

**CHILDREN'S INSTITUTE**

# Community Update

*October 22, 2009*



children's  
institute

STRENGTHENING SOCIAL AND  
EMOTIONAL HEALTH

# Emotional Health Begins at Birth



# Research and Evaluation – “Think and Link”

## Focus:

Engage in cutting edge research that helps to understand children’s social emotional well-being

## Core areas:

- Develop screening and assessment measures
- Evaluating interventions
- Analyze large data sets to understand relationships among variables that may (or may not) influence behavior

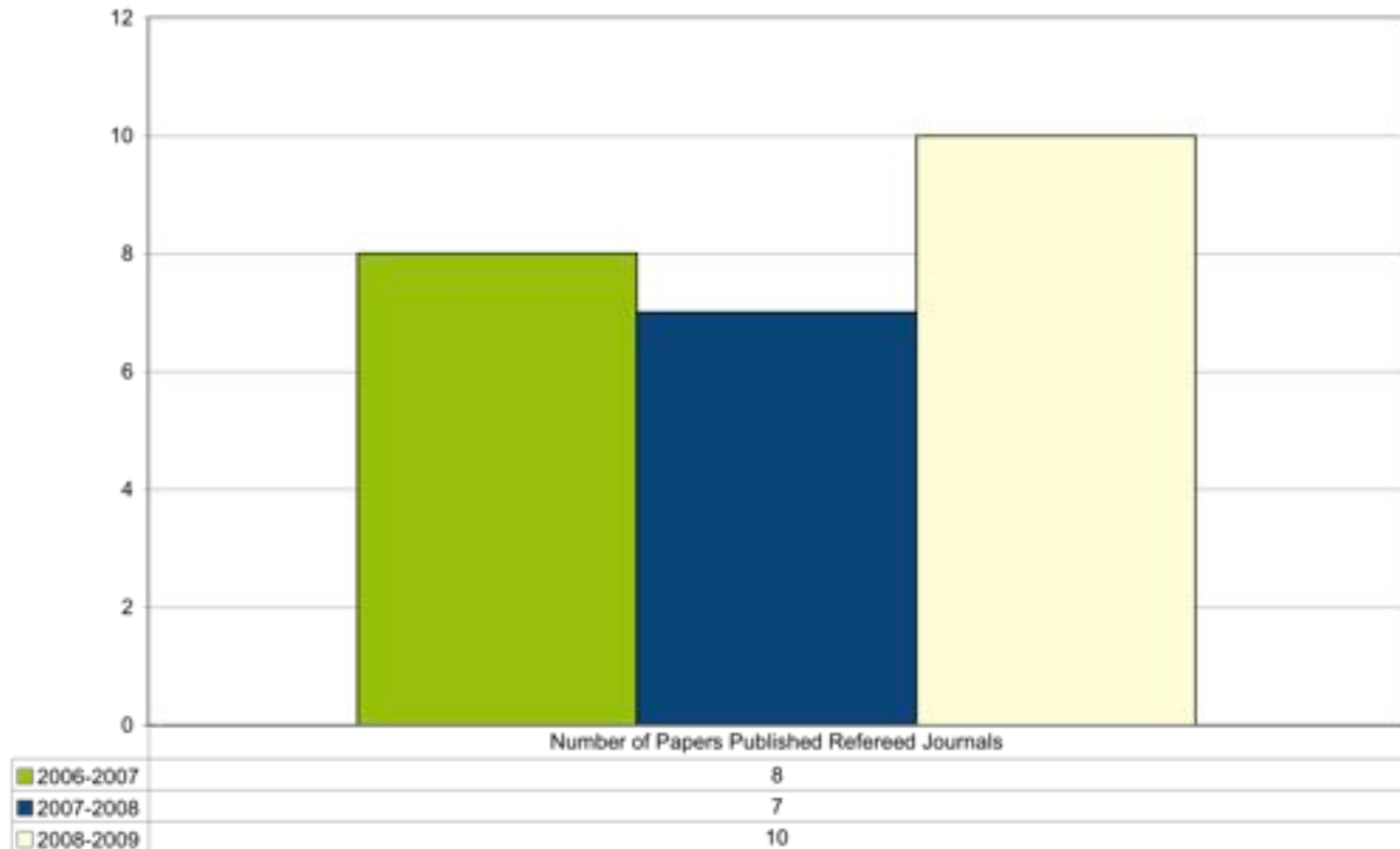
# Experts in the Field

**Research findings from CI are widely published in medical journals and accessed by professionals and providers in the field**

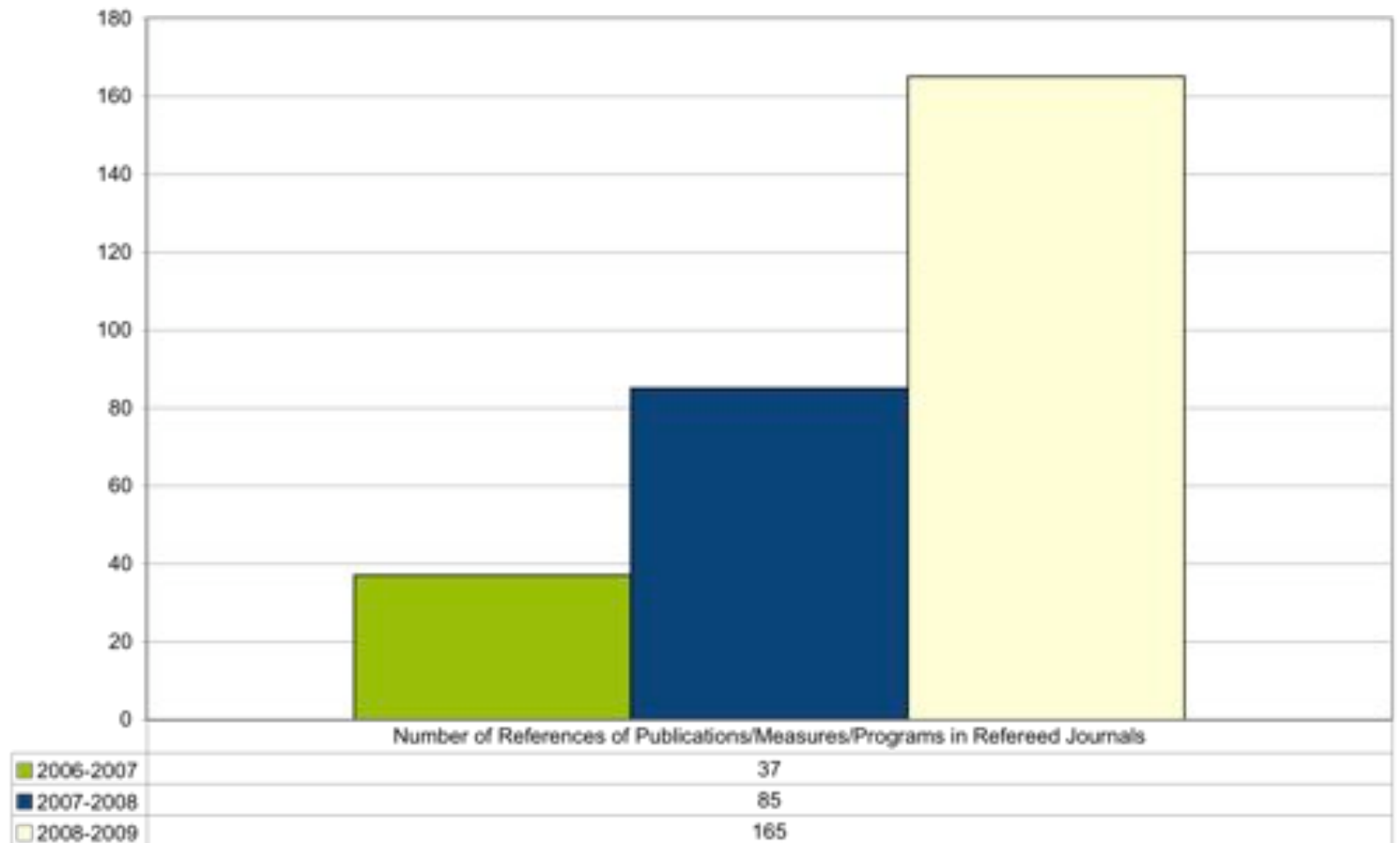
- Pediatrics
- Journal of Family Psychology
- Ambulatory Pediatrics
- Family Court Review
- Developmental and Behavioral Pediatrics
- Pediatrics
- Early Education Quarterly



# Research and Practice



# Research and Practice



# Programs and Services

## **Focus:**

Disseminate and support the implementation of evidence-based programs locally, statewide and nationally

## **Efforts include:**

- Primary Project
- Promoting Alternative Thinking Strategies (PATHS)
- Children of Divorce Intervention Program (CODIP)

# Programs and Services

## **Focus:**

Translate research into practice and develop programs

## **Efforts include:**

- Children whose parents are incarcerated
- "Same Sky Sharing"
- Partners in Family Child Care



# Partners in Family Child Care

## **Improves early literacy and social emotional outcomes of children in family child care programs**

200 children in 30 family child care programs

### **First year findings:**

- Children are making gains above developmental expectations in their early literacy development
- Improved quality of early literacy environment provided to children
- Improved providers' knowledge of child development and use of developmentally appropriate practices



# Community Partnerships

## **Focus:**

Partner with others to improve outcomes for children

## **Examples:**

- Rochester Early Childhood Assessment Partnership (RECAP)
- Pathways: National Early Education and Care Accreditation
- COMET – A web-based data collection, analytic and decision support system

# Pathways

## Pathways is an accreditation program for child care centers

- Park Ridge Child Care Center is the first accredited in the nation
- 10 centers enrolled in Pathways serving ~550 children



# COMET

- 30,000 student profiles are in this web-based information support data system.
- 80 customers

*"I can document even the smallest of (my student's) milestones, seeing her educational growth over three months...  
The immediate feedback allows me to adapt my learning plans right away"*

-Rochester City School District Pre-K teacher

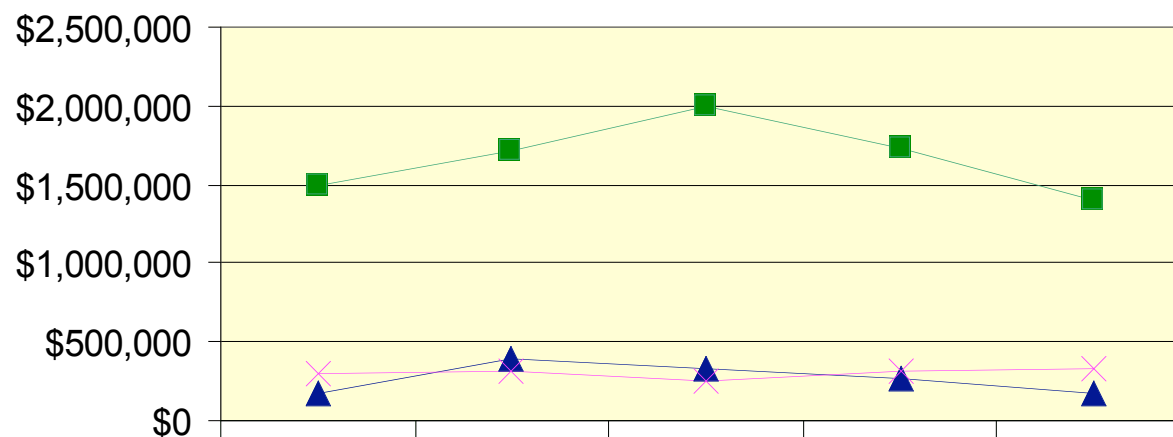
# Our New Website

[www.childrensinstitute.net](http://www.childrensinstitute.net)

The screenshot shows a web browser window displaying the homepage of the Children's Institute. The browser's address bar shows the URL <http://www.childrensinstitute.net/>. The website header features the logo and tagline: "children's institute STRENGTHENING SOCIAL AND EMOTIONAL HEALTH". A large photograph of a young boy is featured on the right side of the header, with the text: "Tyree gains a measure of confidence that makes school a not-so-scary place." Below the header is a navigation menu with tabs for: Programs, Services, Training, Research, Partnerships, About Us, Donate, and Online Store. A search bar is located to the right of the navigation menu. The main content area is divided into several sections. The first section is titled "Childhood is a series of moments when a little help can go a very long way." and includes a paragraph about the importance of these moments and the institute's mission. Below this is a list of focus areas: Early literacy, School adjustment, Separation from parents (which includes military deployment), Overtive parentism, and Child care accreditation. A call to action button says "Learn about **CONNECT**, our web-based data collection and management system". The second section is titled "NOW is the moment." and includes a paragraph about the benefits of early intervention. A small photograph of a young girl is shown to the right of this text. On the right side of the page, there are two promotional boxes. The top one is titled "spotlight" and features a magnifying glass icon. The text below it says: "Parents headed to military assignments leave behind worried children. Our **Save the Day** program includes small group counseling curriculum and two therapeutic board games." The bottom promotional box is titled "Children's Institute Store" and features an image of a brown paper shopping bag with the institute's logo. At the bottom of the page, there is a blue button labeled "Programs".

# Financial Health and Strength

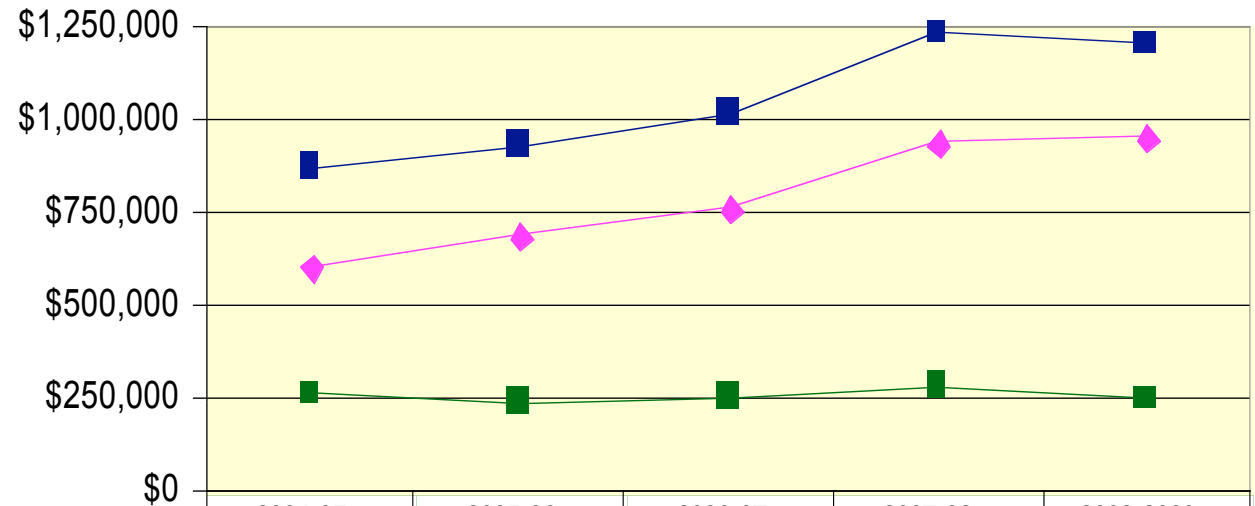
## Net Assets



	2004-05	2005-06	2006-07	2007-08	2008-09
▲ Non-cash (Operations)	\$167,881	\$393,910	\$332,345	\$271,753	\$166,761
× Cash/Investments (Operations)	\$300,280	\$319,048	\$243,946	\$308,184	\$328,794
■ Cash/Investments (Non-Operations)	\$1,491,527	\$1,715,706	\$1,992,038	\$1,722,532	\$1,405,820

# Financial Health and Strength

## Total Revenue for Services & Products Sold



	2004-05	2005-06	2006-07	2007-08	2008-2009
■ Total Fee for Service and Sales	\$871,422	\$927,181	\$1,018,945	\$1,225,874	\$1,198,484
◆ Total Dollars of Services Sold	\$609,422	\$688,181	\$761,502	\$938,828	\$951,424
■ Total Dollars of Products Sold	\$262,000	\$239,000	\$257,443	\$287,046	\$246,860

# Same Sky Sharing

Even though we are miles apart...we still share the same sky



Honoring and  
strengthening  
**military families**  
and **children in**  
transition





# Setting the Stage

Operation Enduring Freedom (Afghanistan) began on October 7, 2001 and Operation Iraqi Freedom began on March 19, 2003.

## **DOD demographics show:**

- ★ 1.4 million active duty military
- ★ 1.1 million Reserve and National Guard personnel
- ★ 800,000 Department of Defense civilians

# The Families

- ★ 43% of Military Forces have children
- ★ 39.8% of dependent children of active duty personnel are under the age of 5
- ★ 32% are between the ages 6 and 11
- ★ Only 4% are 19 years or older

# The Army

Of the 1,010,761 soldiers in the Army:

- ★ 48% Active duty
- ★ 33% National Guard
- ★ 19% Reserve

At one point in 2005, over half of all troops deployed to Iraq were in the National Guard

75% of all Reservists are parents

# The Need

1.5 million active duty, National Guard and Reserve service members have been deployed and of those, one third have been deployed more than once

Approximately two million children have experienced a parental deployment since the beginning of OEF and OIF

Approximately 700,000 children currently have one parent deployed

# Challenges for Reservist Families

- ★ Participants had held no expectation for deployment to war zone
- ★ Civilian employment status; financial concerns
- ★ Lack of camaraderie with other military families
- ★ Lack of formal military and social support
- ★ Caught between two “cultures”
- ★ Lack of understanding from general public

# Children's Experience

Two families had children seeing MH professionals, and another considering treatment

Increased anger and resentment (25%), academic problems (25%), major behavioral problems (13%)

Veteran difficulty assuming parenting role upon return as a result of Post Traumatic Stress Syndrome

Veteran difficulty assuming parenting role. The child was a baby when veteran left...and a toddler upon return

# Realities

## **Children face a loss of stability:**

- ★ Deployments interrupt the normal order of routine life

## **Loss of control:**

- ★ Deployments represent events over which the child has not control

## **Concerns/fears:**

- ★ Immediate reactions can include fear for their own safety and well being

# Death and Injury: 2005

674 parents died

★ Leaving behind 1,491 children

What about numbers who return wounded?



# Rand Report: Caregivers Report

Levels of child emotional and behavioral difficulties greater than those in general population

Increase report of child withdrawal (disengagement)

Poorer mental health status

- ★ Active component families reported more challenged than reserve component families
- ★ Poorer functioning during and immediately following return

# Rand Report: Children

## **Children of active duty personnel**

- ☆ Greater worry about home caregiver
- ☆ Trouble with school work

## **Children of reserve component personnel**

- ☆ Peers and teachers little understanding of deployment status
- ☆ More loneliness and disengagement

# To Be Resilient Children Need...

- ★ Wholesome attachment
- ★ Age/ability appropriate competencies
- ★ Settings which promote positive outcomes
- ★ Empowerment
- ★ Skills to cope with life stressors

“It does take a village to  
raise a child to be  
resilient, especially with  
a war going on.”

–Col. George Patrin, MD  
Chief California Medical Detachment  
Presidio of Monterey Army Health Clinic, California



# In Order to Produce A Positive Impact...

## **The effort must:**

Be multifaceted and comprehensive

Be integrated across disciplines

Provide a spectrum of strategies

Include action at multiple levels:

★ Child, family, community, school

# Our Program: *Same Sky Sharing*

## **Request from Wheeler Elementary School**

- ★ Changes in children's behavior

## **Reviewed materials and resources**

- ★ Homegrown resources
- ★ Materials from nationally reputable groups
  - Sesame Street
  - American Assn. of School Counselors
  - Military One
  - 4 H
- ★ Lack of research/evidence based materials

## **Product development: *Same Sky Sharing***

- ★ Adaptation of evidence based curriculum



# Target Groups

## Schools

- ★ High percentage of children with military (i.e. Wheeler)

## Communities such as Rochester

- ★ Low “incidence”
- ★ Organizations such as Veteran’s Outreach

## Department of Defense

# *Same Sky Sharing*

**A support group program for children dealing with deployment**

**2007-2009 pilot curriculum**

This pilot curriculum has become a reality due to a commitment by the staff at Wheeler Elementary School in Wahiawa, Hawaii to educate the “whole child.”

- ★ With 90 percent of its students from military families, many with deployed parents, Wheeler Elementary School knows the importance of meeting children’s academic and emotional needs.



# Structure of Curriculum

## **Based on Children of Divorce curriculum:**

- ★ Three developmental levels of curriculum
  - Kindergarten - 1st Grade
  - 2nd - 4th Grades
  - 5th - 6th Grades
- ★ Incorporates cognitive, behavioral, and play based strategies
- ★ Designed to be used in school setting where there is a high population of military children
- ★ Could be used in community settings

# Program Components

## **Social Support** + **Skill Building**

Share feelings about the changes	<ul style="list-style-type: none"><li>• Social problem solving</li><li>• Differentiate solvable and unsolvable</li></ul>
Clarify common misconceptions	<ul style="list-style-type: none"><li>• Effective communication</li><li>• Self-control skills</li><li>• Anger management</li></ul>
Reduce feelings of isolation	<ul style="list-style-type: none"><li>• Support seeking</li><li>• Disengage from parents' conflicts</li></ul>

# Current Activities

- ★ Selecting schools to conducted research utilizing curriculum
- ★ Seeking funds for research
- ★ PACE at Wheeler Elementary
- ★ Primary Project at Wheeler Elementary
- ★ American Legion Grant

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