#### Volume No. 2

### Samaritan Behavioral Health les and Progress Talking Points

### **A Bi-Monthly Report on Our Outcomes and Progress**

**Our Vision** 

Where help for life's challenges is openly sought and compassionately given.

#### **Our Mission**

Our Values
Compassion, Integrity, Respect,
Excellence, Teamwork

To provide mental health and addiction services that touch, teach and heal.

**Young Children's Assessment and Treatment Services (YCATS)** 

#### **Infant & Toddler/Preschool Mental Health**

The YCATS Program of Samaratian Behavioral Health offers mental health treatment services for infants, toddlers, and preschoolers. Although it may be difficult to imagine that an infant would experience mental health problems, awareness about infant mental health is growing. Infants may display difficulty feeding, sleeping, or attaching to their caregiver, and may not want to be touched or held, which can make it hard for the infant and the caregiver to bond. Many parents may not know how to respond to their infant, and mental health counseling can help. YCATS offers services for infants and toddlers ages 0-3 and their caregivers in the home whenever possible. The most common issues treated in infants, toddlers, and preschoolers in the YCATS program are Disruptive Behavior Disorders, Oppositional Defiant Disorders, Attention-Deficit/Hyperactivity Disorders, Adjustment Disorders, Post-Traumatic Stress Disorders, and Reactive Attachment Disorders.

#### **Intensive Group Therapy**

YCATS intensive group treatment is designed around the mental health needs of young children. YCATS groups help children who display disruptive behaviors, aggression, attention problems, and difficulty interacting with others. YCATS group treatment uses a strengths-based approach, where the child's strengths are used to overcome behavioral challenges. The groups provide a safe and nurturing environment for children to learn to concentrate, follow directions, interact with others, and gain more control over their feelings. YCATS offers intensive group therapy sessions to children ages 2 ½ -6 at both Elizabeth Place and in multiple school and childcare settings.

# Early Childhood Mental Health (ECMH) Community Consultation

The YCATS program provides ECMH consultation services to many local childcare and preschool settings through a grant funded by the Ohio Department of Mental Health (ODMH) and monitored by the local Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board. The ECMH consultants help teachers to design their classrooms and activities in ways that address the mental health needs of young children, and they work with teachers in dealing with challenging behaviors in the classroom. The EMCH consultants also help to identify children affected by mental health issues, and work with families to help them obtain necessary treatment.

## Fetal Alcohol Spectrum Disorder (FASD) Task Force

YCATS participates in the Fetal Alcohol Spectrum Disorder (FASD) Task Force, helping to increase community awareness about this under-diagnosed health issue. Studies have shown that most children with FASD are never diagnosed, and therefore never receive treatment or intervention. The FASD Task Force hopes to help other health care professionals learn to recognize and properly diagnose and treat children with FASD. The Task Force helps potential mothers understand how harmful it is for a growing fetus when a pregnant mother consumes alcohol and provides support to mothers of children suffering from FASD. The FASD support group meets on the 2nd Tuesday of each month from 6-8:30 PM at Samaritan CrisisCare. For more information, contact YCATS Therapist Wendy Franck at (937)734-3466.

YCATS served 909 clients in the past year, for a total of 27,561 service units.

#### **YCATS Client Satisfaction**

- Satisfied with timeliness of appointments = 100%
- Satisfied with helpfulness of services = 97 %
- Satisfied with staff's respect of their cultural background = 100%
- Satisfied with the treatment plan and goal setting = 94%
- Clients report overall satisfaction with services = 97%
- Clients report they would recommend services to others= 100%

#### **Family Tip**

If I had my child to raise over again

I'd build self-esteem first and the house later

I'd finger paint more and point the finger less

I would do less correcting and more connecting

I'd take my eyes off my watch and watch with my eyes

I would care to know less and know to care more

I'd take more hikes and fly more kites

I'd stop playing serious and seriously play

I would run through more fields and gaze at more stars

I'd do more hugging and less tugging

I'd see the oak tree in the acorn more often

I would be firm less often and affirm much more

I'd model less about the love of power

And more about the power of love.

-- Diane Loomans

Samaritan Behavioral Health is partially funded by the Alcohol, Drug Addiction and Mental Health Services Board for Montgomery County and the Preble County Mental Health and Recovery Board.

