



Mt. **HOPE** family center

Building strong families through scientific research



2014/15 Annual Report

"BHC was a very supportive program for us. It helped me set goals for myself that I have successfully achieved. It's because of the program that I have become a better mother and all-around person."

– A **Building Healthy Children** mom

Pictured here are a mother and daughter who engaged in many aspects of the program, including **Outreach Support Services** and the **Child-Parent program**.

“I learned so much about my daughter and how to help her development. It was great to receive so much support around being a first-time mom!”

– A **Building Healthy Children** mom

Pictured here are a mother and daughter who participated in the **Parents As Teachers** component of the program, which helps parents to best support the growth and development of their children.



Letter from the Director



Dear Friends,

Over the past year Mt. Hope Family Center was part of the ongoing conversations with the Rochester-Monroe Anti-Poverty Initiative (RMAPI) at the United Way of Greater Rochester. The initiative has pinpointed three key issues that underlie Rochester's poverty problem: Rebuilding community, eliminating discrimination, and ending the vicious cycle of trauma.

RMAPI has looked to Mt. Hope Family Center for its expertise in understanding trauma and its impact in the community. We've been studying trauma at our Center for over 36 years now and we know all too well just how it affects our children and families. We know living in poverty causes stress and trauma, both mentally and physically. We also know that some individuals seem to show resilience despite their experiences. However, even "resilient" individuals may require support to thrive, not only during the immediate aftermath of a traumatic experience, but well into the future.

Our Center actively provides evidence-based trauma treatment and intervention services in the community and we also train other professionals locally, nationally, and internationally. We have seen firsthand how this can make a difference in the lives of children and families. The availability of supports, through families, friends, and professionals, is paramount to fostering resilience.

We need to increase our efforts to understand the effects of trauma in our community and provide the right supports. Intervention, even with very young children, can set trauma survivors on a more positive path. Increasing trauma awareness and screening to connect traumatized people with the most appropriate services continues to be greatly needed.

Reducing the impact of poverty is crucial. You can help play an essential role in taking on the challenges of poverty and trauma by supporting our Center. Thank you for your continued belief in our work.

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

Sheree L. Toth, Ph.D.
Executive Director

"We translate scientific discoveries into practice and improve the lives of children and families."

– Executive Director
Sheree L. Toth, Ph.D

Pictured is child and staff member at the **PATHS Program** summer session in 2015.



Evidence-based Intervention & Prevention Services

Mt. Hope Family Center provides eight evidence-based models in our clinical intervention and prevention services. These services are funded by the Monroe County Department of Human Services, state and federal grants, United Way of Greater Rochester, and private donations.

- **Child-Parent Psychotherapy (CPP)** – A preventive intervention that 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 post-traumatic 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 session intervention program 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.
- **Parents As Teachers (PAT)** – PAT is a research-based and nationally-recognized curriculum that teaches parents how to identify their children's developmental needs as well as obtain the skills to address these needs themselves. PAT is provided in the home, where therapists share age appropriate child development information with parents, help them learn to observe their own child, address their parenting concerns, and engage the family in activities that provide meaningful parent-child interaction.
- **Promoting Alternative Thinking Strategies (PATHS)** – The PATHS Program employs a therapeutic evidence-based curriculum to develop non-violent conflict resolution strategies, positive social skills and emotion regulation in children ages 6-11 years. Participants are referred to the program through the Department of Human Services and from schools within the community. The program provides children with a safe, engaging and active experiences that fosters positive relationships and improved self-esteem.

Clinical Outcomes

(as reported to the Monroe County Department of Human Services for 2014)

We served 246 children and 155 families in our intervention and prevention services, including CPP, CBT, IPT, IY, and PATHS. There were no substantiated CPS reports made on any of the children and families we served. Of those 246 children, 40 were in foster care at the time of service initiation. Six of the 40 children in foster care at the onset of services were returned to a lower level of care (either returned home or to a relative), three of the children entered foster care, and one child was freed for adoption.

83% of caregivers and adolescents who completed IPT **had reductions in symptoms of depression.**

92% of families enrolled in CPP **showed improved family functioning** based on the goals of their treatment plan and therapist assessment.

87% of Incredible Years Parenting participants reported an increase in positive parenting practices on the Parent Practice Interview and **81% reported a decrease in corporal punishment.**

76 children participated during three sessions of PATHS Program. **77% showed improved behavior** based on the Child Behavioral Checklist.

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 poverty, maltreatment, community violence and maternal depression.

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 PAT. University of Rochester Medical Center outreach workers assist with support services such as food, housing, medical care, and transportation for up to three years. The other half, the comparison group, receives annual screening assessments and service referral as needed.

STATUS: Since 2007, BHC enrolled 739 families with 419 in the treatment group receiving BHC services. At intake, children ranged in age from one week-12 months and mothers ranged in age from 14-23 years.

Inspiring Possibilities for Teens (IPT)

Funded through the National Institute of Mental Health

IPT seeks to extend knowledge on Interpersonal Psychotherapy for Adolescents (IPT-A), a proven intervention for depression in adolescents. This five-year project strives to determine if IPT-A, as compared to an Enhanced Community Care model, can reduce Major Depressive Disorder in low-income, high-risk adolescent girls with and without histories of maltreatment. Girls, who begin the program between ages 13-15 years old, focus on relationships, emotions, problem solving, and life skills. Data is collected from both adolescents and their caregivers through 18 months post-treatment.

STATUS: Year five of a five-year grant. As of June 30, 2015, the project had 205 total active families.

Project MRI

Funded by Klaus J. Jacobs Research Prize 2012 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. This is a follow-up study of children who previously participated in summer camp research and reconnects with them in adulthood. During two visits, the adults take part in assessments about their lives since summer camp. They are asked to perform various tasks on a small response device while undergoing a functional MRI (fMRI) at the Rochester Center for Brain Imaging.

STATUS: MRI Data collection is complete and over 100 adults participated in research sessions.

Promoting Emotional Adjustment in Children Experiencing challenges (PEACE)

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

The PEACE project continues to enhance the availability of evidence-based, trauma-treatment services to children and families exposed to challenging and stressful life experiences, such as family member deployment or reintegration, traumatic stress, grief and loss, maltreatment, or exposure to intimate partner violence (IPV), or community violence. Populations served include children and families in the child welfare system, military-affiliated children and families, and children and their families in the Rochester community struggling with traumatic stress symptoms. Three interventions are offered through this project: Child-Parent Psychotherapy (CPP), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), and Alternatives for Families- A Cognitive Behavioral Therapy (AF-CBT). The program has also served as a mechanism by which staff provide training on the effects of trauma on children and families, and disseminate best practices in implementation of evidence-based interventions locally and nationally. PEACE has been guided by military-related focus groups, a strong local community advisory board, continuous involvement as a member of the National Child Traumatic Stress Network (NCTSN), and leadership through the Substance Abuse and Mental Health Services Administration (SAMHSA).

STATUS: PEACE is in year three of a four-year grant and has enrolled over 250 participants.

Study of Late Adolescent Resilience (SOLAR)

Funded through the National Institute on Drug Abuse (NIDA)

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 fourth year of a five-year grant and will be engaging the fourth cohort of participants for recruitment.

Child Maltreatment and Children's TRUST (Project TRUST)

Funded through the National Institute of Child Health and Human Development (NICHD)

This research will have important implications for public health. Assessing the consequences of maltreatment occurring in the first three years of life on children's ability to develop trust in others has important implications for their social, interpersonal, and affective development, as well as subsequent mental health. Project TRUST also will greatly expand the understanding of normative trust development. In addition to advancing knowledge of the developmental roots of early difficulties in trust development, the research will provide valuable direction for early prevention and intervention strategies.

STATUS: In the present investigation, we are recruiting 300 42- to 48-month-old children from low income families; 150 children will have a history of child maltreatment and 150 will have no maltreatment history. The children and their mothers participate in four laboratory sessions to assess components of trust, self-reliance vs. deference in trust decision-making, and source memory. Additional measurements include attachment organization, mother-child interaction, executive functions, theory of mind, and neurophysiological processing.

“The PATHS program taught my son to respond to negative situations in a positive light.”

- A mom of a seven-year-old boy (pictured) in our **Promoting Alternative THinking Strategies (PATHS)** program.



Clinical Programs & Research Projects continued

Project TRAIN: Families on Track

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

Project TRAIN began in 2013 and is evaluating the types of services and supports that are most useful for young children exposed to alcohol prenatally and their families. A total of 30 children (ages 4-8) with Fetal Alcohol Spectrum Disorder (FASD) were enrolled in the project over the course of two years. All children with FASD received a neuropsychological evaluation and referrals to community services. Half of participants also participated in a multi-component intervention program aimed at preventing adverse outcomes and promoting adaptive functioning. A typically-developing comparison group is also being enrolled in the project to investigate differences in social and emotional development in children with FASD.

STATUS: Enrollment of children with FASD into the study is complete, and all families randomized into the multi-component intervention have finished intervention. Follow-up research visits are currently underway. Data analysis is planned over the next six months. Research using data collected at baseline visits have identified that 40% of young children with FASD perceive themselves as victims of bullying and these children have poorer outcomes than children with FASD who have not been bullied. Another baseline study, identified that parent attributions of children's misbehavior have important implications of the parenting strategies caregivers utilize and how effective they feel about their parenting. Specifically, caregivers who attribute their children's behavior to "brain-based" disabilities (vs. willful disobedience) are more likely to use strategies to prevent behavior and feel more effective and confident as parents.

NEW – Families Moving Forward Effectiveness Trial

The Families Moving Forward (FMF) Effectiveness Trial is a follow-up study to the Families on Track project. In this trial, researchers are investigating the effectiveness of the FMF program for caregivers raising children with an FASD. FMF is the parent consultation program used in the Families on Track program in conjunction with a child skills group. FMF has been studied by another research group in Seattle, WA, and the current study is attempting to replicate findings with an independent sample. A total of 12 families raising children with FASD have been enrolled to date. Data from this effectiveness trial will also be compared to findings from the multi-component Families on Track program to see if parent-consultation alone is as effective as parent and child components combined.

Fetal Alcohol Spectrum Disorders Diagnostic and Evaluation Clinic

This multidisciplinary FASD diagnostic clinic is one of only two such specialty clinics in the State of New York. The clinic operates through a partnership between Project TRAIN and Kirch Developmental Services Center at the University of Rochester Medical Center. The clinic runs twice a month and serves children between the ages of three and 16. A total of 24 children were evaluated in the full day multidisciplinary clinic in 2015.

NEW - Family Night Program for Children with FASD and their Families

Many families raising children and adults with FASD feel isolated and have difficulty finding support due to their children's challenging behaviors. Beginning in August of 2015, staff at the Mt. Hope Family Center and Kirch Developmental Services Center offers a monthly family support night for children with FASD and their families. Caregivers are provided with topical presentations and facilitated discussions and therapeutic activities are organized for children and teens.

“Project PEACE’s prevention and intervention efforts aim to build and uphold secure attachment relationships and alleviate potential stressors associated with military deployment. We focus on providing support and promoting existing strengths and resources.”

– **Project PEACE** Director Alisa Hathaway, Ed.D.



Publications

Mt. Hope Family Center research scientists **published 26 papers in professional journals** between **January 1, 2014 and June 30, 2015**.

Dr. Elizabeth Handley is on the editorial board of *Development and Psychopathology* and is an ad hoc reviewer for 10 other journals.

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

Dr. Christie Petrenko is an ad hoc reviewer for nine journals.

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

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.

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

Training & Education

Our staff train and provide consultation for professionals across a range of topics from intervention to research at local, regional and national levels. Drs. Jody Todd Manly, Robin Sturm and Alisa Hathaway are national training faculty for Child-Parent Psychotherapy and have conducted trainings for over 200 staff members from more than 35 agencies.

Dr. Christie Petrenko is one of four national trainers of the Families Moving Forward (FMF) program, a parent consultation program for caregivers raising children with fetal alcohol spectrum disorders. Dr. Petrenko has conducted two full FMF trainings independently and participates in ongoing trainer consultation calls with other trainers around the United States.

Between July 2014 and June 2015, our staff and graduate students participated in or presented our work in venues across the country and around the world, including:

- Leuven University of Brussels, Belgium
- International Family Violence and Child Victimization Research Conference in Portsmouth, New Hampshire
- Military Child Education Coalition National Training Seminar in Washington, DC
- Office on Violence Against Women Grantees in Texas
- Research Society on Alcoholism in San Antonio in Ft. Worth, Texas
- Society for Research in Child Development Biennial Meeting in Philadelphia, Pennsylvania
- ZERO TO THREE National Training Institute in Ft. Lauderdale, Florida
- 6th International Conference on FASD in Vancouver, British Columbia, Canada

Local trainings on Fetal Alcohol Spectrum Disorders:

- Multiple elementary schools
- Villa of Hope
- Graduate students at the University of Rochester, the University of Buffalo, and Medaille College

Local trainings on trauma:

- ACES Conference/Susan B. Anthony Center for Women's Leadership
- American Counseling Association
- Bright Start Pediatrics
- Day care centers
- EnCompass, Resources for Learning
- Mental Health Association
- Rochester Area Interfaith Hospitality Network
- Rochester City School District
- St. John Fisher College
- University of Rochester Medical Center Janice Lynn Cohen Memorial Symposium
- University of Rochester Medical Center Women's Leadership Seminar
- Veterans Affairs Mental Health and Homeless Summit

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and securely on our donor page
under the **About MHFC** tab at
www.mthopefamilycenter.org

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 Dr. Bernard Zeifang

Listing reflects fiscal year from July 1, 2014 to June 30, 2015. Every effort has been made to ensure accuracy. However, please notify carol.marcy@rochester.edu if you see any incorrect listings. Thank you!

Community Involvement

- One Team One Fight
- Early Childhood Development Initiative (ECDI)
- Greater Rochester Health Foundation's Commission on Children's Behavioral Health in the Finger Lakes
- Help Base Greater Rochester
- Personalized Recovery Oriented Services (PROS) Court Parent Network
- Rochester Area Community Foundation (RACF) trauma-informed community initiative
- ROC the Future
- The Wilson Foundation
- United Way of Greater Rochester/Rochester-Monroe Anti-Poverty Initiative

Blue Ribbon Days

Our annual spring campaign during April's **National Child Abuse Prevention Month** raises funds for specific projects each year. In the spring 2015, the University of Rochester's **Kappa Delta** and **Sigma Delta Tau** sororities worked with **Yotality Frozen Yogurt** and **Insomnia Cookies** (#Cookies4aCause) to raise monies through a percentage of their sales. **Sigma Phi Epsilon** fraternity held the annual **Nick Tahou Run** from the University of Rochester's River Campus to the Nick Tahou restaurant where participants run, eat a garbage plate, and run back to campus.



Our annual **Painting with a Purpose** fundraiser was a great success and our painters always have fun!

To find out how you can help host a fundraising event at your office or school, please contact Carol Marcy in our communications office at carol.marcy@rochester.edu or (585) 275-2991 ext. 209.

Financial Report

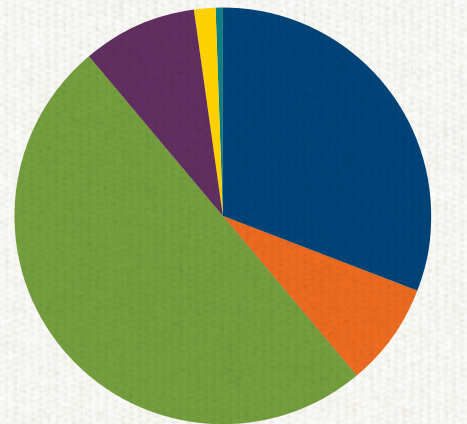
REVENUE FY'15

Monroe County and NY State	\$2,000,067
United Way	\$500,000
Federal Agencies (e.g., NIH, SAMHSA)	\$3,253,022
University of Rochester	\$617,140
Contributions	\$103,846
Other Grants and Contracts	\$42,243
TOTAL	\$6,516,317

EXPENSE FY'15

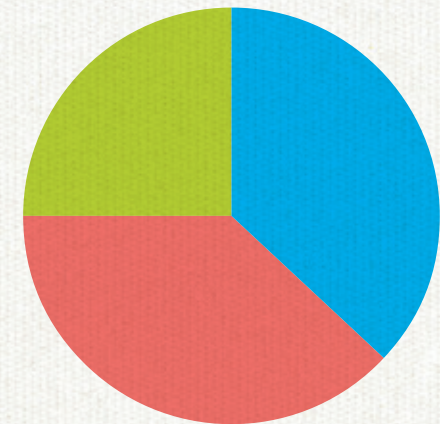
Personnel	\$4,257,002
Transportation and Travel	\$85,842
Supplies	\$100,678
Equipment	\$9,392
Occupancy	\$485,195
Subcontracts	\$533,295
Other Expenses	\$8,582
University Indirect Costs	\$1,042,532
TOTAL	\$6,522,518

REVENUE FY'15



- Monroe County and NY State (31%)
- United Way (8%)
- Federal Agencies (e.g., NIH, SAMHSA) (50%)
- University of Rochester (9%)
- Contributions (1.5%)
- Other Grants and Contracts (0.5%)

EXPENSE FY'15



- Intervention & Prevention (37%)
- Research (38%)
- Operations (Includes Indirect Costs) (25%)

NOTE: Fiscal year 2015 includes data from July 1, 2014 through June 30, 2015.

A close-up photograph of three hands using yellow wax crayons to draw a large sun on a piece of blue, textured paper. The sun has a thick yellow circular outline and several yellow rays extending outwards. The hands are positioned around the sun, with one hand at the top left, one at the top right, and one at the bottom left, all actively drawing or about to draw. The background is the blue textured paper.

"Dear Colleagues & Friends,

I can't let this, my last day, go by without taking the time to express my gratitude to all of you. Nowhere else could I have learned so much about serving others with humility and grace, nor could anyone else have better taught me the true meaning of "unconditional positive regard." I know that this (our) center will continue to provide hope to, so many who truly need it."

Gratefully yours,

Jerry

Staff member who retired after 16 years of service at MHFC



Mt. **HOPE** family center

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