



| Fall 2015

Outreach

A PUBLICATION OF DELAWARE GUIDANCE SERVICES FOR CHILDREN AND YOUTH

Child Development-Community Policing Program

Delaware Guidance Services is proud to be a coordinator of the Child Development-Community Policing Program (CD-CP) in a long-established relationship with the City of Wilmington, the Wilmington Police Department (WPD), and with funding provided by the Delaware Division of Prevention and Behavioral Health Services (DPBHS).

The goal of the CD-CP program is to heal the wounds that exposure to violence inflicts on children and families. The program provides prompt and effective assistance to children and families exposed to violence in an effort to lessen the traumatic effects that violence has on children.

The collaborative CD-CP program is a replica of a clinical model developed by the Yale Child Study Center and the New Haven Police Department. There are only 14 such programs in the country. Wilmington's CD-CP, established in February of 2006, is the only Delaware program in a formal

relationship with police working to respond to children impacted by violence.

Any child (17 years of age or younger) who lives within the city limits of Wilmington, or is exposed to a violent or traumatic event while within the city limits, is eligible for CD-CP services. Children who are victims or witnesses of violence or trauma are eligible. There is no charge for the service and health insurance is not a factor in determining eligibility.

DGS master's level clinicians provide the treatment services which include acute response to crime scenes where children are present; an initial assessment to determine needs; short-term, intensive intervention for children and their families; and referrals for longer-term, outpatient therapy or other social services as necessary. CD-CP clinicians are on-call during the evenings and on weekends. They also partner with community agencies including schools, social service agencies, community centers, and family court to support child and family healing.

A recent *Sunday News Journal* article commended the CD-CP program and its therapists for being actively involved in helping to treat children in Wilmington



who live in a perpetual state-of-survival mode. The article, titled "Growing Up Between the Bullets," used the descriptor "war zone mentality" to paint a picture of what life is like for Wilmington's young people. They deal with high levels of fear and anxiety due to street violence that often escalates to gunfire and sometimes to homicide.

CD-CP clinicians can be reached at (302) 576-3183. For children or youth in need of similar services outside the City of Wilmington, it is suggested to call the Child Priority Response Service crisis line at 800-969-4357 (HELP). Check www.delawareguidance.org for more information.



BBC Guest Bartender Night

We're grateful to everyone who came out to the DGS Guest Bartender Night on November 19 to gather around the mahogany bar at the BBC Tavern and Grill and support DGS. All tips to our guest bartenders support outpatient therapy for Delaware's at-risk children. We appreciate our guest bartenders for the evening. They included: Chris Pennington, Chad Agostinelli, Tom Rogers, Robyn Hall, Claudia Gomez, Traci Manza Murphy, Susan Purcell, Vicky Petrone, Mike Gavula, Elizabeth Proctor, Taber Smith, Carey Manza, and Tony Allen. We'd also like to thank BBC owner David Dietz for providing a fun and worthwhile opportunity for DGS and so many important causes in Delaware.



A Best of Delaware Thank You

We extend a heartfelt thank you to *Delaware Today* and everyone who partnered with us in our fundraising efforts as a grateful beneficiary of the magazine's 2015 Best of Delaware Party, held July 30 at the Chase Center in Wilmington. In addition to sampling award-winning food and beverages, more than 2,000 guests browsed for merchandise, danced to the music of popular local bands, browsed the offerings of favorite retailers and service providers, and bid on prizes in an extensive silent auction. As a beneficiary, DGS received \$15,000 from the event proceeds which will provide at least 600 counseling sessions for the children and youth in our care.



Bruce Kelsey, Executive Director

Annual Meeting

The DGS Annual Meeting was held Wednesday, June 24, 2015, at the Buena Vista Country Estate in New Castle, Delaware. Executive Director Bruce Kelsey gave an overview of a successful year in which the organization served 18,000 of Delaware's most vulnerable children. We were honored to have Susan Cycyk, Director of Delaware's Division of Prevention and Behavioral Health Services, as our speaker. The luncheon meeting also included staff and board member service recognitions.

Mark Your Calendar

Please make a note of these important dates:

Monday, November 30, 2015 – It's **Cyber Monday!** Please remember to designate DGS when you shop on AmazonSmile and online through Good Shop. Each shopping portal will donate a percentage of the cost of eligible items you purchase to DGS. See article on page 2 for more details on how to support DGS while you shop online on Cyber Monday and every day.

Tuesday, December 1, 2015 – Please consider DGS in your year-end plans on **Giving Tuesday.** This is a global day dedicated to giving back, celebrating generosity, and philanthropy. To donate to DGS, log on to www.delawareguidance.org and click the Donate Here tab.

Saturday, June 4, 2016 – The **Highmark Walk for a Healthy Community** will take place at Bellevue State Park in Wilmington, Delaware. DGS is proud to once again be a participating organization. As a participant, 100% of all donations or sponsorships from those walking on a DGS team will go directly to help support our critical mental health services for children and adolescents in Delaware. Look for registration to open online on February 1, 2016, at <http://www.walkforahealthycommunity.org/>

Vision:

To have quality mental health services available to every child in Delaware; to reduce the incidence of emotional problems in children.

Mission:

Delaware Guidance Services for Children & Youth, Inc. exists to provide quality mental health services for children, youth, and their families. We believe that all children have a right to good mental health and should have access to quality therapeutic care, regardless of their ability to pay.

Innovative CARES Program Fills a Critical Gap

Three trailblazing Delaware Guidance Services clinicians are filling a critical gap in mental health services for the children and youth in New Castle County who have recently presented with significant risk of harm to self or others.

The Collaborative, Acceptable Relationships and Engaged Systems Program (CARES) is a new short-term, intensive transitional program for children being discharged from a behavioral health hospital or residential treatment center. Funds for this program, which is now working as part of the DGS Child Priority Response Service (CPRS) program under the direction of New Castle County CPRS Coordinator Ray Shamus, are provided through the Division of Prevention and Behavioral Health Services (DPBHS) by a federal System of Care Grant from the State of Delaware.

Most of the clients referred to the program have a history of suicidal or homicidal thoughts. Others are having serious family conflict issues along with behavioral elements. Clients are referred to the program by DPBHS Acute Care team and are on Medicaid or have no insurance.

The program ensures stabilization and connection to appropriate and continuing outpatient services for the child and his/her family.

"The period of time just after a child has been discharged from a hospital after a crisis situation is very risky," explained Lindsay Griffin, LCSW, who is the CARES Grant Supervisor for DGS. "In the hospital, a child has special programs all day long with plenty of buffers and structure."

A hospital stay, which is on average a week to ten days, is meant to stabilize a child and ensure that symptoms are not worsening. Once symptoms are under control, the child is discharged.

The CARES Program, also staffed by CPRS Clinicians Joanna Gentile, M. Ed., and Lauren Neel, MA, was created to prevent reoccurring hospitalizations due to the significant challenges inherent in the process of discharging a child after a crisis intervention and during the transition to the next level of service.

"A hospital stay doesn't eliminate the core issues that caused the crisis," Lindsay noted.

After hospitalization, the youth returns to the environment which in many cases may have triggered or contributed to their emotional/behavioral instability.

Joanna gave the example of a 12-year-old girl with whom she has worked. "She'd been hospitalized three times within a month even though, at the last two discharges, her mother was encouraged to connect to outpatient services," Joanna explained. This mother did not initially follow up on this but with psycho education provided by CARES staff and as well as a plan to attend an initial session with the family, they were able to successfully connect with services.

"We're on board from the get go! Our first goal is to meet with the client and family members just before or at discharge to talk with them about the intensive wraparound service that CARES program provides," continued Lindsay. At this point, the clinician completes an initial assessment on the child to get histories on hospitalizations, behavior and mental health issues, family dynamics, school environment, and suicidal ideation.

Another key goal is to make sure the family understands the importance of outpatient counseling. CARES clinicians go along with the family to the first outpatient counseling session so they are more likely to stay in therapy.

"We give them a positive experience with outpatient counseling, make sure the counselor is a good fit, and provide our own observations," said Lauren.

The CARES team has up to 90 days to work with the client and his or her family. On a weekly basis, clinicians meet with client and parents/guardians individually and then meet jointly to do group work and family counseling. Family therapy is often focused on identifying triggers that upset the child's stability and improving communications.

Joanna recalled another client who was hospitalized for much of the summer. For



her, self-harming behavior was triggered by the perception that her parents were invading her personal space. "We came up with a bracelet system," recalled Joanna. When the client wears a red bracelet, her parents know to keep their distance. When the bracelet is green, Mom and Dad know it's okay to approach and talk. "It's working and they are excited," Joanna reported.

"We are very client-driven and tailor our services to whatever their individual and family needs are," said Lindsay. She cited the case of a 14-year-old female client who had been hospitalized several times in recent months for suicide attempts. Her father was her sole guardian. In the process of helping to identify triggers, Lindsay realized that a key trigger for the girl was disappointing her father. The father was very open to taking steps to improve this relationship.

Clinicians also go to the child's school and advocate for the family in the process of establishing plans for the child in that environment.

"All three of us previously worked as crisis clinicians for DGS," noted Lauren. "We know what it's like at the start of a crisis and we saw the kinds of needs that exist once the worst of the crisis subsides. Now we're able to provide for those needs and it's a privilege. We see remarkable changes in relationships and at school. We get to leave families after seeing those kinds of successes," Lauren concluded.

The CARES program started this summer and will be in place for more than three years.

DGS News

Join Us in Welcoming Our New Clinical Director

Angelo Adson MSS, MLSP, MBA, LCSW joined our Wilmington staff this summer as our New Castle County Clinical Director.

Angelo comes to us from Intercultural Family Services, Inc. in Philadelphia where he served as the Chief Operating Officer in Training and Director of Behavioral Health and Evidence Based Programs.

Angelo has a great deal of experience as a clinical supervisor and program administrator. He is also on the Adjunct Faculty of the Master's in Couples and Family Therapy Program at Drexel University. He received his MSS in Clinical Social Work and a Master of Law and Social Policy from Bryn Mawr College Graduate School of Social Work and Social Research and his MBA in Healthcare Administration from University of Phoenix-Philadelphia Financial District Campus.



Angelo Adson, New Castle County Clinical Director

Advanced Clinical Training Program Update

The DGS Advanced Clinical Training Program (ACTP) is unique workforce development initiative. With the generous support of Highmark Blue Cross Blue Shield's Blue Prints for the Community grant, we developed and launched this program in 2014 as a means of addressing Delaware's significant need for qualified mental health professionals and to enable us to see more clients. The two-year program teaches recent graduates of a master's level behavioral health program to be well-trained clinicians at the point of licensure. In September, a class of nine new ACTP trainees joined our clinical ranks. With oversight by DGS Director of Training, Carl Chenkin, PhD and Outpatient Therapist supervisors, these trainees are already helping DGS clients of all ages, situations, and diagnoses.



Pictured here are the 2015 class of ACTP trainees (from left to right): Catherine Fries, Erin Pfister, Hannah Rodriguez, Jennifer Stein, Sheila Evans, Allison Veith, Shayne Jervey, Laura Harper, and Yvette Aviles.

Share the Holiday Spirit 5K Run/Walk In Memory of Laura Gondeck

Join us for the Share the Holiday Spirit 5K Run/Walk on Saturday, December 12, 2015, in Dover, Delaware.

The course for the run/walk is through Silver Lake Park and Dover's Historic District. The event includes a cookie contest, so bring your best-tasting and most creative holiday sweets. Once again, we'll also award prizes for the most festive outfit. Participants are also encouraged to bring non-perishable food items to be donated to local food banks and shelters.

This event was first held in 2011 in memory of Laura Gondeck who was an avid runner and advocate for children, youth, and DGS. Laura passed away on October 3, 2010, while participating in an event like this one. Laura's family believes in the DGS mission and has designated DGS as the beneficiary of the event, which has become a favorite community and family tradition.



Holiday Spirit participants in costume.

Registration begins at 9 a.m., Kiddie K Run is scheduled for 9:50 a.m., and the 5K will begin at 10 a.m. For more information, including entry fee and form, log on to www.TriSportsEvents.com. To make a donation toward the event, visit our web site at www.delawareguidance.org.

The Holiday Spirit 5K is sponsored by Carltons Men's and Women's Apparel, Dover Pool and Patio Center, Dover Pulmonary, P.A., Downstate DE Striders and Riders Club, Edgewell Personal Care, Family Dental Associates, Dr. Harry Lehman and Mrs. Maria Lehman, Orthodontics on Silver Lake, the Pennington Family, and Quinn Pediatric Dentistry.

Outreach

Reach out a hand... give a child hope this holiday season!

One in five children is struggling with an emotional or behavioral challenge and needs quality mental health treatment. Our goal at DGS is to provide children with the critical help they need and the tools to succeed in life.

Emotional and behavioral problems in childhood and adolescence strike a particularly hard blow for those who are economically disadvantaged. Problems such as abuse, neglect, and trauma can linger for a lifetime. Without early intervention, children experiencing these problems have a greatly reduced chance for a promising future. Their school work, relationships, and health are all likely to suffer.

Treatment sessions for these children can be a changing point in their lives and a hope for the future. Please consider helping us reach our goal to raise \$75,000 this holiday season to help these children live better lives.



As we enjoy this season of Thanksgiving, we would like to share with you some of the things the children at Delaware Guidance Services are thankful for:

- “My teacher, who taught me to read.”
- “My Nana and Mommy, who take care of me.”
- “I’m thankful for a safe home to live in.”
- “I’m thankful for my mom getting a job.”
- “My therapist, who helps me to feel safe and important.”
- “The new friends I made at school this year.”

A \$100 gift from you will provide four treatment sessions for a child or youth in need of your help.

As the year comes to a close, please consider DGS in your charitable giving plans. You can donate online at www.delawareguidance.org; mail your donation to Development Office, Delaware Guidance Services for Children and Youth, Inc., 1213 Delaware Avenue, Wilmington, DE 19806; or call Chief Advancement Officer Christy Pennington at (302) 652-3948, ext. 1130.



Support DGS on Giving Tuesday on December 1!

Your gifts will support the DGS Children’s Emergency Needs Fund.
Donate at www.delawareguidance.org

Easy Ways to Help DGS at No Cost to You

More than ever, we’re all enjoying the convenience of shopping online. Did you know that there’s another great benefit to shopping online? You can help support DGS at no cost to you while shopping online during the holidays and all year long!

First, there’s Amazon Smile. All you need to do is log on to <http://smile.amazon.com> and designate DGS. Then, start shopping! For eligible purchases, the AmazonSmile Foundation will donate 0.5% of the purchase price to DGS. You can use your existing Amazon.com account including Amazon Prime. Your shopping cart, wish list, wedding or baby registry, and all other account settings will stay the same. Please bookmark the link or remember to go back to <http://smile.amazon.com> to support us each time you shop.

Another great way to easily generate support for DGS is through GoodShop.com. Log on and browse! You’ll find more than 2,500 of your favorite stores and online retailers. When you designate DGS, Goodshop will donate a percentage of almost every purchase to the organization.

It’s that easy! Thank you for your support!



Outreach

DGS Named As a Top Workplace for Second Straight Year

Delaware Guidance Services was recently recognized as one of *The News Journal's* Top Workplaces in Delaware for the second consecutive year!

The Top Workplaces are determined solely on employee feedback. The employee survey is conducted by WorkplaceDynamics, LLP, a leading research firm on organizational health and employee engagement. Over the past year, more than 5,000 organizations and 1 in every 88 employees in the U.S. have turned to WorkplaceDynamics to better understand what's on the minds of their employees.

"The dedication and professionalism of our employees is what makes Delaware Guidance stand out as an exceptional not-for-profit agency in Delaware."

explains Executive Director, Bruce Kelsey. "They have a unique understanding of our mission and a commitment to serve our clients with integrity, compassion, and excellence."

Comprised of child psychiatrists and psychologists, clinical social workers, master's level therapists and advanced nurse practitioners, our clinical staff and critical support staff maintains the highest standards of professional conduct and is well-known for keeping abreast of emerging new theories and practices.

As one of the first ten outpatient mental health agencies in the country to be accredited by the Joint Commission on the Accreditation of Healthcare Organizations (JCAHO) back in 1976,

DGS has remained in full compliance ever since. DGS is a provider for Delaware's Division of Prevention and Behavioral Health Services and is a Partner Agency of the United Way of Delaware.

For more information about our programs and employment opportunities at Delaware Guidance Services please visit www.delawareguidance.org.



To get updates on DGS happenings as well as relevant community events, "like" us on Facebook at www.facebook.com/DelawareGuidance and follow us on Twitter @DEGuidance.

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Delaware Guidance Services



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