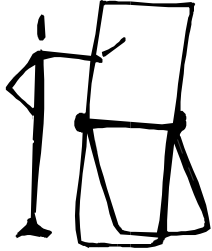


Mountain State Family Alliance

**Southwestern West Virginia's System of Care**

*Learning opportunities designed to enhance competencies of professionals, caregivers and families who work with children & adolescents experiencing serious emotional disturbances*



Over 1,800 individual parents, caregivers and professionals have been trained through Mountain State Family Alliance learning opportunities.

**\*\*\*ALL TRAININGS ARE CURRENTLY OFFERED FREE OF CHARGE\*\*\***  
FOR MORE INFORMATION OR A COMPLETE LISTING OF SYSTEM OF CARE TRAINING MODULES, CALL US: (304) 399-0126, EXT. 101 (MSFA)  
OR 1-888-711-4334 (REGION 2 FAMILY NETWORK)

**SCHEDULED WORKSHOPS**

**Introduction to Systems of Care and the Mountain State Family Alliance Children's Mental Health Initiative (Basic)**

- **November 15, 2005 2 to 5 p.m.** —Huntington, WV Mountain State Family Alliance, 940 Fourth Avenue, Huntington, WV. Call 399-0126, ext. 101 to register.
- **December 13, 2005 2 to 5 p.m.**, —Huntington, WV Mountain State Family Alliance, 940 Fourth Avenue, Huntington, WV. Call 399-0126, ext. 101 to register.

**Family Centered Practice (Basic)**

- **November 16, 2005 9 a.m. to 4 p.m.** – Charleston, WV Call Regional Family Resource Network at 414-4470 to register.
- **December 7, 2005 9 a.m. to 4 p.m.** – Charleston, WV Call Regional Family Resource Network at 414-4470 to register.
- **December 2005 (Date to be announced)** – Wayne, WV Call Healthy Families America at 272-6692 for registration information.
- **March 8, 2006, 9 a.m. to 4 p.m.** – Huntington, WV Call Cabell County Family Resource Network at 697-0255 to register.

**Marshalling the Troops: Strength-based Individualized Service Planning (Basic)**

- **November 9, 2005** – Ripley, WV Westbrook Health Services. **POSTPONED TO EARLY 2006. CALL 399-0126 FOR MORE INFORMATION**

**A Parent's Introduction to Positive Behavior Support (Skills for Parents & Care Providers)**

- **November 15, 2005 10 a.m. to 2 p.m.** – Pretera Center, Charleston, WV. Call 1-888-711-4334 to register.

## ACHIEVEMENT OF REGIONAL GOALS

### **Goal 1: Decrease the number of youth placed in out-of state care.**

- From October 1999 to July 2005, at least 309 children and adolescents were prevented from impending out-of-home or out-of-state placement, through regional collaborative efforts.
- From 2001 to 2004, there was a 50% reduction in annual out-of-state placements.

### **Goal 2: Increase community based family support service capacity in Region 2**

- Intensive Care Coordination (Case Management) model developed and implemented by 2003.
- Funding & Process for Non-traditional Mental Health Services & Supports for those at highest risk of out-of-home placement (individualized & determined through strength-based service planning) by 2001.
- Children's Respite expanded regionwide in 2002.
- Parent-to-Parent Information & Support available region-wide by 2001.

### **Goal 3: Increase family involvement in services development and coordination of service delivery**

- Actively recruited families to participate in forums, events and activities. Over 90 natural, foster and adoptive family members attended MSFA training, and dozens were active in planning and other system-level activities.
- Equipped families and youth to participate by providing transportation and support as needed. Helped families understand system/agency rules, procedures and language through formal and informal training.
- Expanded regional possibilities for family roles (participants, volunteers, organizers, evaluators, training partners and paid staff).

### **Goal 4: Increase family involvement in individualized service planning; & Goal 5: Utilize the multidisciplinary teams region-wide**

- Parent-to-parent curriculum and tools to strengthen meaningful family involvement in service planning. Professional training and mentoring provided on family centered, strength-based individualized service planning.
- After one year, 76.1% of the MSFA caregivers reported that their child was able to remain in one living arrangement. More than 90% of children in the Intensive Care Coordination (ICC) Program were able to remain with the same caregiver after 1 year.

### **Goal 6: Decrease the number of children with a severe emotional disturbance who are expelled from school**

- The number of unexcused absences decreased by 80%; school suspensions decreased by 92%.
- 72.7% reported school grades and attendance remain stable or improved.
- 71.7% of the children had an Individual Education Plan after one year, up from 47.4% at intake.

### **Goal 7: Improve family satisfaction of service delivery**

- 95% of MSFA caregivers reported either a decrease or remained stable in their overall stress level that is directly related to the caring of the child with emotional or behavioral needs.
- 86% of caregivers report that the family functioning (communication, interaction, and ability to work together) remained stable or improved after one year.
- 83.1% of children and adolescents reported stabilized or improved personal strengths and 90% reported stabilized or improved behaviors and emotions after 1 year.

### **Goal 8: Strive for early identification of youth and families presenting with risk factors leading to out of home placement; and Goal 9: Provide services to youth within the least restrictive environment.**

- At intake, 39.2% of Children in the WV System of Care had a history of psychiatric hospitalizations, higher than the national norm of 36%. By the second 6 months in the system of care, the percentage of children placed in psychiatric hospitalization went from 6.5% to zero. And by the second 6 months in the system of care, the percentage of children placed in residential treatment went from 3.2% to zero.
- 96% of the children in parental custody remained in parental custody after one year.

### **Goal 10: Make adequate, appropriate and culturally competent service available and accessible throughout Region II for youth and their families.**

- Provided cultural competence training and strategies to about 1,500 individuals regionally and statewide
- Developed and evaluated community based services according to family priorities and with family involvement at all levels
- Services and supports evaluated according to continuous quality improvement model, to guide ongoing training and technical assistance efforts to child service providers.

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## CALLING FOR A CELEBRATION

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In our state there are a lot of reasons to be troubled. National Kids Count data places West Virginia children near the bottom of the list on a number of measures for health and well-being. Medicaid cuts and rising costs threaten an already under-funded mental health system. The federal safety net for at-risk children and families grows more tattered and thin. After more than a decade, the placement of our state's children in far away facilities continues to be an issue...

But in our corner of West Virginia, today is a day to celebrate our victories. The handout on your tables tells the story - ten ambitious goals that we faced and met together. Over 300 children directly diverted from impending placement out of home or out of state, saving untold tens of millions of taxpayer dollars over six years. Hundreds more children and adolescents identified soon enough that their parents never had to relinquish custody, face expulsion from school, or endure the tragedy of sending a child out of state.

Today is a day to celebrate our public partners. The Department of Health & Human Resources, Office of Special Education and Division of Juvenile Services have all both contributed to, and benefited from, the System of Care. We are seeing changes in these systems now that are based on our evidence and our guiding values. These public agencies have teamed up to play a vital role in the success of our children and families. And with the passage of House Bill 2334, there is serious work toward investigating and replicating the success that's been achieved through our regional partnership.

Today is a day to celebrate our service providers. Our community mental health centers, behavioral health providers and other service organizations have come to the table as well to lend their expertise as trainers and practitioners, to change the way they do business with families, and to offer innovative community and home-based services as part of the System of Care.

Partnerships between government agencies and service providers are not new. What is truly meaningful in our region is the third piece of the MSFA partnership, FAMILIES—at all levels of service planning, delivery and evaluation. Today is a day to celebrate families. Authentic family involvement may be the "final frontier" in system transformation, and as we have learned, achieving this level of involvement is not easy. But today we celebrate how very far our region has come - one family at a time. Looking in the faces of the parents, caregivers and young people here today, I hope you will agree that this definitely calls for a celebration.

We have learned over these six years that a working system of care is more than a framework, a set of values, an array of services and a funding structure. A system of care is a team of individuals - caring, powerful people that lift up families and save children.

*Presented by Rhonda McCormick on August 24, 2005  
at Mountain State Family Alliance Celebration Luncheon*

## SYSTEM OF CARE CHAMPIONS



**Front Cover:**  
*WSAZ News Channel 3* Anchor Penny Moss receives a special thank you from youth "spokesman" Chris.

**Top Left:** Katie practices for the role of "Pink Day" in the youth presentation.

**Top Right:** Alli, Madison & Elizabeth recite *My Many Colored Days* by Dr. Seuss.

**Second Left:** "Fearless Leader" Linda Watts (left) and "Founding Mother" Karen Yost (right) receive tokens of appreciation.

**Second Right:** Robin Hughes thanks *Charleston Gazette* Columnist Dawn Miller for bringing Systems of Care to the public eye.

**Third Left:** William gives his "Healthy Minds Healthy Youth" wristband to Penny Moss after the luncheon.

**Third Right:** Francie Clark and Karen Yost make some noise with their gold star clackers.

**Bottom Right:** Dreama Frye, Delegate Kelli Sobonya, Linda Watts, Rhonda McCormick take a moment to pose with Madison & Alli.



*Over 120 service providers, state agency representatives and family members took part in the System of Care celebration and Rainy Day Heroes recognition on August 24, 2005.*

### Photo credits:

Dreama Frye

Robin Hughes

Lisa Lynch

Jeanette Rowsey



## Mountain State Family Alliance

c/o Prestera Center for Mental Health Services  
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(304) 399-0126

**We're on the web!**  
[www.orgsites.com/wv/msfa](http://www.orgsites.com/wv/msfa)

*The vision of the Region II System of Care Grant Project, Mountain State Family Alliance, is a comprehensive and integrated system of care where children with serious emotional disturbances and their families can choose and receive timely services within their communities that are strength based and culturally sensitive.*

*At the core of the system of care are these principles:*

- Child-focused, family-driven services
- Community-based services
- Strength-based service planning
- Availability of services regardless of ability to pay
- System level coordination
- Partnering with families
- Ongoing training for families, providers & communities