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
- Early Education Quarterly
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
Financial Health and Strength

Net Assets

<table>
<thead>
<tr>
<th>Year</th>
<th>Non-cash (Operations)</th>
<th>Cash/Investments (Operations)</th>
<th>Cash/Investments (Non-Operations)</th>
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<tbody>
<tr>
<td>2004-05</td>
<td>$167,881</td>
<td>$300,280</td>
<td>$1,491,527</td>
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<td>2005-06</td>
<td>$393,910</td>
<td>$319,048</td>
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<td>2006-07</td>
<td>$332,345</td>
<td>$243,946</td>
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<td>$271,753</td>
<td>$308,184</td>
<td>$1,722,532</td>
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<td>2008-09</td>
<td>$166,761</td>
<td>$328,794</td>
<td>$1,405,820</td>
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</table>
# Financial Health and Strength

## Total Revenue for Services & Products Sold

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Fee for Service and Sales</th>
<th>Total Dollars of Services Sold</th>
<th>Total Dollars of Products Sold</th>
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</thead>
<tbody>
<tr>
<td>2004-05</td>
<td>$871,422</td>
<td>$609,422</td>
<td>$262,000</td>
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<tr>
<td>2005-06</td>
<td>$927,181</td>
<td>$688,181</td>
<td>$239,000</td>
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<tr>
<td>2006-07</td>
<td>$1,018,945</td>
<td>$761,502</td>
<td>$257,443</td>
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<tr>
<td>2007-08</td>
<td>$1,225,874</td>
<td>$938,828</td>
<td>$287,046</td>
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<td>2008-09</td>
<td>$1,198,484</td>
<td>$951,424</td>
<td>$246,860</td>
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</tbody>
</table>

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Honoring and strengthening military families and children in transition
Setting the Stage


**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 member 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
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

<table>
<thead>
<tr>
<th>Social Support</th>
<th>+</th>
<th>Skill Building</th>
</tr>
</thead>
<tbody>
<tr>
<td>Share feelings about the changes</td>
<td>• Social problem solving</td>
<td>• Social problem solving</td>
</tr>
<tr>
<td></td>
<td>• Differentiate solvable and unsolvable</td>
<td>• Effective communication</td>
</tr>
<tr>
<td>Clarify common misconceptions</td>
<td>• Self-control skills</td>
<td>• Self-control skills</td>
</tr>
<tr>
<td>Reduce feelings of isolation</td>
<td>• Anger management</td>
<td>• Anger management</td>
</tr>
<tr>
<td></td>
<td>• Support seeking</td>
<td>• Support seeking</td>
</tr>
<tr>
<td></td>
<td>• Disengage from parents’ conflicts</td>
<td>• Disengage from parents’ conflicts</td>
</tr>
</tbody>
</table>
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