



LCCN NEWS

www.lcchildrensnetwork.org

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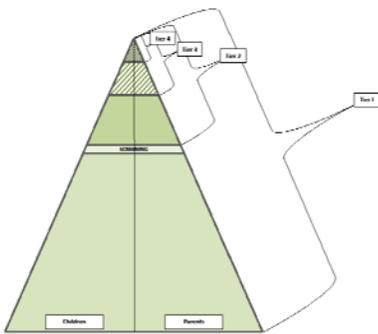
December 1, 2013

Issue 2

Vision: Families all across Livingston County will utilize and value a comprehensive continuum of services to promote children's social and emotional development which will, in turn, effectively reduce at-risk behaviors and strengthen relationships.

Something for All of Us

This triangle represents the estimated 9500 children and adolescents in Livingston County and the adults who care about them. In 2010, when we took a good hard look at the alarming levels of early pregnancy, drug and alcohol use, self-injury and suicidal thoughts, and bullying and violence in our youth, it became clear that we needed to develop a full continuum of supports that would set children on a path of health, happiness and productivity. In this issue of the LCCN News, you will read about the Tier I Interventions that are available to all of us. For parents, these include well-researched parenting tips for common problems that can be accessed on our website under the "parent" tab or, from medical providers, access to The Newborn Channel for new parents and parent coaching using Triple P (Positive Parenting Program) for those of us already raising children. In the schools, every grade school teacher is armed with a powerful curriculum to explicitly teach students how to manage their emotions, set and accomplish goals, and successfully navigate relationships. Our hope is that it will make a dramatic decrease in problems we have been seeing in our community. Fortunately, a remarkable number of families have agreed to participate in data collection over several years so that we can measure the improvement. We are screening all children 0-18 and attempting to intervene before problems develop, so that we only have a few children in the higher tiers at the top of the triangle. However, our triangle currently looks more like an hour glass with many children and adolescents having missed out on these preventive efforts. Read on for innovative approaches that are making services accessible to youth and families at the top of the triangle (Tiers III & IV) who have already developed concerns.



LCCN Goals & Objectives

- 1. Increase capacity of system of care**
 - A. Increase workforce to meet needs
 - B. Increase skills of personnel
 - C. Fill identified service gaps
 - D. Identify funding sources
- 2. Increase accessibility of services**
 - A. Identify barriers to utilization
 - B. Decrease stigma barrier
 - C. Decrease financial barrier
 - D. Decrease transportation barrier
 - E. Increase awareness of services & how to access them
- 3. Increase coordination of services**
 - A. Promote links to medical home
 - B. Increase likelihood of successful transition between setting/providers
 - C. Increase collaboration between providers serving same clients
 - D. Utilize data to evaluate process & outcomes
- 4. Decrease rates of risk behaviors and frequency/severity of disorders**
 - A. Promote child & adolescent social-emotional skill development
 - B. Nurture protective factors (e.g., adult-child relationships & school engagement)
 - C. Identify and support at-risk children & adolescents

If you believe your child or your family may benefit from counseling services, call the Institute for Human Resources at (815) 844-6109

Partnering Organizations

- Livingston County Special Services Unit
- Livingston County Mental Health Board
- Livingston County Board for the Care and Treatment of Persons with Developmental Disabilities
- Regional Office of Education for DeWitt, Livingston and McLean Counties
- A Domestic Violence & Sexual Assault Service
- Livingston County Probation/Court Services
- Livingston County Commission on Children & Youth
- Institute for Human Resources
- OSF Healthcare Systems, Resource Link
- Livingston County Health Department



LIVINGSTON COUNTY CHILDREN'S NETWORK

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Medical

Ken Beutke, Vice President, Organizational Development & Planning
OSF Saint James Medical Center

Joe Vaughan, Executive Director
Institute for Human Resources

In addition to the opportunities for parent coaching with Triple P, OSF Saint James-John W. Albrecht Medical center has added "The Newborn Channel" to deliver important newborn and parenting information to help prepare new moms and dads when they need it most. It provides easy access to highly trusted, professionally endorsed content reaching millions of parents annually on topics such as infant and mom care, siblings and family living, work-life balance and more. The Newborn Channel can be accessed in-room at the hospital on a dedicated TV channel after delivery, on the web or a mobile device with a code provided by the healthcare provider before or after delivery making learning part of the full experience of preparing for and becoming a parent.

IHR provides counseling services to area towns by locating a counselor within the OSF physicians' offices in Chatsworth, Fairbury and Dwight. This is an ongoing effort for IHR to expand services and meet the needs of the surrounding communities. The counselors are available four to five hours per week within the OSF clinics. The purpose is to increase access, decrease stigma, and collaborate directly with the OSF physicians. The physician's office provides a natural setting for a counselor and a physician to work together in order to address both the physical and emotional symptoms of a patient. The collaboration with IHR and the OSF Medical Group has proven to be a tremendous success.

Funding wholly or in part is provided through a grant from Illinois Children's Healthcare Foundation.

School

Kristal Shelvin, Project Manager
Livingston County Special Services Unit

Positive Action is an internationally recognized social-emotional-behavior curriculum and **WE HAVE IT**. Nearly all Livingston County's Pre-Kindergarten through 8th grade public school teachers have already received a Positive Action curriculum kit and training on how to deliver the lessons in their classrooms. Two simple principles guide Positive Action: *You feel good about yourself when you do positive actions* and *there's a positive way to do everything*. With these skill-building activities, children learn how to make decisions that lead to physical, intellectual, social and emotional well-being. In addition to classroom lessons, principals use building-wide Positive Action activities to improve school climate. In research, Positive Action has been shown to dramatically improve student outcomes. In addition to improvements in reading and math performance in elementary school, as high school students, youth engage in less early sexual activity, drug/alcohol use, and violence. Remarkably, our own presiding judge has reported a decrease in the severity of cases coming through the court process. Ask the students you know about the *Positive Actions* going on in their schools and thank the teachers you know for the critical role they are playing in supporting children's development.

Mental Health

Amy Duffy, Clinical Director
Institute for Human Resources

Mental health is like the levelness of a table. We all have it, and a little wobble can eventually lead to a table so uneven that it no longer functions. The cause can be the floor, the table, and sometimes both! With an ongoing effort to provide mental health services to our highest need (Tier IV) children and families, a Comprehensive Interdisciplinary Assessment (CIA) team has been established. With guardian permission, this team is available for providers to refer children who are challenging or whose conditions are most puzzling. This may be children dealing with an overwhelming and/or confusing amount of life stressors, children who don't appear to be making progress with treatment interventions, have unique challenges to address in order to achieve their goals, or appear to have more going on with their mental health than what has been previously assessed. This team, as the name states, is one of many disciplines. The team meets and has at the table school psychologists and social workers, therapists, outreach workers, case managers, social welfare system representatives, probation/court services and more if needed. The team can draw in others who know the child and can offer insights for problem solving and services or refer out to a specialist in order to gain more information or interventions. This team approach offers the best ideas in helping all the providers assist the child and their families in various settings and can provide immediate feedback and action. It is inspiring to see our youth and families make progress!

Long-Term Outcomes

- Multi-generational patterns of family instability, neglect, and violence are interrupted
- Young people graduate and becoming gainfully employed.
- Severity and frequency of mental health disorders reduced.
- A sustainable model of high-quality, integrated service delivery is available to family in the county.