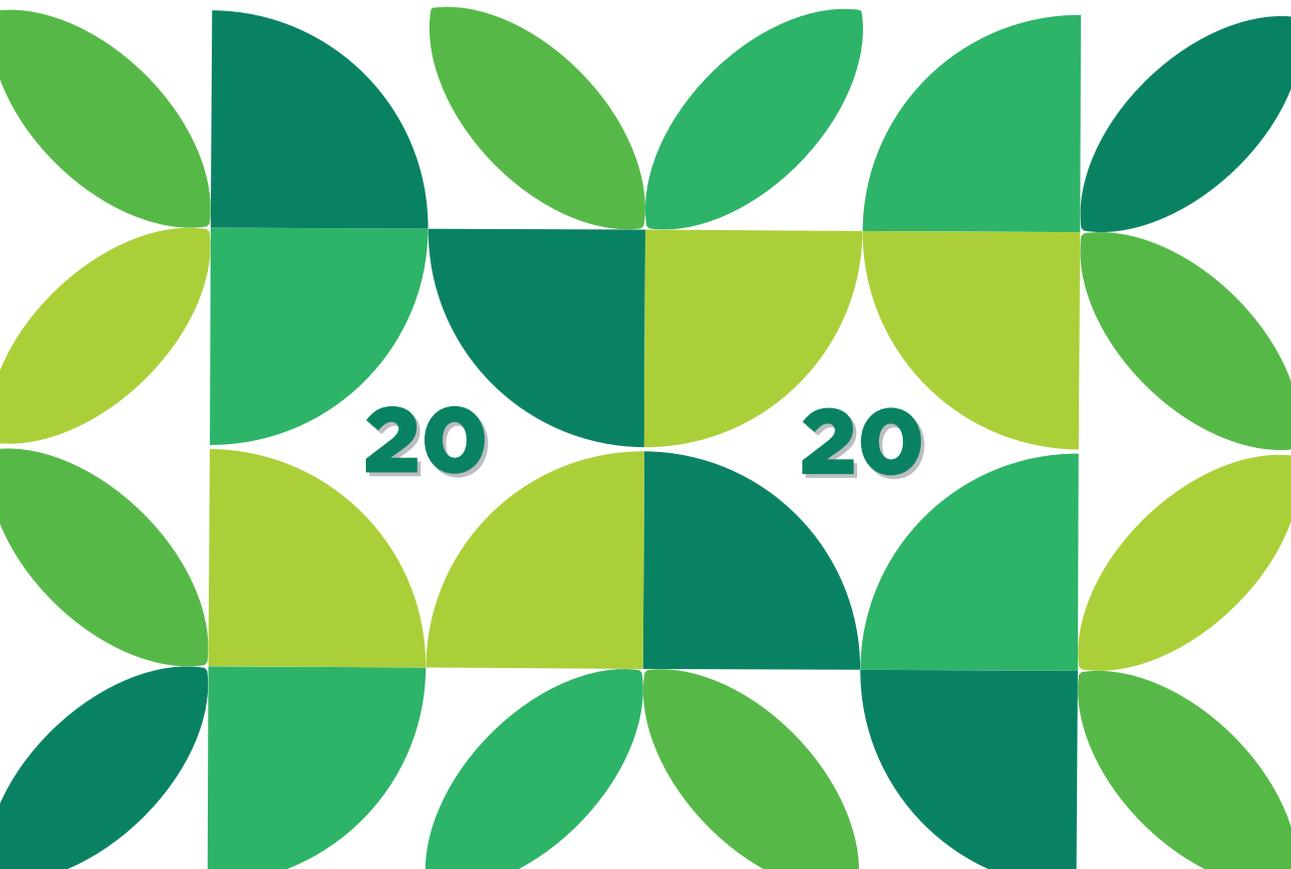


ANNUAL REPORT

Nebraska Resource Project for Vulnerable Young Children

Growing Together, Thriving Forever.



NEBRASKA RESOURCE PROJECT
FOR VULNERABLE YOUNG CHILDREN



CENTER ON CHILDREN,
FAMILIES, AND THE LAW

The Root of Success

Support, Training, and Resources.

Our mission is to improve the well-being of maltreated young children in Nebraska.

Support



Early Childhood
Mental Health



Reflective
Practice



Court
Infusion

Training



Technical Assistance,
Support, and
Communities of
Practice



In-Depth
Training
Programs



Resources
and Program
Evaluation

Resources

- Caseworkers
- Attorneys
- Judges
- Care Professionals
- Mental Health Therapists
- Home Visitors
- Family Support Workers
- Early Development Professionals
- Early Childhood Education Providers
- Other Service Providers

Letter from the Project Director

As I'm sure it was for everyone reading this Annual Report, 2020 was quite a year for our project. We had recently lost our co-director and then came to a virtual COVID-19 stand-still in March with our schedule of trainings and activities suddenly canceled or postponed. If you are like me, you don't like being reminded how little in control you are of things. You can put the best plans in place but not be in control of whether they actually get rolled out as planned (they usually don't). Over the years, however, I have come to realize how important these moments are. The moments where things start moving in a different direction, or a different light starts shining on them, and you realize the end result is actually better than you could have planned.

"We are impatient of being on the way to something unknown, something new. And yet it is the law of all progress that it is made by passing through some stages of instability - And that it may take a very long time." - Pierre Teilhard de Chardin

By May, we were adapting and adjusting, and we were finding it actually was working. Not only working but thriving in many areas. We moved everything - and I mean almost everything - to Zoom - group consultations, short trainings, long trainings, job interviews, mentoring, project meetings, touch bases. People in rural areas of Nebraska have been able to connect with others better. NPRVYC staff, with myself included, were able to get extra family time with shortened commutes and report to be satisfied with their work during the pandemic. Of course, not everything works better. We miss the personal connections that Zoom can't provide and can't wait to bring things like reflective practice trainings back to in person when it's safe to do so. And NPRVYC has two new staff that I haven't even met in person yet - that, too, however, has been a surprise at how much a relationship can build in a virtual world.

As 2020 draws to a close and we look to the hope that 2021 brings, I am reminded of another favorite quote of mine that reassures me during anxious and uncertain times:

"All shall be well, and all shall be well, and all manner of things shall be well." - Julian of Norwich

May you and your loved ones remain safe and healthy in 2021.



Kelli Hauptman
Project Director

Our Team



Kelli Hauptman
Project Director



Jamie Bahm
Reflective Practice and
Court Infusion Project
Manager



Samantha Byrns
Early Childhood Mental
Health Project Manager



**Pamela Caudill
Jordan**
Research Assistant
and Project Evaluator



Lindsey Ondrak
Early Childhood Mental
Health Outreach and
Training Specialist



Cassandra Roberts
Project Coordinator



**Madeline
DeVeney**
Web Design and
Training Specialist



**Melissa
Villarreal**
Training Associate

**Meredith
Cartwright**
Graduate Research
Assistant

Sarah Barker
Graduate Research
Assistant

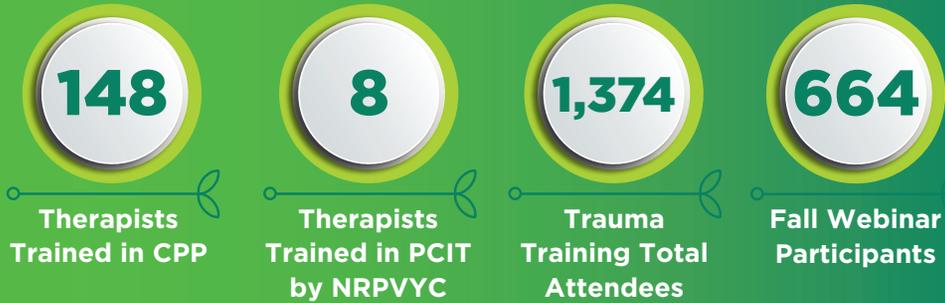
Brigid Moynihan
Student Worker

6 Years in Review 2015 - 2020

2020 in Review



NRPVYC Staff



Nebraska Children by the Numbers

Population

530,369

Children Living in Nebraska

61,523

Children Experience Food Insecurity
(NRPVYC Calculation)

38%

Children in Low Income Families

15%

Births with Inadequate Prenatal Care

Source:

Voices for Children Nebraska, 2019 County Fact Sheets
<https://voicesforchildren.com/wp-content/uploads/2020/01/County-Fact-Sheets-Main.pdf>

Children Under 6

132,592

Nebraska Children Under the Age of 6

2,062

Children in Early Development Network

1:39

Licensed Care Facilities Relative to Children Needing Care
(NRPVYC Calculation)

42%

Of 3 and 4 year Olds Enrolled in Preschool

Source:

Kids Count in Nebraska Report 2019
<https://voicesforchildren.com/wp-content/uploads/2020/03/Full-Book-Final-3-4.pdf>

Child Welfare System

44%

Of Children with Substantiated Abuse and/or Neglect are Under the Age Of 6

10,313

Children Involved in the Child Welfare System
(NRPVYC Calculation)

59%

Of Children Leaving Foster Care are Reunified with a Parent or Guardian

Source:

Nebraska Department of Health & Human Services, Child Abuse and Neglect Annual Data Calendar Year 2019
<http://dhhs.ne.gov/Reports/Child%20Abuse%20and%20Neglect%20Annual%20Report%202019.pdf#search=cans%20report>

ECMH Early Childhood Mental Health (ECMH)

NRPVYC supports the Early Childhood Mental Health of Nebraska's young children by engaging with professionals through three areas: ECMH Training Programs, Outreach Activities, and Community of Practice Support.

NRPVYC conducts evaluation of its Child-Parent Psychotherapy and Parent-Child Interaction Therapy training programs and Community of Practice Support.

292

Surveys Complete in 2020 for ECMH Activities

36

Surveys of CPP Trainees

6

Surveys of PCIT Trainees

199

Surveys of Broader ECMH Community

83%

Of Community of Practice annual conference participants found content to be relevant or very relevant to their clients' needs.

ECMH Staff



Samantha Byrns
Early Childhood Mental Health Project Manager



Lindsey Ondrak
Early Childhood Mental Health Outreach and Training Specialist



Melissa Villarreal
Training Associate

5

CPP Training

CPP trainees receive an average of 7 CPP referrals and accepted 3 cases in the first 6 months of training.

82%

Of CPP trainees feel confident in their ability to foster/enhance the relationships between their child clients & their parent/caregiver clients.

44%

Of CPP trainees intend to make CPP a core part of their practice within 5 years.

33%

Of referrals to CPP trainees come from DHHS.

Source:
<https://voicesforchildren.com/wp-content/uploads/2019/01/2018-Kids-Cou-nt-in-Nebraska-Report.pdf>

Professionals Participating In Training

"I loved in CPP training thinking from dyadic to triadic and helping the birth family and foster families understand they all have a part of the medicine to heal the child."

ECMH Specific Data

% of Nebraska children are in need of mental health services.

42%

% of Nebraska children who need mental health services have received them.

58%

130

Therapists Currently Providing CPP in NE and Surrounding Areas

51

Active PCIT Therapists on NRPVYC Online List

ECMH

Early Childhood Mental Health (ECMH)

ECMH Community of Practice 2020 Activities

- Virtual annual conference
- Advanced Attachment for PCIT Therapists training
- Reflective consultation for clinicians
- Email listservs for clinicians
- Support for Nebraska Association of Infant Mental Health (NAIMH)

300

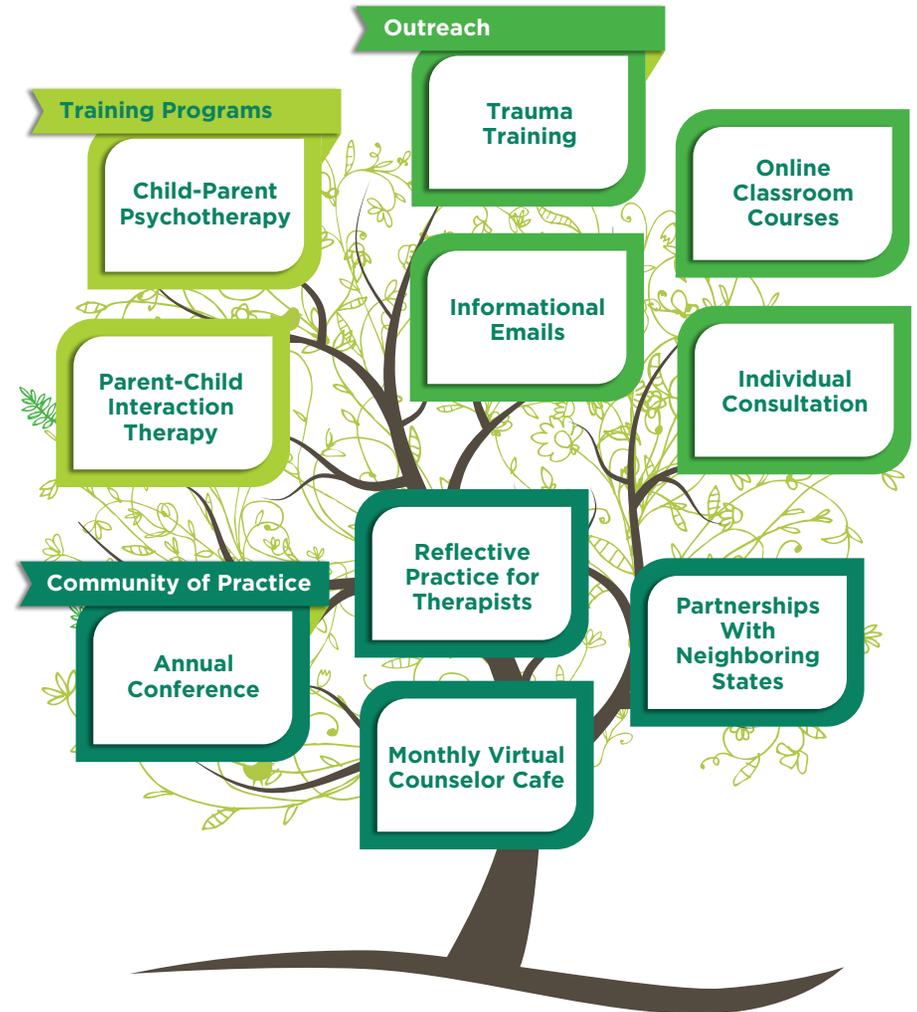
Virtual Community of Practice Conference Attendees

ECMH Outreach to Professionals

- On-demand classroom course on attachment and development in young children
- Individual case consultation on ECMH issues
- Live community information sessions on ECMH and impact of trauma
- Quarterly trainings on impact of trauma and trauma screens

568

2020 Fall Webinar Series Registrants



Professionals Participating In Training

"The focus on developing a child as both a 'me' and a 'we.' This principle makes so much sense when I think about our mission of helping children become compassionate, kind, empathetic adults."

ECMH Child-Parent Psychotherapy (CPP)

The NRPVYC manages the Child-Parent Psychotherapy (CPP) training program in Nebraska with the support of the national CPP dissemination and sustainability development site at the University of California at San Francisco, and is continuing to build a program to increase and sustain high quality CPP practitioners. CPP is an evidence-based therapy for young children and their caregivers to help address past traumatic events or loss.

CPP Training

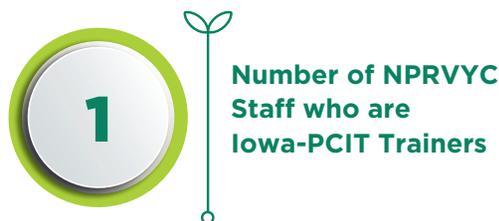
The 18-month training program includes 7 days of live training, twice-monthly consultation calls, two video presentations and fidelity assurance.



PCIT Training

The NRPVYC started building a Parent-Child Interaction Therapy (PCIT) Training program in 2020 in partnership with Dr. Beth Troutman at the University of Iowa.

Parent-Child-Interaction Therapy is an evidence-based treatment for young children with challenging behaviors and their parents that focuses on the relationship and teaches parents behavioral management techniques. NRPVYC began its first PCIT training cohort in August 2020.



Professionals Participating In Training

"It reminded me how closely CPP ties in with other therapy modalities...using clinical skills to assess and support families is universal."

"To bring out the community's own internal direction, character, and energy. Community members are actual practitioners in this domain of interest and build a shared repertoire of resources and ideas that they take back to their practice."

Reflective Practice

Reflective Practice (RP) is a relationship-based practice that assists in mitigating the effects of emotionally intrusive work by helping individuals examine their current and past actions, emotions, experiences, and responses to evaluate their performance and learn to improve in the future. This process relies on using people's own experiences to help them become more resilient in the face of work stress.

Reflective Practice FAN Training

The Nebraska Center on Reflective Practice (NCRP) has been providing Reflective Practice FAN training, mentoring, and consultation to professionals across Nebraska since 2017. In that time, the NCRP has seen tremendous growth in both the RP FAN training program as well as reflective consultation services provided.



To help meet the ever growing demand for reflective practice, 2020 was a year of intentional capacity building for the Nebraska Center on Reflective Practice.



Our Partners

Erikson Institute



UNIVERSITY OF NEBRASKA MEDICAL CENTER
MUNROE-MEYER INSTITUTE

nebraskachildren
AND FAMILIES FOUNDATION



Flexibility and Adaptability

2020 was a year that required flexibility and adaptability. Prior to 2020, most reflective practice activities were facilitated in-person. Beginning in March, we successfully pivoted and began providing all reflective practice activities virtually through video conferencing. Not only did this include consultation services, but it also included transforming the FAN training program into an engaging and effective virtual format. The NCRP partnered with the Erikson Institute through this process to ensure fidelity to the model and to maintain the highest standards for participant experience and engagement.



Reflective Practice Staff



Jamie Bahm
Reflective Practice and Court
Infusion Project Manager



Madeline DeVaney
Web Design and
Training Specialist

Nebraska Center on Reflective Practice (NCRP)

Area 1
Reflective Practice FAN Training Program

Area 2
Community of Practice

Area 3
Reflective Consultation Services

Area 1: Training

- 1  Pre-Training Reflective Consultation
- 2  Initial Training
- 3  Mentoring
- 4  Fidelity Mentoring
- 5  Advanced Training

331
Total Trained in Reflective Practice

118
Total Trained in 2020 in Reflective Practice

Area 2: COP

The Community of Practice is intended to support practitioners in continuing to develop skills and to connect practitioners with each other to sustain their practice in a meaningful way.

Community of Practice Activities:

-  Twice annual Community of Practice booster training sessions
-  Listserv management for practitioners who have completed training
-  Online library of resources

150
Number of Professionals in Community of Practice

Area 3: Reflective Consultation



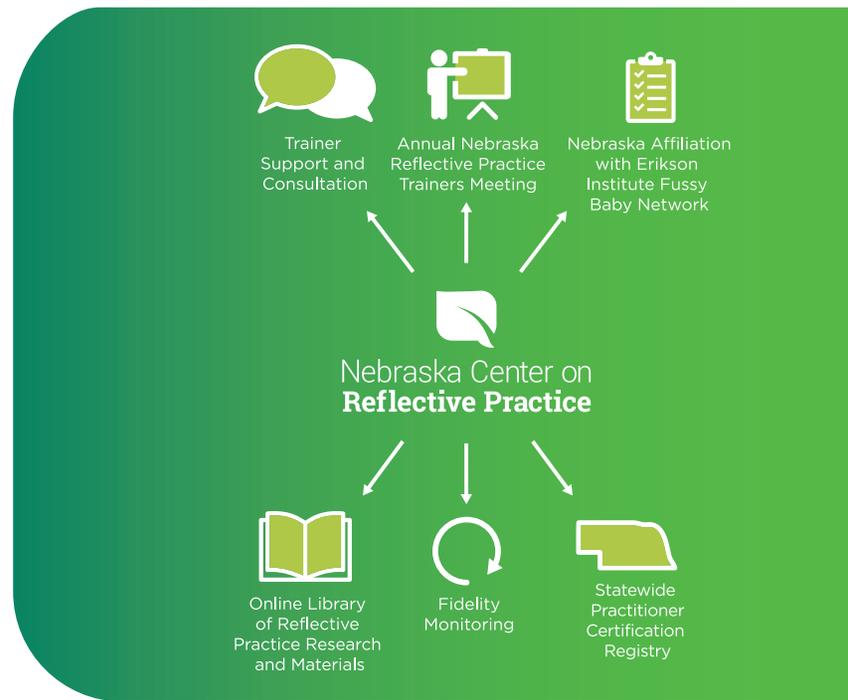
Reflective Practice Consultation

24

Number of Groups Receiving Reflective Consultation

138

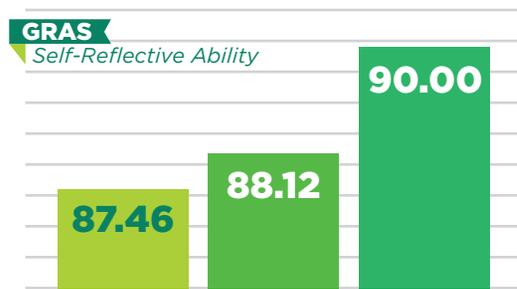
Number of Individuals Receiving Reflective Consultation



Reflective Practice Training

Training in reflective practice has been shown to improve workplace environments, especially those prone to stress. Through mentorship and empowerment, recipients of reflective practice training learn healthy ways to manage and cope with stressors and challenges that are sometimes inherent in their line of work. The NCRP provides Reflective Practice FAN Training and evaluates its effectiveness with the use of online surveys measuring participants' skills and satisfaction with their training over a one-year period.

Based on our evaluation from this past year, here are a few key findings worth sharing:



There was an overall 2.6% increase in self-reflective ability (or personal reflection) following reflective practice training as reported by the participants.

The GRAS is a 23-item 5-point scale (1 = strongly disagree, 5 = strongly agree) measuring self-reflective ability. Scores range from 23 to 115 with higher scores indicating a higher ability for personal reflection.



Reflective practice training may have played a role in emotion regulation, as participants reported a 6.7% increase in emotional stability from the first time point to the final.

The Emotional Intelligence Scale is a 16-item 7-point scale (1 = strongly disagree, 7 = strongly agree) measuring personal behaviors. The items comprised four subscales: self-emotions appraisal, others-emotions appraisal, use of emotion, and regulation of emotion. Scores range from 7 to 28 for each subscale with higher scores indicating a higher ability for emotional intelligence in that dimension.

Provider Comments: (Specific Successes With RP)

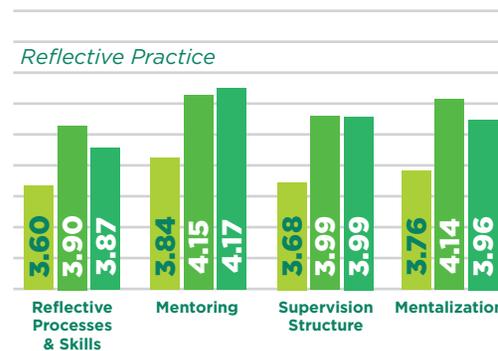
"I love the bridging statements from feeling to thinking. I am looking forward to being more aware of coaches' feelings and taking time to acknowledge them before moving onto thinking and planning."

"I have built trusting relationships, they [the recipients] come to me with questions and together we problem solve. I am better at asking questions."



As reflective practice has also been shown to boost confidence, participants reported an increase of 1.8% in personal accomplishment from the first time point to the final.

The Maslach Burnout Inventory—Human Services Survey (MBI-HSS) is a 22-item scale (0 = never, 3 = a few times a month, 6 = every day) capturing human services employees' level of burnout. The items comprise three subscales: emotional exhaustion, depersonalization, and personal achievement. Higher scores on emotional exhaustion and depersonalization and lower scores on the personal accomplishment subscale indicate higher experiences of burnout.



Most encouragingly, participants reported increases in:

- Reflective processes and skills (7.5%)
- Mentoring (8.6%)
- Supervision structure (8.4%)
- Mentalization (5.3%)

The Reflective Supervision Rating Scale (RSRS) (Gallen, Ash, Smith, Franco, & Willford, 2016) consisted of 17 items on a 5-point Likert-type scale (1 = strongly disagree, 3 = neutral, 5 = strongly agree). Responses are added together into four subscales: Reflective Process and Skills Subscale, Mentoring Subscale, Supervision Structure Subscale, and Mentalization Subscale. Higher scores on the subscales reflect more positive experiences with reflective practice.

Thus, our evaluation results indicate that reflective practice training appears to have a positive impact on stress management and self-regulation in the workplace.

Recipient Comment:

"I'm so grateful to have been introduced to the practice. I find myself using it more than I ever thought I would. Thank you!"

NRPVYC seeks to infuse therapeutic principles into court systems processes and works with courts to provide a variety of supports including: Family Treatment Drug Court in Lancaster County Juvenile Court, FIRST Court in Douglas County and the Domestic Violence Court Track in Lancaster County.

NRPVYC 2020 Evaluation Summary



FIRST Court Findings

- FIRST Court improved the relationships among professionals and with the judge and parents
- FIRST Court increased party participation in court
- FIRST Court increased the quality and quantity of contact between the judge, parties, and families
- Attorneys in FIRST Court felt more respected and trusted than control cases.

FTDC - Caseworkers

"It's much easier to be on the same page, and no surprises come up as with other cases. You get to know the family and other parties much better, and really work as a team rather than adversaries..."

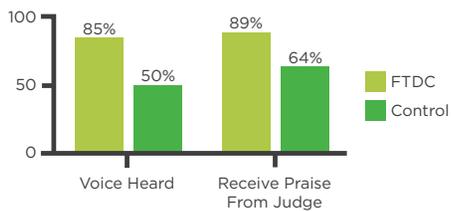
FTDC - Parents

"...overall, if you can apply yourself it can be a life changing experience for the better."

"Judge Heideman has been very helpful & understanding to my addiction and what I need for sobriety."

Lancaster FTDC Findings

NRPVYC's 4-year evaluation of the Family Treatment Drug Court has found that: increased communication and teamwork by professionals combined with increased parent engagement in services leads to better case outcomes for families.

	FTDC	Control									
Case Progression FTDC cases reach important case milestones faster. <i>Average days from Petition to Case Closure.</i>	 513 Days	 680 Days									
Reunification More FTDC cases close through reunification.	 48%	 32%									
Parent Perception FTDC families report more positive experiences with the court.	 <table border="1"> <caption>Parent Perception Data</caption> <thead> <tr> <th>Metric</th> <th>FTDC</th> <th>Control</th> </tr> </thead> <tbody> <tr> <td>Voice Heard</td> <td>85%</td> <td>50%</td> </tr> <tr> <td>Receive Praise From Judge</td> <td>89%</td> <td>64%</td> </tr> </tbody> </table>		Metric	FTDC	Control	Voice Heard	85%	50%	Receive Praise From Judge	89%	64%
Metric	FTDC	Control									
Voice Heard	85%	50%									
Receive Praise From Judge	89%	64%									
Service Participation Of those who were ordered, more FTDC families completed substance use treatment.	 35%	 13%									



Court Infusion

Basic Stats Connected to Our Court Infusion Work



Child Welfare Cases w/Substance Abuse Allegations

Source:
https://ncsacw.samhsa.gov/files/NE_Response_to_Substance_Abusing_Parents_in_Child_Welfare_508_REVISED.pdf



Child Welfare Cases w/DV Allegations

Source:
https://ncsacw.samhsa.gov/files/NE_Response_to_Substance_Abusing_Parents_in_Child_Welfare_508_REVISED.pdf



Number of Children in Out-of-Home Care

Source:
<http://dhhs.ne.gov/Reports/CFSS%20Point%20in%20Time%20Dashboard%20Report%20-%202020.pdf>

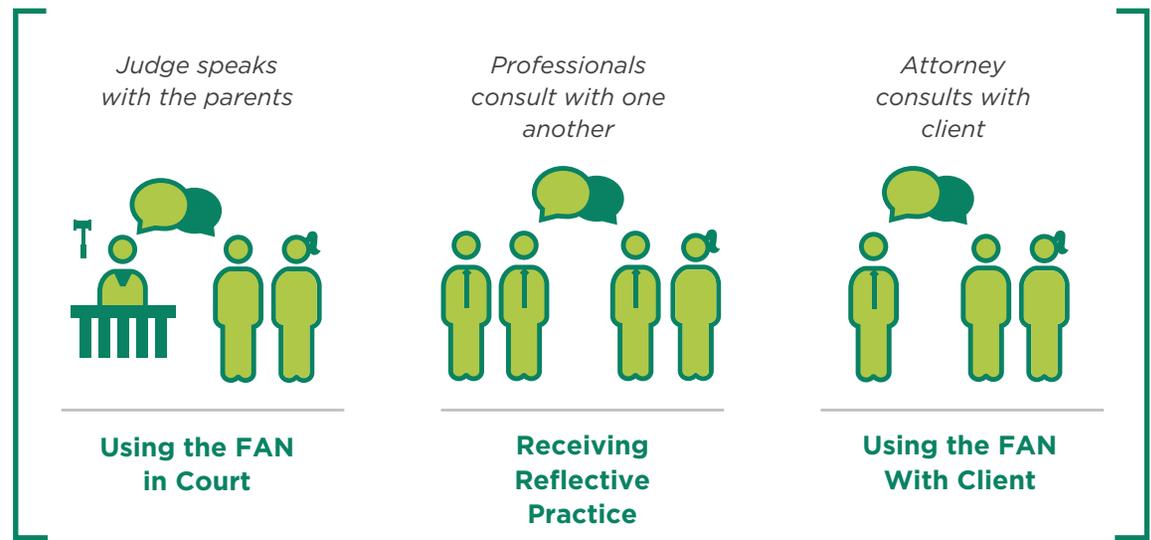


Reunifications Occurring Within 12 Months of Entering the Juvenile Court System

Source:
<https://dhhs-cfscompass.ne.gov/CFSScompass/pages/chart/reunificationCurrent.xhtml>

Reflective Practice FAN Training for Attorneys and Judges

Working with at-risk children and families can be emotionally and physically exhausting. Judges often feel isolated in their roles as decision-makers, and attorneys and caseworkers can be impacted by the factors present in child welfare cases, which may even lead to vicarious trauma. Ongoing use of reflective practice can mitigate these effects, and the NCRP provides Reflective Practice FAN Training and reflective consultation to court professionals.



Number of Attorneys Trained in Reflective Practice FAN Model



Number of Nebraska Attorneys Who Have Received Reflective Consultation



Court Infusion

Lancaster Domestic Violence Court Track

NRPVYC partners with Judge Elise White and the Lancaster County Through the Eyes of the Child (TEOC) Domestic Violence Subcommittee to enhance the practice and services provided to children and families served by juvenile court who have experienced domestic violence through the Domestic Violence (DV) Court Track.

The goal of the DV Track is to give children and parents the opportunity to end the cycle of domestic violence through support, intervention, and education. Initial DV Track enhancements include:

- 1 Monthly Court Team Meetings with all parties in attendance
- 2 Increased focus on tailored case planning with elements specific to domestic violence best practices
- 3 Innovative methods to support and empower domestic violence survivors, and to increase batterer accountability

NRPVYC Supports This Ongoing Work Through the Following Elements:

- 1 An initial Needs Assessment and ongoing program evaluation which focuses on the evolution and impact of teamwork, as well as case outcomes.
- 2 Ongoing reflective consultation provided to the judge, DHHS caseworkers, and attorneys working on these cases.
- 3 Reflective Practice FAN Training.
- 4 Facilitation and strategic planning assistance for the Lancaster Domestic Violence Subcommittee, which has been the driving force in enhancing practice for these types of cases.



Number of Judges Trained in the FAN model



Number of Attorneys Trained in the FAN model



Number of Attorneys and Caseworkers Receiving Reflective Consultation



Number of Professionals Surveyed



Number of Case Files Reviewed

DV - Professionals

"Clients have really appreciated seeing the judge informally."

Advisory Board

 **Deb VanDyke-Ries**
Director, Nebraska Court Improvement Project

 **Karin Walton**
Attorney

 **Jennie Auman**
State Lead, Nebraska - Material, Infant, Early Childhood Home Visiting (N-MIECHV)

 **Judge Linda Porter**
Retired Judge of the Separate Juvenile Court

 **Joanna Halbur**
Director of Mental Health Services, Project Harmony

 **Judge Al Corey**
Judge of the County Court, 9th Judicial District

 **Sarah Bernhardt**
Licensed Independent Mental Health Practitioner, Options in Psychology

 **Dr. Holly Hatton-Bowers**
Assistant Professor & Early Childhood Extension Specialist, UNL

 **Amy Bunnell**
Co-Director, Early Development Network

 **Tana Fye**
Attorney

 **Judge Larry Gendler**
Judge of the Separate Juvenile Court

 **Betty Medinger**
Senior Vice President of Nebraska Children and Families Foundation

 **Jen Goettemoeller**
Early Childhood Consultant

 **Barbara Jessing**
ECMH Consultant and Trainer, Fontenelle House

 **Doug Kreifels**
Southeast Service Area Administrator, NE DHHS - Division of Children and Family Services

Partners



Erikson Institute



NEBRASKA RESOURCE PROJECT
FOR VULNERABLE YOUNG CHILDREN



@NebraskaBabies

**Center on Children,
Families, and the Law
University of Nebraska - Lincoln**

206 S. 13th Street
Suite 1000
Lincoln, NE 68588-0227

www.NebraskaBabies.com
402-472-3479
NRPVYC@unl.edu