

Highmark Delaware Walk for a Healthy Community

Delaware Guidance Services is pleased to be a partner and beneficiary of the Highmark Walk for a Healthy Community 5K, which will take place on Saturday, September 13, 2014, at Bellevue State Park in Wilmington. DGS is one of just 17 non-profit organizations to be selected as a partner.

Please save the date and participate! Our goal is to recruit a minimum of 100 participants to walk on behalf of DGS. You can help by reaching out to friends, family, co-workers, business partners as well as corporate sponsors who may be interested in supporting our teams. The Highmark Walk for a Healthy Community is presented by Highmark Blue Cross Blue Shield Delaware, who underwrites the cost of the walk so that 100 percent of the money raised by walkers supports the participating organizations.

The event includes a 5K walk and a one mile fun walk. The course will be comprised of patch gravel, nature trails, and a fitness track, and it is fully handicapped accessible. Participants are permitted to run the course although it is not a sanctioned event and they will not be timed. There is also the option to be a virtual walker or a remote walker, so anyone, anywhere can participate! All five of our sites are participating including our downstate sites who will be hosting their own virtual walks. Walkers who raise more than \$25 will receive an official Highmark Walk for a Healthy Community t-shirt and all walkers supporting the DGS team will receive an official DGS bandana to wear on the walk (doggie bandanas and gourmet treats are available for canine friends who will be walking in support of DGS).

This is the first Highmark walk of this kind in Delaware; the company hosts similar walks in Pittsburgh, Harrisburg, Bethlehem, and Philadelphia. The walk will feature music, yoga, stretching, and other elements to warm up the crowd.

Please help us make the most of this opportunity so we can help more children realize brighter futures. Registration for the walk opens on Monday, June 2, on the official DGS walk registration site at <http://hcf.convio.net/delawareguidanceservices>. Look for more information about this to be coming your way as well as online at www.delawareguidance.org.



  To get updates on DGS happenings as well as relevant community events, find us on Facebook and “Like” us, or follow us on Twitter @DEGuidance.

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for Children and Youth, Inc.



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Highmark Delaware BluePrints Grant Supports New Advanced Clinical Training Program

Delaware Guidance Services has received a generous grant for a unique new program that holds great promise to tackle one of Delaware's most urgent needs.

The significant need for mental health services and qualified mental health professionals in Delaware is well known. In response, DGS developed an Advanced Clinical Training Program for mental health professionals. This program was recently launched thanks to a \$200,000 grant from Highmark Blue Cross Blue Shield Delaware's Blueprints for the Community grant program.

The DGS Advanced Clinical Training Program is a workforce development effort designed to train recent graduates of a master's level behavioral health program to be well-trained, highly-competent, and experienced clinicians at the point of licensure.

“This is the only program of its kind in Delaware,” noted Bruce Kelsey, DGS Executive Director. “It provides a unique opportunity for advanced training for mental health care professionals in our state while addressing the shortage of services by adding highly trained clinicians to the state's workforce,” he continued.

The program provides salaried positions that are designed to assist clinicians



in gaining practical experience while receiving both high quality clinical supervision and training. The program also provides the supervised hours necessary for the clinician to obtain licensure.

The effort got underway early this spring as DGS reached out to relevant graduate schools in the region to promote the new program and began to recruit potential trainees. The response was excellent with more than 70 applicants for the six trainee positions available in the program's initial year.

Trainees in the program will carry a caseload of DGS clients that is approximately ¾ the size of a full-time clinician. Thus, a major part of the work done in the program will be providing clinical services to children, youth, and families in Delaware. The two-year program also includes a combination of individual supervision, group clinical supervision, and weekly training sessions for the trainees. The training sessions will cover and extend beyond the range of

issues research that has shown where new clinicians need further training. Examples include: suicide assessment and treatment, ethical considerations, family therapy, cognitive-behavioral therapy, therapeutic alliance, evidence-based therapies, etc.

The Advanced Clinical Training Program will undoubtedly be a milestone in the history of DGS, which spans more than 60 years, and an important step forward for Delaware's children and families.

DGS is extremely grateful to Highmark Blue Cross Blue Shield Delaware for making this program possible. Highmark Delaware's BluePrints for the Community program was established in 2007 to foster increased access to health care for the uninsured and underserved, reduce health disparities in minority communities, support early childhood development with health-focused initiatives, and recruit and train healthcare professionals.

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.

Arsht-Cannon Fund Supports Bilingual Therapy

“For the first time, when I got to DGS I felt that I was being helped and I was able to breathe.” So begins a powerful testimonial from a DGS client served in our bilingual Sussex County Parent-Child Interaction Therapy (PCIT) program, which is made possible thanks to generous grants from the Arsht-Cannon Fund.

The mother who provided this testimonial was distressed because of her son’s behavior. She reported it was difficult to go out in public with him and impossible to manage his temper at home. To further complicate matters, she faced language and transportation barriers.



“As I was trying to find help, someone told me I would have to go to Wilmington, but I don’t have transportation,” she explained. “Some agencies put me on a waiting list and others did not understand me because they did not speak Spanish.”

Then, at DGS she found immediate and consistent help from a therapist who spoke her language.

“A Spanish-speaking person kept in contact with me and I felt there was someone on the lookout for us. They always asked us if we needed anything and if the therapy was working,” the client said.

The specific therapy used with this family was PCIT, which is an empirically-supported treatment developed by Dr. Sheila Eyberg for Oppositional-Defiant disordered young children that places emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns. In PCIT, parents with children exhibiting aggression, non-compliance, defiance and temper tantrums are taught specific skills to establish a nurturing and secure relationship with their child while improving their child’s behavior. PCIT is most effective with children between the ages of two and seven who

exhibit challenging behaviors and who have parents committed to improving their relationship with their children.

Thanks to a grant from the Arsht-Cannon Fund in 2012, DGS hired Ariadna Aguero as a bilingual behavioral specialist to work in the DGS Seaford office in early 2013. Her work focuses on engaging the area’s underserved Hispanic population in PCIT. Ariadna’s translation and bi-lingual abilities have been invaluable to the work DGS has been able to accomplish with families in Seaford. Cori Meek, LPCMH, clinical coordinator; Cristina Machin, LPCMH, bilingual therapist and outpatient therapist; Steve Kastner, LPCMH, therapist; and Lindsay Fitzgerald, BA, behavior specialist are also key members of the DGS PCIT team in Seaford.

Given Dr. Christine Cannon’s enduring commitment to the Hispanic population in Delaware, a second year of funding to support the PCIT program was awarded in 2013.

Overall, the Arsht-Cannon Fund has been instrumental in making it possible for more than thirty families, including eight Hispanic families, to participate in PCIT. The PCIT team has been able to help these families help themselves by teaching effective parenting skills and strategies to strengthen the bond between parent and child. By acquiring such parenting skills, a cycle of dysfunction is broken, lives are happier, and children can reach their full potential.

DGS remains grateful for the partnership and generosity of Dr. Christine Cannon and the Arsht-Cannon Fund.



From left to right, Cristina Machin, Ariadna Aguero, Dr. Christine Cannon, and Cori Meek.

and commitment are worthy of admiration and he will be greatly missed.

“For the last thirty-two years Delaware Guidance has been a very important part of my life,” said Dr. Khan. “I came to Delaware Guidance every day with desire to help others and left with a sense of fulfillment and accomplishment. I am so pleased that every day at Delaware Guidance, I was able to make a positive difference in the lives of Delawareans who needed help,” he concluded.

In 2013, Dr. Khan established an employee civility award at DGS. He is the founder and benefactor of this annual award that is given to a DGS staff member who is a role model of civility in his/her interactions with co-workers, clients, and the community.

Everyone at DGS wishes him all the best and much good luck in his retirement.

Dr. Saleem Khan Retires From DGS



Dr. Saleem Khan

Dr. Saleem Khan who, as Chief of Psychiatry, has been an integral part of Delaware Guidance Services for the last thirty-two years will retire in June.

“Saleem will be hard to replace, considering his many talents,” said DGS Executive Director Bruce Kelsey. “I know I speak on behalf of everyone at DGS when I express heartfelt gratitude to Saleem for his dedicated service on behalf of DGS and for always being available for our clients.”

During his tenure at DGS, Dr. Khan helped thousands of Delaware’s children and adolescents. His hard work, dedication,

DGS Craft Brew Fundraiser

The DGS Craft Brew Fundraiser, held May 2 at the Dogfish Head Brewery in Milton, Delaware, was a great success with more than 60 DGS friends, donors, and board and staff members in attendance. It was beautiful evening to enjoy tours of the brewery, tastings of a variety of Dogfish Head’s exquisite craft beers, and delicious “pub grub.”



From left to right, Karen Allen Campbell, Corder Campbell, Mia Campbell, Garth Allen Campbell, and Viviane Furlan Campbell.

Two fabulous raffle prizes were up for grabs that night as well. Karen Allen Campbell was the lucky winner of the Wheelbarrow of Beer Raffle. Karen and her husband Dr. Corder Campbell attended the event along with their son Garth and his family, wife Viviane Furlan Campbell and daughter Mia, who came all the way from Fairfax, Virginia, to attend the event. We have a hunch that Garth headed back to Virginia with the wheelbarrow! Byron Deese of Baltimore, Maryland, won the Photo Opportunity with the legendary Sam Calagione, CEO and Founder of DogFish Head Brewery, in the official “Dogfish Head Steampunk Tree House.”

All proceeds from the event support the outpatient mental health counseling that DGS provides to at-risk children and youth.



DGS board member Trey Krause (left) and Mike Meoli

New Members Join DGS Board

Delaware Guidance Services is pleased to welcome three new members to its Board.



Graciela B. Blanchet, Ph.D.

Dr. Blanchet is a retired technology executive. Most recently, she was the Chief Technical Officer for NanoTerra, Inc., a nano-technology company located in Brighton, Massachusetts. Prior to that, she spent nearly thirty years working in the DuPont Company’s Central Research and Development Division. Dr. Blanchet is also a member of the DGS Development Committee.



Sherry Reid

Ms. Reid is the Human Resources Executive supporting Bank of America’s Consumer Banking Services. Before joining the bank, she was an Executive Vice President of Human Resources for Saatchi & Saatchi, a global communications company, and she spent several years working in the pharmaceutical industry.



Patricia A. Wilson

Ms. Wilson is Vice President and Senior Relationship Manager at Wilmington Trust. She is responsible for managing a team of relationship managers with expertise in planning, fiduciary services, investments, private banking, and estate settlement for clients with inherited wealth. She is a member of the Institute of Certified Bankers, the Delaware Estate Planning Council, and the Wilmington Tax Group.

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