

2021
**ANNUAL
REPORT**

STRONGER TOGETHER

THE PEOPLE THAT COMPLETE OUR OUR PUZZLE

NEBRASKA RESOURCE PROJECT FOR VULNERABLE YOUNG CHILDREN



Going Further Together

Our mission is to improve the well-being of maltreated young children in Nebraska through supporting and strengthening professionals serving them across systems.

Support



Early Childhood Mental Health

- **Clinical Training Programs for Clinicians**
 - ✦ Child-Parent Psychotherapy
 - ✦ Parent-Child Interaction Therapy (IoWA-PCIT)
- **Ongoing Support of ECMH Clinicians through Community of Practice**
- **Training and Outreach to Child Welfare and Other Professionals**



Reflective Practice

- **FAN Training Program**
- **Ongoing Reflective Consultation Services**
- **Ongoing Support of Trained Practitioners through Community of Practice**



Court Infusion

- **Program Evaluation**
- **Court Project Support**
- **Reflective Practice Training and Consultation**

Training



Technical Assistance, Support, and Communities of Practice



In-Depth Training Programs



Resources and Program Evaluation

Resources

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

Letter From the Project Director

If there is one word to describe our project in 2021, it is growth. Growth in the number of staff, growth in our focus areas, and growth as individuals. As you will see in this Annual Report, we continue to grow and expand our trainings in reflective practice and early childhood mental health, in size and

scope. We are creating more space for professionals to get trained in reflective practice and Parent-Child Interaction Therapy. We are exploring new opportunities to offer professionals to refine their skills. We are making it easier for professionals to access our resources and training.

As always, this work is completely dependent on the individuals who make up the Nebraska Resource Project for Vulnerable Young Children. Each person

provides a unique and important piece of the puzzle in making our project function. Our project would not be where it is without the entire team providing their specific skills and expertise. We are grateful for the many partners we work with to make this happen, and we look forward to continuing to grow in 2022.

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
Professor



Tracey Kock
Reflective Practice
Outreach and
Training Specialist



Chad Gressley
Reflective Practice
Outreach and Training
Specialist



Lindsey Ondrak
Early Childhood Mental
Health Outreach and
Training Specialist



Cassie Roberts
Project Coordinator



Melissa Villarreal
Early Childhood
Mental Health
Training Associate



Haifaa Al-saadi
Training Associate

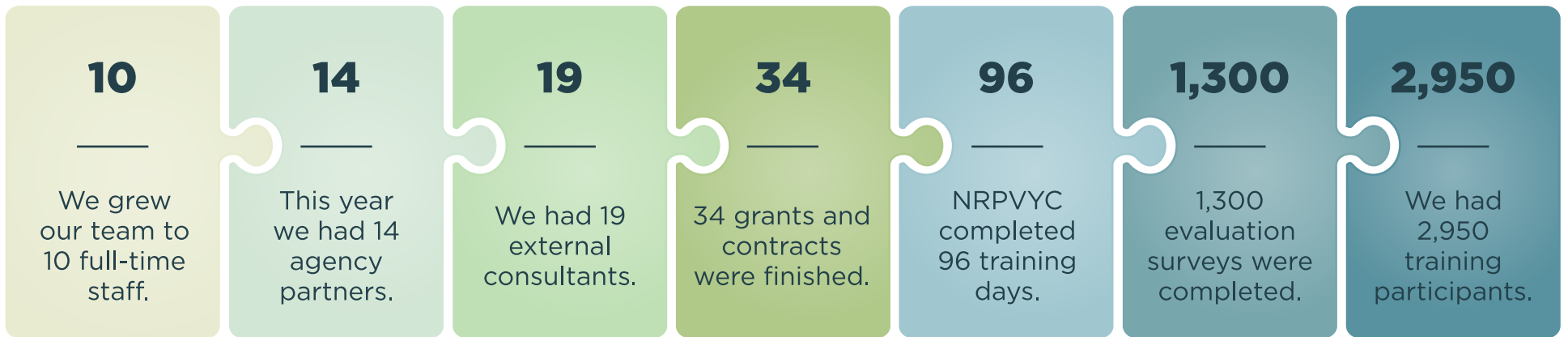


Meredith Cartwright
Graduate Research
Assistant

**Sarah
Barker**
Graduate
Research
Assistant

2021: A Year in Review

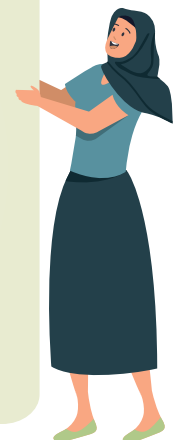
For NRPVYC, 2021 was a year of seemingly opposite concepts: growth and stabilization. We increased our staff to 10 full-time individuals, increased our external consultants to 19 individuals, and expanded the number of people trained from 1,520 in 2020 to 2,950 in 2021. At the same time, our projects became better defined and more easily executed. We have a clear vision for our Reflective Practice, Early Childhood Mental Health and Court Infusion programs. The community better understands the work we do and how they can be a part of it.



TEAM TALKS

Cassandra Roberts, NRPVYC Project Coordinator, has been with NRPVYC since its early days and is the glue that holds it all together. Cassie leads management of the Nebraska Young Child Institute, manages NRPVYC's financial work, helps onboard new staff, provides oversight to training staff and remembers the details that no one else can.

Haifaa Al-saadi joined NRPVYC in May 2021 after working with individuals with mental health challenges. Haifaa manages the reflective practice training programs and has been instrumental in moving the training management system to an online, interactive platform. Haifaa's inquisitive nature in figuring out solutions to problems and her drive to provide high quality work makes her a valuable asset to NRPVYC.



Nebraska Children by the Numbers

501,801

Children Living in Nebraska

26.1%

Nebraska Children Under the Age of 6

10.5%

Nebraska Families Living in Poverty

2,331

Children in Early Development Network

3,005

Licensed Day Care Facilities

486

Step Up to Quality Programs

15,417

Maltreatment Reports Assessed by DHHS

2,019

Maltreatment Reports Substantiated by DHHS

3,267

Kids Experiencing Maltreatment

37.4%

Children with Substantiated Maltreatment Under 5

9,256

Children Involved in Child Welfare System

32.1%

Children Involved in Child Welfare System Under 5

24,758

Babies Born in Nebraska

3.6%

Moms Who Had a Home Visitor During Pregnancy

18.6%

Children Who Have Experienced 2+ ACES

**TOP NRPVYC
2021 WEBINAR
ATTENDANCE**

158

Shadows and Light
Dr. Ray and Panel

143

**Treating the Whole Child Using
Relationship-Based Interventions**
Carrie Gottschalk

126

NCRP Awareness
EC Trainers

123

Trauma and the Body
Jessica Kroeker

99

**Understanding and Screening
for Trauma in Young Children**
Lindsey Ondrak

**Source: Kids Count in Nebraska Report 2020*

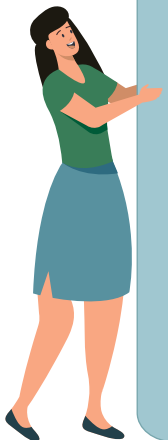
Early Childhood Mental Health (ECMH)

NRPVYC supports the Early Childhood Mental Health of Nebraska's young children by engaging with professionals through three areas: ECMH Clinical Training Programs, Training and Outreach to Child Welfare and Other Professionals, and Ongoing Support of ECMH Clinicians through a Community of Practice.



The entire ECMH staff are vital to the success of the project. Each staff member plays a crucial role – Lindsey in providing outreach and training and Melissa in managing training programs and leading marketing efforts. Due to their efforts, the 2021 fall webinar series had its highest ever attendance, the training programs have been rolled out successfully despite the ongoing pandemic, and more clinicians are joining the Community of Practice.

TEAM TALKS



As project manager of the ECMH Project, **Samantha Byrns** has a busy schedule. She is a Child-Parent Psychotherapy trainer, a Parent-Child Interaction Therapy trainer in the IoWA-PCIT model, and a Reflective Practice trainer. She manages the activities of a growing project, and she is still an active clinician in her community. With Lindsey Ondrak and Melissa Villarreal joining the ECMH project, the work is busier than ever.



Samantha Byrns
Early Childhood Mental Health Project Manager



Lindsey Ondrak
Early Childhood Mental Health Outreach and Training Specialist



Melissa Villarreal
Early Childhood Mental Health Training Associate

Why ECMH Matters

The early years of a child's life are a critical period for their physical, cognitive, and social-emotional development, and early experiences have an enormous impact on proper brain development.

Young child development can be negatively impacted by a number of adverse factors, including disruptions in attachment caused by parental substance abuse, parental mental health issues or traumatic loss, which can lead to toxic or chronic stress. Therefore, it's essential to treat a child's mental health issues promptly and within the context of the relationship with their caregiver and family.

Early intervention and early childhood mental health (ECMH) services can mitigate or prevent the negative effects of maltreatment, neglect, trauma or loss in young children.

Topics of training:

- Treating the Whole Child Using Relationship-Based Interventions
- System and Overall Health, an Overview of CPP as a Treatment
- Collaboration between Attorneys and Therapists
- How Physical Biochemical and Emotional Stressors Affect the Nervous System
- Adapting CPP for Telehealth
- Circle of Security-Parenting
- Attachment-Based EMDR
- Trauma and the Body
- CPP Treatment Planning for Young Children
- PCIT Advanced CDI Coaching Skills



TEAM TALKS

Melissa Villarreal joined NRPVYC in 2020 at the height of the COVID-19 pandemic. With her experience as a high school teacher, Melissa was a natural fit for the coordination and management of a large number of details and in facilitating online trainings during which at times unexpected situations would arise.

ALL-TIME ECMH STATISTICS

- 163** Therapists trained in CPP
- 1,665** Trauma training participants
- 1,105** ECMH fall webinar participants

2021 ECMH STATISTICS

ECMH Clinical Training Programs: Learn more about our Child-Parent Psychotherapy (CPP) and Parent-Child Interaction Therapy (PCIT) programs on next page.

- 82** Therapists currently providing CPP
- 46** CPP therapists in training
- 64** PCIT therapists on NRPVYC list

- 3** Trainings on specific ECMH evidence-based practices
- 4** Reflective consultation groups for clinicians
- 53** Emails to clinician listservs
- 12** Community Cafés

ECMH Community of Practice for Clinicians: Intensive trainings on ECMH evidence-based practices, specialized trainings on important topics, clinician listservs, Counselor Café gatherings, reflective consultation, individual case consultation, support for Nebraska Association of Infant Mental Health (NAIMH).

ECMH Training and Outreach to Child Welfare and Other Professionals:

On-demand classroom course on attachment and development in young children, short video of ECMH services in NE, individual case consultation on ECMH issues in court cases, trainings on the impact of trauma in young children, overview trainings about specific ECMH services.

- 441** Attended Fall Webinar Series
- 139** Enrolled in online ECMH course
- 115** Attended ECMH overviews
- 361** Viewed video of Nebraska ECMH services

Child-Parent Psychotherapy (CPP)

The NRPVYC manages the Child-Parent Psychotherapy (CPP) training program in Nebraska with the support of the national CPP body at the University of California at San Francisco. CPP is an evidence-based therapy for young children and their caregivers to help address past traumatic events or loss. The 18-month training program includes 7 days of live training, twice-monthly consultation calls, two video presentations, and fidelity assurance.



HOW IS CPP HELPFUL TO PARENTS? -CPP CLINICIANS

“They are able to talk about past struggles and move on with confidence as a parent.”

“Increased confidence in helping their child return to an appropriate developmental stage as well as increased confidence in overall parenting skills.”

“Increasing reflective capacity and insight into their children’s experiences. Developing a shared sense of traumatic experiences.”

3

Nebraska CPP Apprentice Trainers

87

CPP Consultation Calls

14

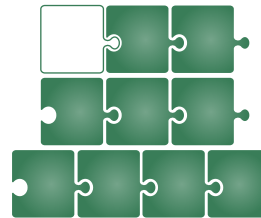
CPP Training Days

46

Trainees in 2021

3

Nebraska CPP Trainers



9 out of 10 clinicians who graduate from our CPP training program are satisfied with providing CPP and intend to continue



90%+ of clinicians who graduate from our CPP training program feel confident in providing CPP, that CPP is effective, and that CPP benefits their clients

Parent-Child Interaction Therapy (PCIT)

The NRPVYC offers twice-annual Parent-Child Interaction Therapy (PCIT) Training utilizing the attachment-focused IoWA-PCIT model 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.

1

Number of trainings started in 2021

18

Number of trainees in 2021

3

Number of IoWA-PCIT trainers affiliated with NRPVYC



100% of clinicians in our PCIT training program are satisfied with providing PCIT



100% are satisfied with Part I of PCIT training, of which 63% are very satisfied



100% are satisfied with Part II of PCIT training, of which 71% are very satisfied

TEAM TALKS

Lindsey Ondrak joined NRPVYC on a temporary basis in 2020 before being moved into a permanent position in 2021. Her work as an Outreach and Training Specialist is critical for managing the “chicken and egg” circumstances of our work - increasing the number of people aware of ECMH and ECMH services while helping to increase the number of professionals providing ECMH services.



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 become more resilient in the face of work stress. NRPVYC through the Nebraska Center on Reflective Practice (NCRP) offers a variety of reflective practice services and supports in Nebraska.

Reflective Practice Staff

Jamie Bahm, Reflective Practice Project Manager, has been with NRPVYC since 2016 when the Nebraska Center on Reflective Practice was created. Jamie has been instrumental in the growth and expansion of reflective practice in Nebraska. Jamie became a FAN Master Trainer in 2020 and has trained 4 Nebraska FAN trainers and many Nebraska FAN mentors. Her dedication has played a huge part in the increases in our work shown below.



Jamie Bahm
Reflective Practice
and Court Infusion
Project Manager



Chad Gressley
Reflective Practice
Outreach and Training
Specialist



Tracey Kock
Reflective Practice
Outreach and
Training Specialist



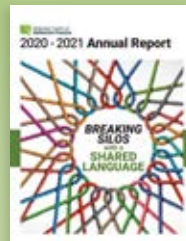
Haifaa Al-saadi
Training Associate

In 2021, the Nebraska Center on Reflective Practice trained:

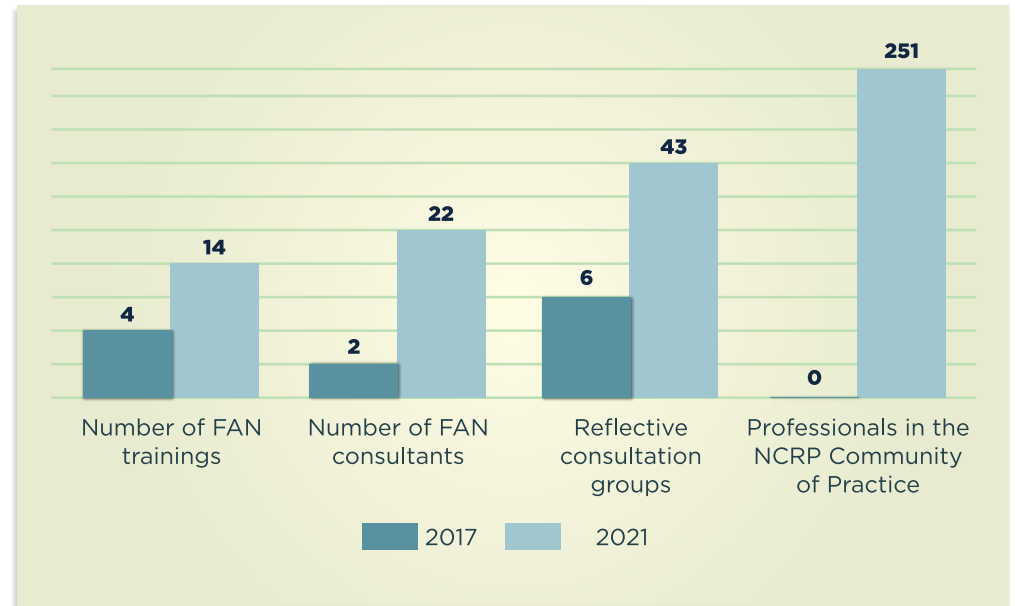
Directors, managers, supervisors, home visitors, program coordinators, therapists, teachers, attorneys, judges, coaches, administrative assistants, professors, family home care providers, and service providers.

Jamie Bahm

Nebraska Center on
Reflective Practice



The Nebraska Center on Reflective Practice (NCRP) published its own 2020-2021 Annual Report that can be found at nebraskababies.com.



The NCRP utilizes the FAN model of reflective practice and focuses its efforts in three areas: the FAN training program, Ongoing Support of FAN Practitioners through a Community of Practice, and Reflective Consultation services.



1. FAN Training Program

To be trained in the FAN model of reflective practice, training participants complete Pre-Training Reflective Consultation, 2 days of Initial Training, 6 months of mentoring and 1-day of Advanced Training. In 2021, the NCRP partnered with over 20 organizations in its efforts to train professionals in the FAN model. FAN-trained professionals use the FAN model in their interactions with families, colleagues, staff, and others.

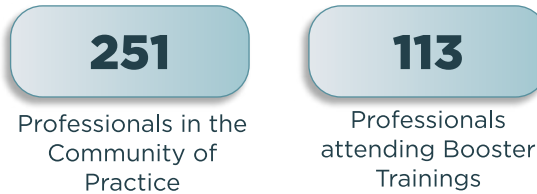


TEAM TALKS

Tracey Kock and **Chad Gressley** both joined the team in 2021 as Reflective Practice Outreach and Training Specialists. Tracey has extensive experience in the child welfare system as a caseworker, supervisor and administrator and has seen first-hand the impact of mis-communication between court professionals. Chad Gressley has been a trainer in a variety of capacities at UNL-CCFL, including motivational interviewing, and sees the FAN model as an important tool for caseworkers and other providers in their work with families.

2. Community of Practice

Professionals who have completed the FAN training program are enrolled in the NCRP Community of Practice (CoP). CoP offerings include twice-annual booster trainings, an online library of resources, enrollment in a listserv and additional training opportunities.

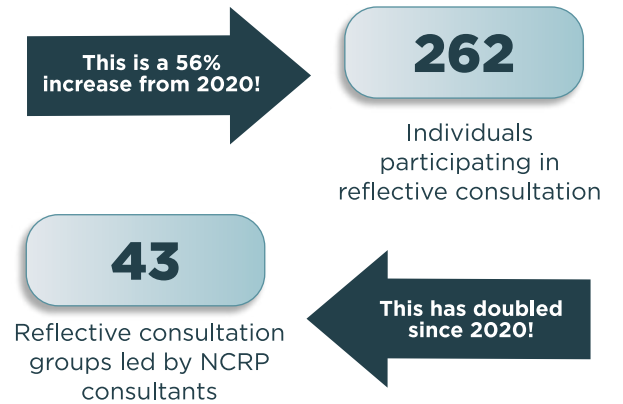


Our Partners



3. Reflective Consultation

The NCRP partners with 22 internal and external consultants to facilitate reflective consultation in group or individual settings. The typical reflective consultation is a group led by an external facilitator that meets two times per month.



General Statistics

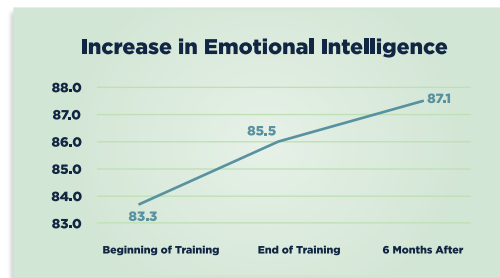
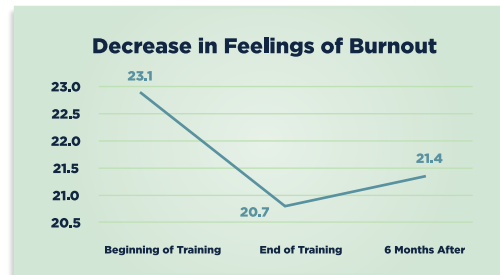
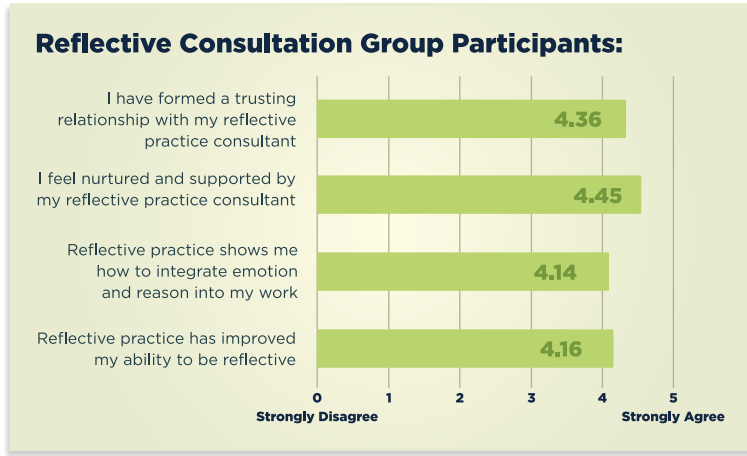


Reflective Practice Training

Training in reflective practice has been shown to improve workplace environments, especially those prone to cause stress. The NCRP evaluates the effectiveness of FAN training with the use of online surveys. The survey assesses a training participant's reflective ability, burnout, vicarious trauma, empathy, turnover intentions, and perceptions of reflective practice at multiple points during their training. Recipients of reflective practice through reflective consultation have also been shown to improve their ability to manage and cope with stressors and challenges that are sometimes inherent in their line of work. The NCRP also evaluates the effectiveness of NCRP reflective consultation groups through online surveys with similar measures.

Our ongoing evaluation shows that FAN training participants experience statistically significant growth in three areas:

1. Reflective ability
2. Self-reflection
3. Emotional Intelligence



Emotional intelligence is the ability to recognize, understand, and manage or appropriately respond to my own emotions and those of others



TRAINING QUOTES:

“I think RP is an effective way to support growth and development in others. The FAN model provides a good structure that is flexible and adaptable to many different circumstances. I like using the FAN model because it helps me to stay grounded and regulated and look for specific cues communicated by my mentees.”

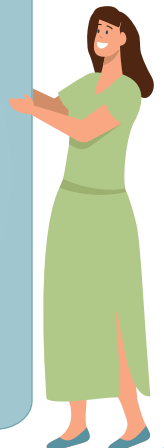
“It provides structure for conversations with reflection on the process for change.”

“It is so flexible and can be used in such a wide variety of settings and conversations.”

“Reflective practice is a way to connect one-on-one with a person, particularly in a work setting, where mindfulness, being present and strategy mix together.”

TEAM TALKS

Dr. Pam Jordan joined NRPVYC in June 2020 as we were navigating the shift to online learning and connecting. With over 30 years of experience in community-based evaluation, Dr. Jordan has been a strong leader in our multiple evaluation efforts, which span our three focus areas. Perhaps most importantly, Dr. Jordan has great skill in translating dense research findings into understandable data for on-the-ground practitioners.



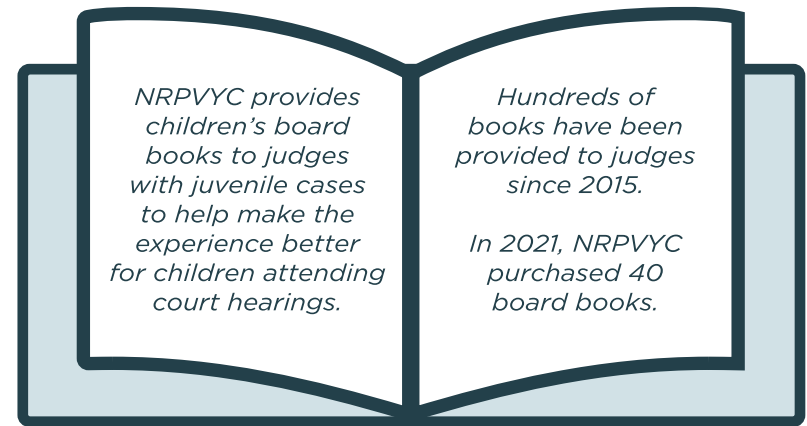
Court Infusion

NRPVYC supports juvenile and other problem-solving courts in their work of infusing therapeutic principles into court practices by providing evaluation activities and reflective practice support, including FAN training and reflective consultation to judges, attorneys, and caseworkers.

Since 2015, NRPVYC has worked with multiple courts in supporting their efforts to implement enhanced practices in their juvenile court cases.

These projects include:

- ❖ Lancaster County Family Treatment Drug Court (FTDC)
- ❖ Douglas County FIRST Court
- ❖ Furnas County Project
- ❖ Lancaster County IceBreaker Meetings Project
- ❖ Adams County Trauma Screen Project
- ❖ Lancaster County Safe & Healthy Families (SHFC)



Douglas County FIRST Court professionals reported the specialized track felt less adversarial, parents participated more in the process, and reported improvements in relationships with other professionals.

FTDC families report more positive experiences with the court.

85% of FTDC families feel their voice is heard compared to only 50% of Control families.

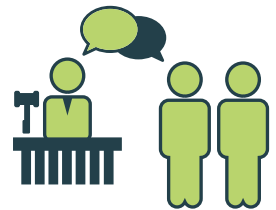
FTDC parents have increased service participation compared to Control parents.

FTDC cases close in significantly fewer days than Control cases (days from petition to case closure; FTDC = 513.3 days, Control = 679.9 days).

More FTDC cases (43%) closed through reunification than Control cases (32%) by the end of the evaluation term.

Reflective Practice FAN Training and Reflective Consultation for Attorneys, Judges and Other Court Professionals:

Working with at-risk children and families can be emotionally and physically exhausting. Judges can feel isolated in their roles as decision-makers, and attorneys and caseworkers can be impacted by the factors present in child welfare cases, which could lead to burnout and vicarious trauma. Issues related to the pandemic and other social factors have also impacted court professionals. Ongoing use of reflective practice can mitigate these effects, and the NCRP provides Reflective Practice FAN Training and reflective consultation to court professionals, including judges, attorneys, caseworkers and others.



Judge communicates with the parents using the FAN in Court



Professionals consult with one another receiving reflective practice



Attorney communicates with the client using the FAN with client

REFLECTIVE CONSULTATION QUOTES:

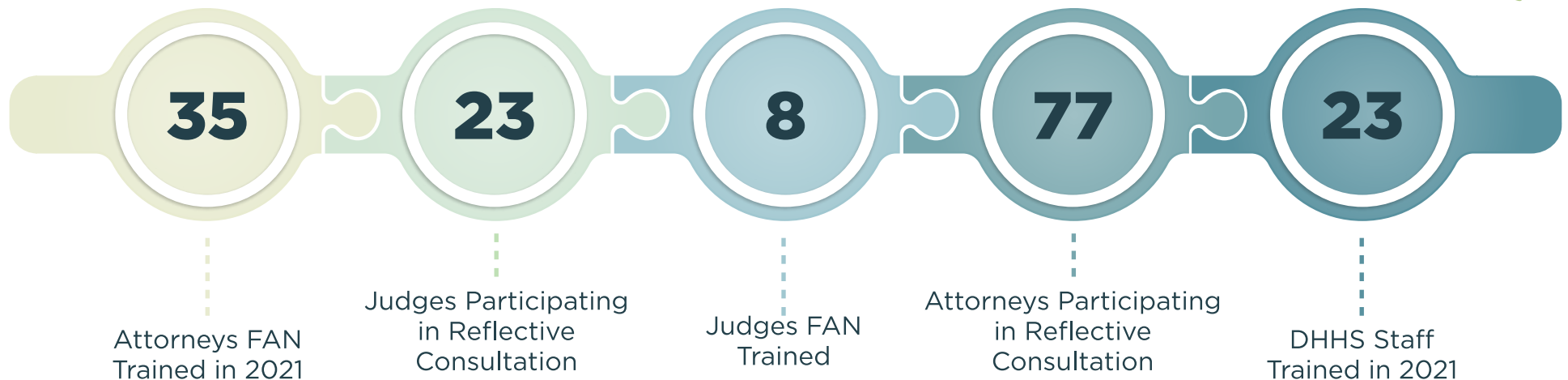
The FAN “Helps me to gain insight into why I’m feeling the way I am which helps me more effectively manage my emotions.” - Judge

“Reflective practice has given me the ability to reflect and care for myself emotionally in my professional work.” - Attorney

“I see how my staff thinks - I get the opportunity to see how they think. For me, the biggest thing is just the power with communication, both verbally and nonverbally and knowing that eventually we’ll get there. Might not take the same route, but eventually, we’ll get there.” - DHHS Administrator

FAN TRAINING QUOTE:

“Reflective practice has helped me work through several difficult client interactions. It has also helped me understand what colleagues are going through in their practice and how it affects them.” - Attorney



Safe & Healthy Families Court in Lancaster County

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 court-involved children and families who have experienced domestic violence. The Safe & Health Families Court (SHFC) aims to give children and parents the opportunity to end the cycle of domestic violence through support, intervention, and education.

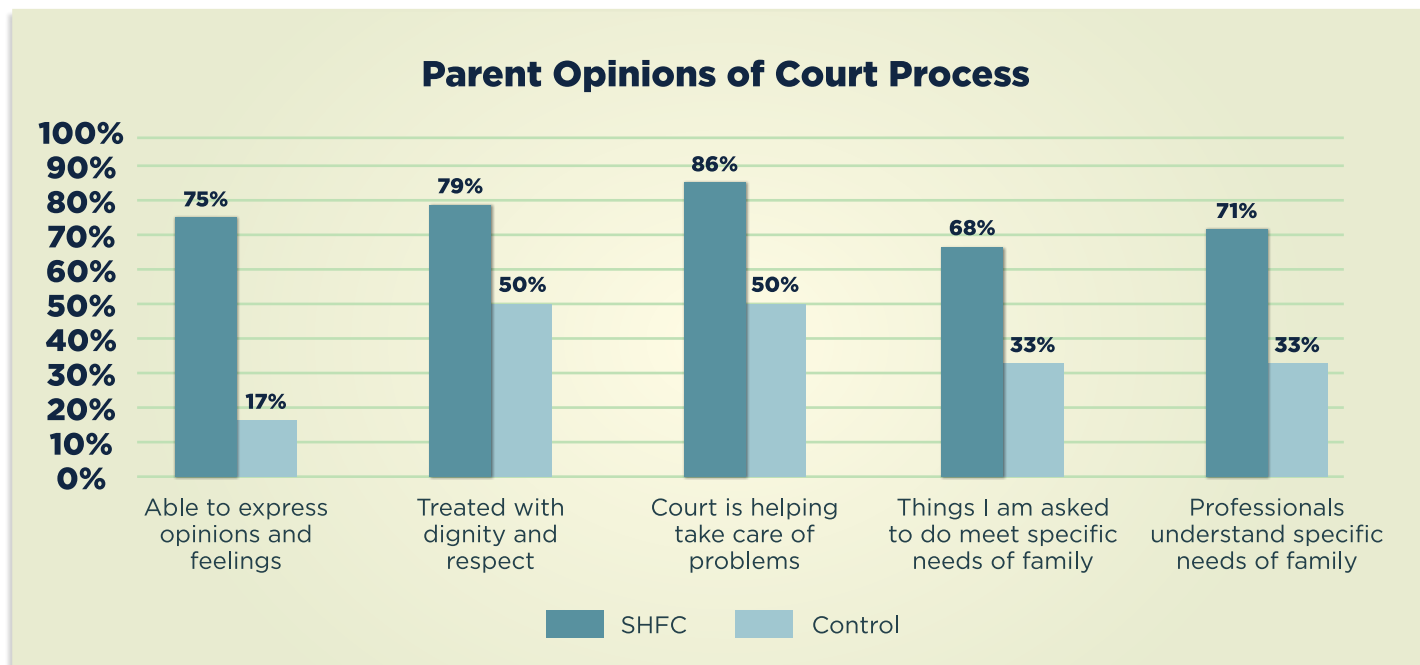
In 2021, partners supporting the Safe & Healthy Families Court received a 3-year grant from the Woods Foundation to increase services and supports. NRPVYC supports the Safe & Healthy Families Court by providing ongoing reflective practice to the judge, caseworker and attorneys, managing a listserv and conducting enhanced program evaluation.

SHFC Cases

- ✦ 42 cases and 78 children
- ✦ Children removed in 50% of cases

Control Cases

- ✦ 64 cases and 111 children
- ✦ Children removed in 81% of cases



SHFC attorneys trained in the FAN model in 2021

13

146 Case Files Reviewed

People on the SHFC Listserv

72

27 Parents Surveyed

Caseworkers and Attorneys in Reflective Consultation Groups

33

Advisory Board

- 
Deb VanDyke-Ries
Director, Nebraska Court Improvement Project
- 
Melanie Kirk
Attorney
- 
Jennie Auman
State Lead, Nebraska - Maternal, 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
- 
Kathleen Stoltz
Central Service Area Administrator, NE DHHS-Division of Children and Family Service
- 
Amy Bunnell
Co-Director, Early Development Network
- 
Tana Fye
Attorney
- 
Judge Larry Gendler
Retired 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
- 
Dr. Holly Hatton-Bowers
Assistant Professor & Early Childhood Extension Specialist, UNL

Partners



Erikson Institute



NEBRASKA RESOURCE PROJECT
FOR VULNERABLE YOUNG CHILDREN

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

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