)
- Gifts & Donations (<1%)

NOTE: In the past, our annual reports presented information during a calendar year. However, this report includes data from July 1, 2013 through June 30, 2014.



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187 Edinburgh Street
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