



center for
CHILD & FAMILY HEALTH

Healthy Futures

FALL
2016



A MOTHER'S DREAM

By Judy Brinkley

Judy is a parent educator with the Johnston County Department of Social Services. She was also a foster parent for seven years before adopting three children of her own.

As long as I can remember, my dream job was to be a mother, and that dream finally came true when I adopted my first two children in 2000.

I had heard others say there is no way to truly prepare for parenting, but I was hardly a novice. I was a wonderful aunt, babysitter, godmother, and trained foster parent. I even worked in Child Protective Services teaching others to be good foster parents.

Well, it turned out to be extremely challenging because of the terrible experiences my children had early in their lives.

Things were especially chaotic and unstable for my daughter from her birth until she came to us at age four. Her biological mother, through no fault of her own, could

not give her the care she needed, and she was left alone for hours on end as an infant. You cannot imagine how far reaching the effect of such awful neglect is for a child. It left her with such deep-seated fear of abandonment that even simple things – like trying to sleep in a room by herself – would trigger severe panic.

There is no deeper pain than to see your child hurting and not be able to help. This feeling was multiplied by the confusion of not being able to understand the cause of her pain.

It was particularly hard because we were literally the poster family for recruiting foster parents. Our picture was on billboards all over the state as part of a campaign called “Love Will Overcome.” So why wasn’t my love enough to overcome? I was praying daily and seeking help from mental health professionals, but my daughter was getting worse.

Photo credit: Kevin Spears

Then one day I got an email about a free parenting group at the agency where I work. My family was in crisis, and I was desperate for new ideas. And eight Thursday nights off from “mama duty” and cooking dinner sounded like heaven, so I signed up!

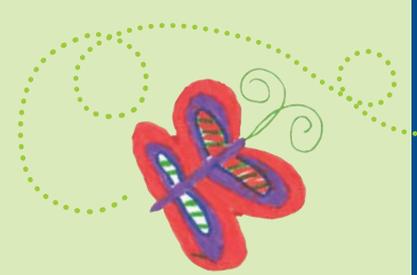
The parenting group was called the Resource Parenting Curriculum – a course in trauma-informed parenting provided by CCFH. And it changed my life. I met real parents with real kids with real problems like me! On that first night, I learned there was a reason for my daughter’s pain, and that reason was trauma. I knew that things had been bad for her as a baby. I just did not realize that her traumatic experiences had physically changed her brain and the way her body responded to stress and triggers.

I also began to understand that my love – along with trauma-informed

Continued next page



Therapist Erik Potter talks with a parent during a CPT session
Photo credit: Anna MacDonald Dobbs



ALICE'S STORY

Alice's* granddaughter came to CCFH after being sexually abused. During treatment, her therapist realized that Alice was also suffering PTSD from sexual abuse she endured as a child and teenager. After just nine sessions of CPT, Alice's trauma symptoms plummeted, and she was able to focus on her granddaughter's care without being overwhelmed.

"I finally realized it was not my fault. All the anger, guilt, and shame I had been pushing down came up and out. I am free. I can enjoy my life. I can be rid of the past. My life was like living in the dark, and now I am living in the light. I cannot thank the people who helped me enough."

Excerpt from Alice's trauma narrative

** The client's name has been changed to ensure confidentiality.*

HEALING *the* HEALER

Urbaniak Clinic adds treatment for parents with trauma history

Equipping parents and caregivers to guide and support their child's healing is a core component of all treatment models used in the clinic at CCFH. But when parents also have a trauma history, they often struggle to provide the consistent, therapeutic presence their child needs. This is an obstacle to their child's progress, and it can derail treatment altogether in some cases.

To address this issue, CCFH began offering treatment for parents with traumatic stress symptoms earlier this year. Three CCFH therapists and two postdoctoral fellows from

Duke were trained in Cognitive Processing Therapy (CPT), an evidence-based treatment for adults with PTSD, and began seeing parents in January.

At present, there are no sources of funding or reimbursement for CPT for parents, so this addition is exploratory and limited. Therapists can only add two parents at a time to their caseload, and treatment is capped at 12 sessions. Still, 22 parents have been evaluated and treated so far in 2016, and the results have been remarkable for many of them.

A MOTHER'S DREAM *(continued)*

knowledge and skills – *could* overcome or at least get us through. Things that had never made sense to me were finally becoming clear, and I began to feel something I had not felt in a very long time. It was a tiny seedling, but it was there. And it was HOPE.

I was also able to share this new understanding with my now teenage daughter, explaining what trauma

was, how it had affected her, and what we could do about it. We had been riding an emotional rollercoaster in therapy because it wasn't the right treatment. We were trying to cure side effects, not the disease, but now we knew what kind of care we needed and where to find it. And she too began to feel hope.

This is not a "happily ever after" story yet. My daughter still

struggles. We have good days and bad days, but we are hopeful and taking life one day at a time. My dream now is that we come to a place where she is healthy and whole – another dream I believe will come true.

Photo and story shared with permission from the individual featured in the article.



CLINICIAN'S CORNER

PROVIDING QUALITY CARE AT CCFH

By Sara Skinner, LCSW

It takes a lot of focused attention and energy to help one child heal from trauma. As a therapist, I am responsible for giving each child the best quality care whether they are my first or last client of the week. And that is why it is so important that CCFH is fully committed to supporting me in providing that high level of care.

These therapies are proven to work, and that gives me confidence as a clinician.

The first way CCFH does this is its commitment to evidence-based treatments to address childhood trauma. These therapies are proven to work, and that gives me confidence as a clinician. We also have experts on staff in each therapy that we provide, which is a source of extraordinary guidance for me and other therapists.

CCFH prioritizes thorough intake assessments, which ensures clients feel cared for, understood, and engaged in their own treatment from the very first phone call. It also lets me know what complicated issues to expect during treatment, as well as ways the whole family will need support.

CCFH also makes sure that we get dedicated time to prepare for each session. Each family's situation and needs are unique. That means I need to be ready to make the most of my hour with a child, but I also need to spend time locating needed resources like an immigration lawyer or making referrals to places like the LGBTQ Center of Durham. We cannot bill any of that time to Medicaid or insurance, but we do it because it is vital to getting the best outcomes for a child.

Finally, wrap-around care is a priority at CCFH, not an afterthought. Educating and coordinating with school teachers, doctors, social services, and the legal system is just as important as the face-to-face therapy sessions. And we are encouraged to build these networks of support. After all, the more trauma-informed adults a child has in her life, the better a chance she has at real and lasting healing.

This work can be really hard and emotionally challenging, but it's fulfilling because I get to see kids get better and because I know CCFH is equally committed to my well-being as a therapist.

CLINIC NEEDS

The Urbaniak Clinic is in need of toys and art supplies!

Therapeutic toys are vital to a child's healing, since she tells her story and expresses needs and feelings through play. You can help make sure our clinicians have the tools they need to help children heal.

We often need to replenish art supplies like:

- Drawing pads
- Coloring books
- Construction paper
- Markers
- Crayons
- Colored pencils
- Glue sticks
- Watercolor paints
- Paintbrushes

And because we see more than 300 children every year, our toys often wear out as well.



Visit Amazon for a full wish list of toys requested by our clinicians: www.bitly.com/ccfhtoys

For more information, contact **Anna MacDonald Dobbs:** anna.macdonald.dobbs@ccfhnc.org or 919-385-0791.



CCFH WINS FEDERAL GRANT

Five-year award supports clinical services and training

In September, CCFH learned that it had been selected for a five-year grant of \$2 million from the Substance Abuse and Mental Health Services Administration (SAMHSA), a division of the U.S. Department of Health and Human Services.

The grant award marks the fourth time CCFH has been selected for this funding by SAMHSA, and it enables CCFH to continue the growth and innovation that previous grants have made possible.

The SAMHSA grants are made in partnership with the National Child Traumatic Stress Network, which was authorized by the U.S. Congress in 2000 in response to the growing needs of children exposed to trauma across the nation. As a grantee, CCFH

is part of a national network of more than 200 child trauma centers committed to improving care and access to services for traumatized children and their families.

“We have an excellent reputation for cutting-edge treatment of childhood trauma,” says Kelly Sullivan, director of clinical services at CCFH, “but we also see how much more could be done to ensure healthy outcomes for kids and families. This grant will help make many of those ideas and aspirations a reality.”

CCFH is the only community treatment and service center in North Carolina to receive a grant in this cycle.

Above: Kelly Sullivan, Director of Clinical Services, conducting case review with clinicians. Photo credit: Anna MacDonald Dobbs

Growth *and* innovation funded by SAMHSA

- Treatment orientation and peer support for parents
- Family engagement training for clinical staff
- Trauma/substance abuse screening for parents
- Expanded training in three evidence-based practices for other NC agencies
- Developing trauma curriculum for graduate degree programs in NC



NEW LEGAL DIRECTOR JOINS STAFF

Jan Paul brings experience and dedication to child mental health

Can a minor retain custody of her own child if she doesn't live with her parents?

How should a social worker prepare if subpoenaed to testify about his teenage client's symptoms? What are the latest guidelines on the duty to report suspected child abuse?

Questions like these arise every day at CCFH, along with others related to child custody, domestic violence, and more. And now, our staff just has to walk down the hall to find an answer. Jan Paul, Adjunct Professor, was appointed Legal Director for CCFH in July by North Carolina Central University Law School.

Jan has been committed to mental health, children and families throughout her legal career. Tripp Ake, Associate Director for Training, worked with Jan when she served as Assistant District Attorney in Durham County, and he is thrilled to have her now as a colleague.

“Jan is incredibly talented, and she prioritizes others' needs and makes them her own.” Tripp says, “Having her on staff means we have someone who really cares about our kids and the professionals caring for our kids.”

Her previous roles as Legislative Analyst at the NC General Assembly and Director of the Guardian Ad Litem program in Durham County also provide highly relevant experience.

In just a few months at CCFH, Jan has established herself as a go-to resource. She has gone to court with CCFH families to serve as a consultant and comforting presence. And she is strengthening relationships with representatives from systems that CCFH often interacts with including law enforcement, social services, and schools.

“The work CCFH does is so important,” says Jan, “and it is well respected on a local, regional and national level. I'm humbled to work with so many committed professionals, and I want to do the most good I can as an attorney and advocate for families and children.”

You're Invited

Transforming Trauma:

An Introduction to the Center for Child & Family Health

- How common is childhood trauma in our community?
- What does treatment for traumatic stress look like?
- Can child abuse and neglect really be prevented?
- Are there large-scale solutions to childhood trauma?

If you are curious about these and any other questions about our work and mission, then we invite you to come see for yourself!

Once a month, we host a one-hour program for anyone in the community who wants to learn more. With short videos and stories by CCFH staff, you'll leave feeling informed and inspired.

Above all, Transforming Trauma powerfully affirms that we can create a community where every child is loved, nurtured, and safe.

WINTER SCHEDULE at CCFH

JANUARY 26 • THURSDAY
5:30pm – 6:30pm

FEBRUARY 24 • FRIDAY
8:30am – 9:30am

MARCH 24 • FRIDAY
12:00pm – 1:00pm

REGISTER AT:

www.ccfhnc.org/intro

ON *a* MISSION *CCFH staff share why they care*



Priscilla Holmes – Financial Specialist

“The first time I heard one of our therapists say a child was ‘graduating’ from treatment—that just did something to my spirit. I realized that, however that child came to CCFH, he was no longer the same. He had accomplished something and was ready to go on in life. Because that is what’s really at stake here: a child’s future.”



Tripp Ake, Ph.D. – Associate Director for Training

“Personally, I am invested in CCFH because of our collective commitment to making a difference. This is a place where the staff works tirelessly to help a child heal, and we look out for each other to ensure we can keep doing this work as a team. CCFH is more than a job. It’s a work family dedicated to those most in need.”



Rowena Mudiappa, LCSW – Family Support Worker

“Growing up in a country torn by civil war, I saw many women who were traumatized and I wanted to be part of their healing. When I became an infant mental health therapist, I fell in love with being present to families and children who had lived through trauma. And here at CCFH, I get to see the miracle in the power of relationship to heal and restore.”



Fashion Show Re-Cap

7TH ANNUAL URBANIAK-SANDERS FASHION SHOW & LUNCHEON

Proceeds from the Fashion Show benefit the **HEALTHY FUTURES FUND** ensuring that traumatized children get the care they need

SNAPSHOT: Urbaniak Clinic 2016

311 children
in our care

1 year old
youngest child

19 years old
oldest child

9 years old
average age

22 parents
treated for their own trauma symptoms

27 visits
on average for successful treatment

\$4,200
average cost of treatment

Charitable gifts fund 50 cents of every \$1 of care we provide in the Urbaniak Clinic. Our donors are vital to our mission, and we simply cannot do this work without your generous support.

Photo credits: Justin Cook

More than 330 guests at the 7th Annual Urbaniak-Sanders Fashion Show & Luncheon were treated to an extended runway and a spunky group of models, which included men for the first time. The event raised more than \$53,000 that went directly to provide trauma-informed treatment and therapeutic services for kids and families.



Smitten Boutique in Durham and Gentlemen's Corner in Chapel Hill provided fashions, and Cathy Anna Events directed the runway show.

Models included CCFH staff, board members, and representatives from partner organizations – Clifton Daye of EDCI and Sharon Hirsch of Prevent Child Abuse NC. Local notables included Durham Police Chief CJ Davis, District Court Judge Pat Evans, Durham School Board member Minnie Forte Brown, Duke Women's Basketball Coach Joanne McCallie, Duke Baseball Coach Chris Pollard, Tisha Powell of WTVD, NCCU Women's Basketball Coach Vanessa Taylor, Butch and Sherron Williams, and Duke's first Softball coach Marissa Young.

We are grateful to everyone who contributed to the success and fun of this year's event!

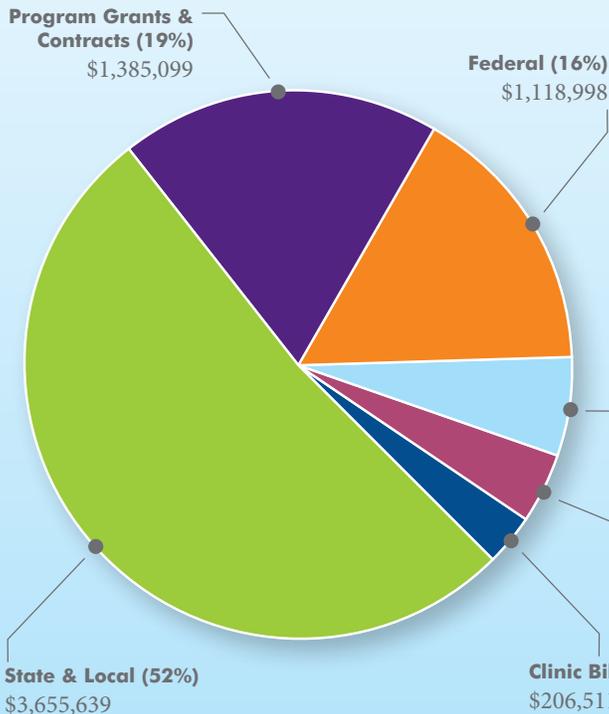


FINANCIAL SUMMARY

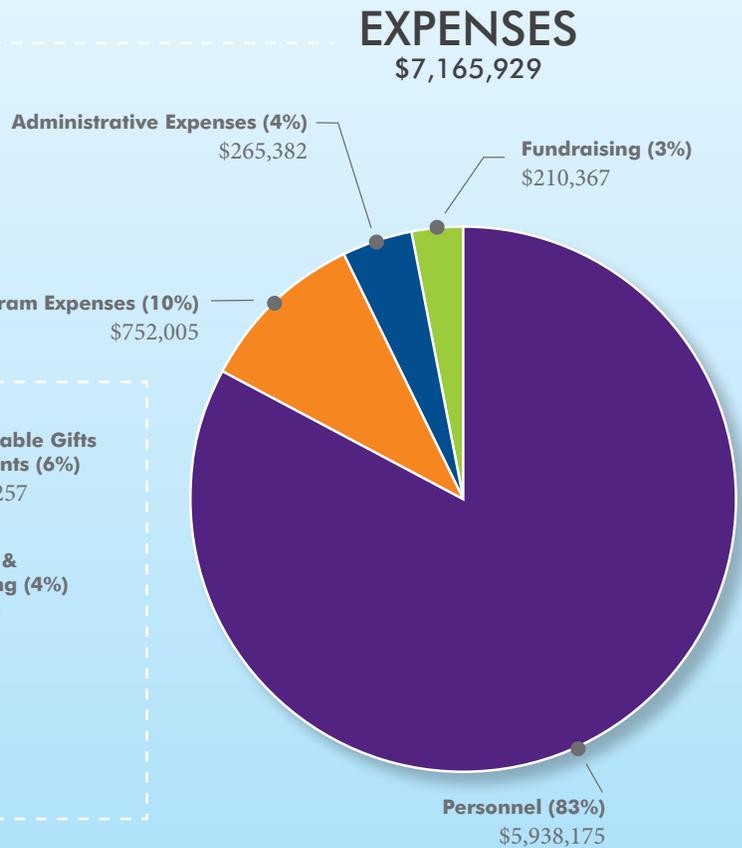
July 1, 2015 – June 30, 2016

(preliminary and unaudited)

As a steward of community resources, the Center for Child & Family Health is committed to transparency and sound financial management. The organization's IRS Form 990 can be found at www.guidestar.org, and audited financial statements are available by request.



REVENUE
\$7,082,014



EXPENSES
\$7,165,929

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ABUSE NEGLECT EXPOSURE TO VIOLENCE LOSS OF A PARENT **DISASTERS**

Trauma leaves wounds
that can last a lifetime. But...



Photo: Erik, one of our therapists, with a mom and her daughter

HEALING IS POSSIBLE AND YOU CAN HELP

Imagine sitting with a child who has endured terrible trauma.

Imagine listening to the heartbreaking details of her experience.

Imagine you can help transform her pain into hope for a healthy future.

Imagine seeing that future become a reality.

That's what our therapists do every day.

They can because they are trained in evidence-based treatments that truly make a difference for a traumatized child.

**BUT THEY CAN'T WITHOUT YOUR HELP.
PLEASE GIVE.**

www.ccfhnc.org/donate



center for
CHILD & FAMILY HEALTH

TREATMENT • PREVENTION • TRANSFORMATION

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