



2022

ANNUAL
REPORT



A Journey Through Strength

*Strong Foundations
Built by Our Team*



NRPVYC at a Glance

Early Childhood Mental Health

- ★ Train clinicians in Child-Parent Psychotherapy and Parent-Child Interaction Therapy
- ★ Support ECMH clinicians in the field
- ★ Expand ECMH awareness among court, child welfare and early childhood professionals
- ★ Increase capacity of ECMH services

Reflective Practice

- ★ Train professionals in the reflective practice FAN (Facilitating Attuned Interactions) model
- ★ Offer reflective consultation services to professionals
- ★ Support professionals trained in the FAN model

Court Infusion

- ★ Support juvenile court projects
- ★ Conduct program evaluation
- ★ Train professionals in the reflective practice FAN model

Our Mission

We strive to improve the well-being of vulnerable young children in Nebraska by supporting and strengthening the professionals serving them across systems.

Who We Work With

- Clinicians
- Service providers
- Caseworkers
- Attorneys and law students
- Judges
- Court-appointed special advocates
- Family support workers
- Early childhood education professionals
- Early Development Network professionals

Our Team



Letter from the Project Director

Kelli Hauptman
Project Director

It does not seem like an entire year has passed since our last Annual Report, and yet so much work has been accomplished in that time frame. I am so grateful to continue being able to guide this project, its staff, and the incredible work they do.

Over the past year, all of our work has continued to grow and be refined. We have now trained over 200 clinicians through one of our clinical training programs in CPP or IoWA-PCIT. As I am writing this, we just started training the 900th person in the reflective practice FAN model. Over 300 professionals have received ongoing reflective consultation. And we continue to support juvenile courts each year in the work they do to improve outcomes for children and families.

We are so grateful for our many partners in this work and for the funders who help support the work we do. Thank you for taking interest in our project, and please contact us if you see any opportunities for connections.



Haifaa Al-saadi
Training Associate



Jamie Bahm
Project Manager



Ashtyn Beck
Training Associate



Sarah Brown
Senior Training Associate



Samantha Byrns
Project Manager



Meredith Cartwright
Graduate Research Assistant



Pamela Caudill Jordan
Project Evaluator



Natalie Chin
Web Technology Expert



Dayna L. Goff
Outreach and Training Specialist



Kelli Hauptman
Project Director



Qingyu Jiang
Graduate Research Assistant



Tracey Kock
Outreach and Training Specialist



Cassie Roberts
Project Coordinator

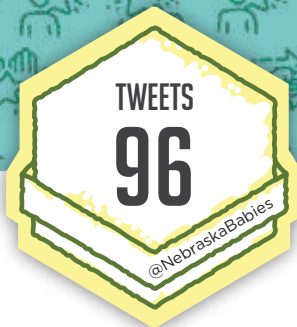


Melissa Villarreal
Senior Training Associate

Our 2022 Journey

In 2022, NRPVYC continued to grow its programs but also reached a level of sustainability that allowed NRPVYC staff to solidify practices and dive more deeply into supporting professionals working with young children and their families. Both the reflective practice FAN training program and the ECMH clinical training programs more firmly established their program structures in 2022.

The FAN training program began using an online training platform that provides better access to training participants and streamlines training procedures. The ECMH clinical training programs implemented systems, structures, and processes that provide training participants with more support as they proceed through their lengthy training processes.



Going the Extra Mile Since 2015

1,443

FALL WEBINAR SERIES PARTICIPANTS

531

TRAINING DAYS

1,665

TRAUMA TRAINING PARTICIPANTS

857

PEOPLE WHO HAVE STARTED FAN TRAINING

183

THERAPISTS TRAINED IN CPP

9,200

TRAINING PARTICIPANTS

4,144

SURVEYS COMPLETED

27

STUDENTS WHO HAVE WORKED AT NRPVYC

(6 GRAs & 21 undergraduates)

568

People

2018 NEBRASKA YOUNG CHILD INSTITUTE

HIGHEST ATTENDED EVENT

143

People

2022 Fall Webinar Series: Treating the Whole Child Using Relationship-Based Interventions (Carrie Gottschalk)

HIGHEST ATTENDED WEBINAR

Early Childhood Mental Health (ECMH)

NRPVYC supports the early childhood mental health of Nebraska's young children by engaging with professionals through three areas: ECMH Clinical Training Programs, Outreach Activities to Professionals working with Children and Families, and ECMH Clinician Support through a Community of Practice.

ECMH Staff

NRPVYC's ECMH staff was incredibly hard at work in 2022 in continuing to build programming and supports for ECMH clinicians and others working to promote ECMH. Haifaa Al-saadi moved from our reflective practice work to help support the increasing number of ECMH activities.



Samantha Byrns
Project Manager



Lindsey Ondrak
Outreach and Training Specialist



Melissa Villarreal
Senior Training Associate



Haifaa Al-saadi
Training Associate

Primary ECMH Activities



Child-Parent Psychotherapy (CPP) Clinical Training Program



IoWA-PCIT (Parent-Child Interaction Therapy) Clinical Training Program



ECMH Services Awareness and Outreach



CPP and PCIT Provider Directory Management



ECMH Trainings and Webinars



Nebraska Infant Mental Health Endorsement® (IMH-E®) Management



Nebraska Young Child Institute Management



Online Resource and Training Library



ECMH Community of Practice for Clinicians

47

NUMBER OF NRPVYC ECMH EVENTS

28

NUMBER OF APPLICATIONS PROCESSED FOR THE NEBRASKA INFANT MENTAL HEALTH ENDORSEMENT® (IMH-E®)

324

NUMBER OF ECMH SERVICES WEBINAR PARTICIPANTS

338

NUMBER OF 2022 FALL WEBINAR SERIES PARTICIPANTS

30

NUMBER OF ECMH TRAININGS IN THE VIDEO LIBRARY

1,134

NUMBER OF PARTICIPANTS IN ANY NRPVYC ECMH ACTIVITY IN 2022

251

NUMBER OF EVALUATION SURVEYS COMPLETED

Early Childhood Mental Health (ECMH)

The first five years of a child's life have a significant impact on their physical, cognitive, and social-emotional development.

The development of a young child can be adversely affected by factors such as disruptions in attachment that can be caused by parental substance abuse, parental mental health issues, and traumatic loss, which can result in toxic or chronic stress. ECMH services - like CPP and PCIT - can mitigate or prevent the negative impacts of adverse factors.

ECMH 2022 Training Topics

- Understanding I-ECMH
- ECMH Services Guide Overview
- Sensory Development in Utero & Early Detection
- Supporting Children Through Mindful Movement and Breath
- Clinician Engagement With Parents
- Neurobiology of Regulation
- Brain-Wise Strategies to Support Children
- Mindful Awareness

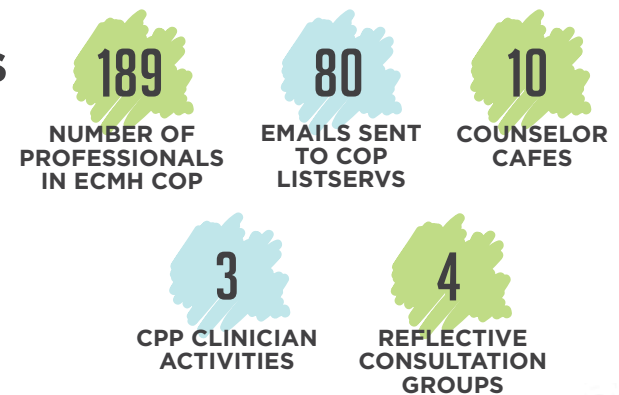
2022 Nebraska Young Child Institute

One of NRPVYC's outreach activities is the lead management of the Nebraska Young Child Institute (NYCI) in partnership with the Nebraska Early Development Network. The NYCI, a statewide conference held in Kearney every two years, brings together professionals from a variety of disciplines to focus on the needs of young children, especially those at risk for adverse outcomes. The 2022 NYCI was a hybrid event held in June 2022 over two days of plenary speakers, breakout sessions, and professional networking.



ECMH Community of Practice for Clinicians

NRPVYC supports providers trained in CPP, PCIT, and Circle of Security™-Parenting through its ECMH Community of Practice (COP). The COP connects therapists across Nebraska to build community and have free access to resources and workshops to continue to build clinical skills in their practice.



Child-Parent Psychotherapy (CPP)

NRPVYC manages the Child-Parent Psychotherapy (CPP) training program in Nebraska with the support of the national CPP dissemination and sustainability development site at the University of California at San Francisco, with the goal to increase and sustain high-quality CPP practitioners. CPP is an evidence-based therapy for young children and their caregivers to help address past traumatic events or loss within the context of the caregiving relationship.



95% Of Clinicians Who Graduate From Our CPP Training Program Are Satisfied With Providing CPP and Intend to Continue

90%+ Feel Confident in Providing CPP, That CPP is Effective, and That CPP Benefits Their Clients. 75% "Strongly Agree" to These Statements

"Parents can better understand how their own behavior and experiences have impacted their relationships with their children."
- From CPP Clinicians

"[Parents] have a better understanding of effects of trauma and the ability to stand back and ask what the behavior is trying to tell [them]."
- From CPP Clinicians

A Big Thank You to Our Nebraska CPP Trainers

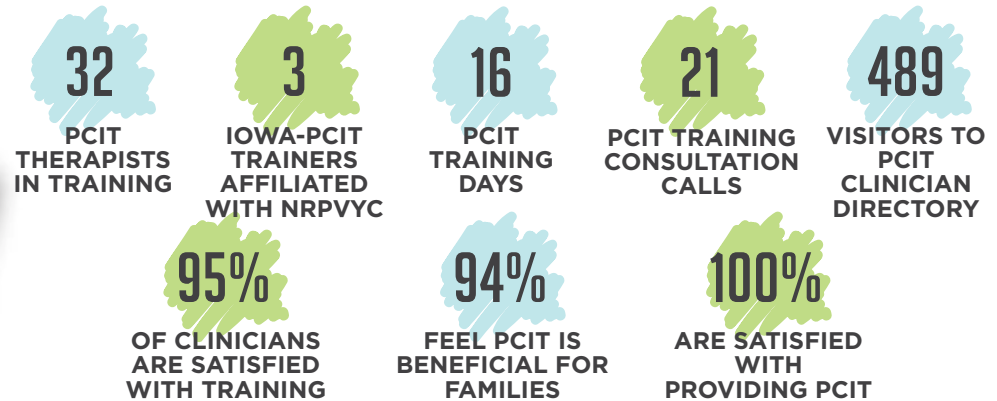
Dr. Mark Hald, Barbara Jessing, Dr. Paula Ray, Samantha Byrns, and Lori Rodriguez-Fletcher.

Parent-Child Interaction Therapy (PCIT)

NRPVYC offers twice-annual training programs in the Iowa model of Parent-Child Interaction Therapy (PCIT) in partnership with Dr. Beth Troutman at the University of Iowa. PCIT is an evidence-based dyadic treatment for families with children 2-7 who are exhibiting disruptive or challenging behaviors.

Did You Know?

The Iowa-PCIT model is a preferred modality for young children who have attachment issues with their caregivers. Iowa-PCIT integrates findings from attachment research into PCIT while maintaining the core defining features of PCIT, directing observations and coaching toward the attachment relationship.



A Big Thank You to Our Iowa-PCIT Trainers in Nebraska

Samantha Byrns, Joanna Halbur, and Jea Theis.

Reflective Practice

Reflective practice is a relationship-based practice that assists in mitigating the effects of emotionally intrusive work. Reflective practice helps you examine your current and past actions, emotions, experiences, and responses to become more resilient in the face of work stress and improve your interactions with others. Reflective practice helps develop your self-awareness and increase your awareness of others, allowing you to better regulate, make more thoughtful decisions, and have better interactions with others.

Reflective Practice Staff

NRPVYC staff working on reflective practice continue to play a vital role in sustaining the work of the Nebraska Center on Reflective Practice. Without their dedication to building and maintaining the high standards of the NCRP, the outcomes would not be possible.

Tracey Kock

Outreach and Training Specialist

Dayna L. Goff

Outreach and Training Specialist

Ashtyn Beck

Training Associate

Sarah Brown

Senior Training Associate



Jamie Bahm

Thank You and Farewell!



Jamie Bahm began with NRPVYC at the inception of the Nebraska Center on Reflective Practice in 2016 and has been a guiding force in its expansion and growth over the past six years. Under Jamie's leadership, the NCRP trained almost 900 professionals and provided reflective consultation to over 300 professionals. NRPVYC is grateful for Jamie's dedication to our project, and she will be sorely missed as she pursues other opportunities.



Nebraska Center on Reflective Practice (NCRP)

The NCRP has been providing reflective practice FAN training and reflective consultation to early childhood education, child welfare, and other professionals since 2016. In partnership with the Erikson Institute, the NCRP utilizes the FAN model of reflective practice.

Our Partners



Erikson Institute



FAN Training Program

The NCRP partners with 9 FAN trainers across 4 organizations to offer an in-depth training program for individuals and organizations wanting to infuse reflective practice into their work.



Community of Practice (CoP)

The NCRP provides professionals completing FAN training with ongoing training and support to continue integrating reflective practice beyond the training program.

Did You Know?

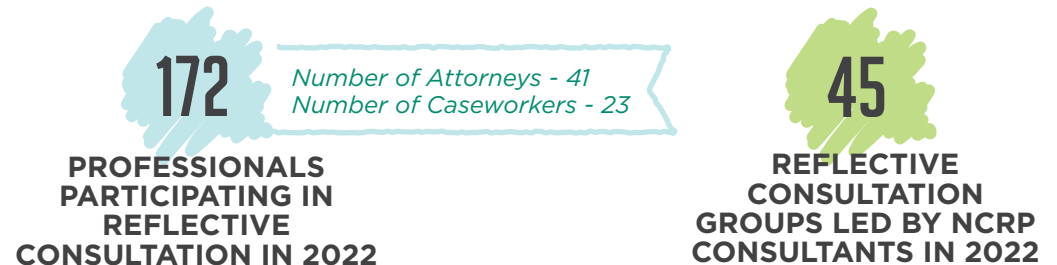
On November 4, 2022, the NCRP, in partnership with Erikson Institute, sponsored its first-ever all-day FAN Conference called "Attunement in Real Life." Over 40 CoP members attended plenaries, breakout sessions, and a reflective consultation.



Reflective Consultation

Over 300 professionals have participated in reflective consultation since 2016.

The NCRP partners with a network of consultants and staff to facilitate reflective consultation with individuals and groups working with families.



Nebraska Center on Reflective Practice Evaluation

The NCRP evaluates the effectiveness of FAN training and reflective consultation with the use of online surveys. Currently, survey data is available for over 800 training participants and almost 150 reflective consultation participants.

Overall, training participants utilize the FAN tool regularly in their workplace and find it beneficial for providing a framework and structure for daily interactions and for increasing teamwork and collaboration. Participating in reflective consultation helps professionals feel supported and somewhat temper the effects of burnout and vicarious trauma. Through both training and consultation, participants experience increases in self-compassion and emotional regulation.

"I realize that others are experiencing the exact same issue as I. Talking about the issues with others seem to lessen their stress on me."

- Reflective Consultation Participant

"[The FAN model] helps regulate myself and helps regulate others."

- FAN Training Participant



SELF-REFLECTION

- Self-compassion
- Emotional regulation



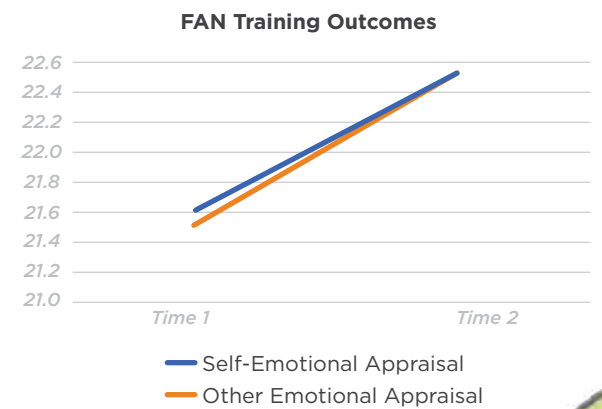
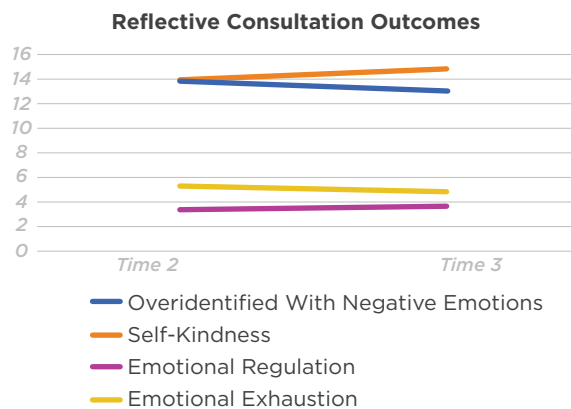
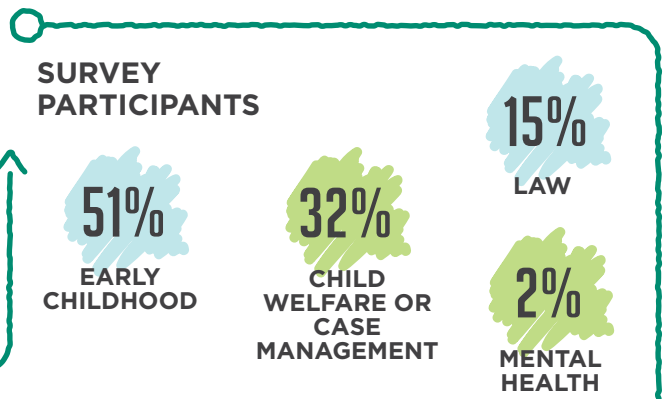
EMPATHIC REFLECTION

- More attuned interactions
- Better relationships



REFLECTIVE COMMUNICATION

- Empower others
- Less "problem solver" weight



Court Infusion

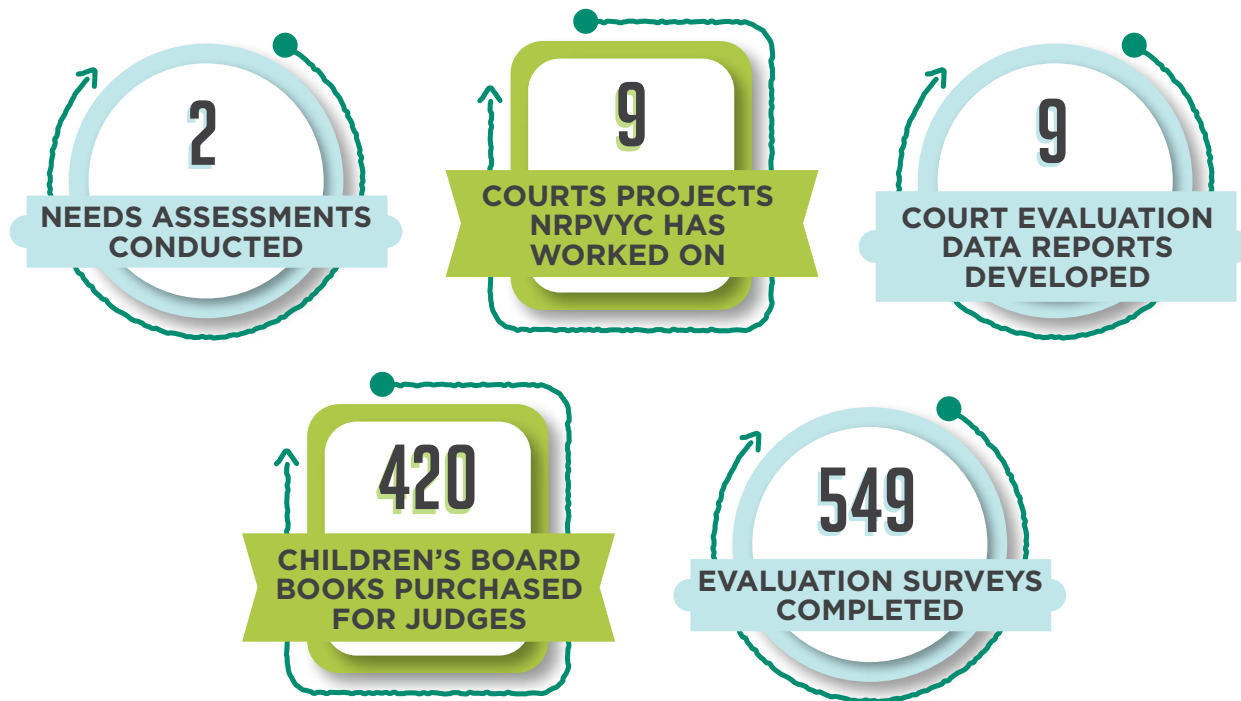
NRPVYC partners with juvenile courts and juvenile court professionals across Nebraska to improve outcomes for children and families. Our work in juvenile courts helps adapt court processes to improve teamwork and relationships with the ultimate goal of improving outcomes, including shorter case timelines and increased permanency.

NRPVYC's Current Court Projects

- ★ Lancaster County Safe and Healthy Families Court
- ★ Lancaster County Family Treatment Drug Court
- ★ Reflective Practice FAN training and reflective consultation for judges, attorneys, and caseworkers

Past Findings

- ★ Lancaster County Family Treatment Drug Court (FTDC): Families in the FTDC felt more heard, were more involved in services, and had their cases closed sooner.
- ★ Douglas County FIRST Court: Court professionals reported parents participated more and that relationships with other professionals improved.
- ★ Lancaster County IceBreaker Meetings with parents and foster parents: Parents who attended IceBreaker meetings were more involved in the court process and had slightly quicker time to permanency.



Reflective Practice With Court Professionals

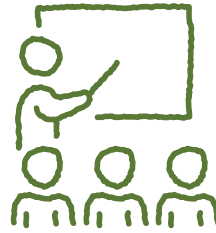
NRPVYC provides reflective practice FAN training and reflective consultation to court professionals involved in the juvenile court and other court systems, including judges, attorneys, caseworkers, CASAs, and others.

"It greatly improves outcomes with difficult clients/issues. I have more successful client conversations."

- From Attorney in FAN Training

How Can the Reflective Practice FAN Model Be Useful to Attorneys?

Representing at-risk children and families can be challenging and often takes an emotional and physical toll on practitioners. Attorneys can also struggle with having effective communication and building trusting relationships with their clients. Reflective Practice is a relationship-based practice that assists professionals in managing emotionally intrusive work, improving communication with others, and better understanding internal responses. For attorneys, the Reflective Practice FAN model can be used as a framework for client counseling, in navigating difficult or emotional conversations with clients, in communication with colleagues or other legal professionals, or to facilitate meetings with multiple parties.



FAN TRAINING

Reflective Practice FAN Training in 2022

8
JUDGES TRAINED

20
ATTORNEYS TRAINED

10
DHHS STAFF TRAINED



REFLECTIVE CONSULTATION

Reflective Consultation in 2022

5
DHHS REFLECTIVE CONSULTATION GROUPS ACROSS NEBRASKA

8
REFLECTIVE CONSULTATION GROUPS FOR ATTORNEYS ACROSS NEBRASKA

13
JUDGES RECEIVING REFLECTIVE CONSULTATION

23
DHHS STAFF RECEIVING REFLECTIVE CONSULTATION

41
ATTORNEYS RECEIVING REFLECTIVE CONSULTATION

"What I like best is the opportunity to consider your own emotions in a case. I like the open dialogues we engage in. [I have] a greater understanding of how being reflective can ease stressors in practice and personal issues."

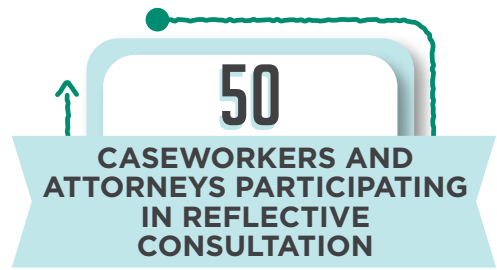
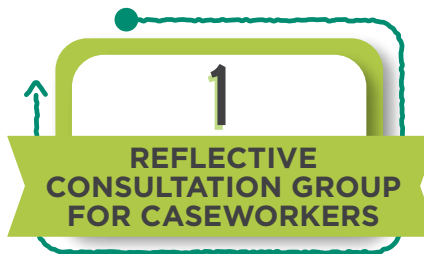
- From Reflective Consultation Participant

Lancaster County Safe & Healthy Families Court

In 2022, NRPVYC continued its partnership with Judge Elise White and the project's committee in supporting the Lancaster County Safe and Healthy Families Court (SHFC). NRPVYC provides ongoing reflective practice to the court professionals, manages a listserv, and conducts a program evaluation.

"I've had a great experience and can say my family has benefited from this 100%. Very grateful for all the support we receive!"
- From Parent

"Regular team meetings work well and keep everyone involved and working together."
- From Attorney in SHFC



Preliminary Data Show....

- Professionals report that cases in the SHFC are more likely to have their unique needs considered in a tailored case plan compared to control cases.
- Parents report more positive experiences with the court.

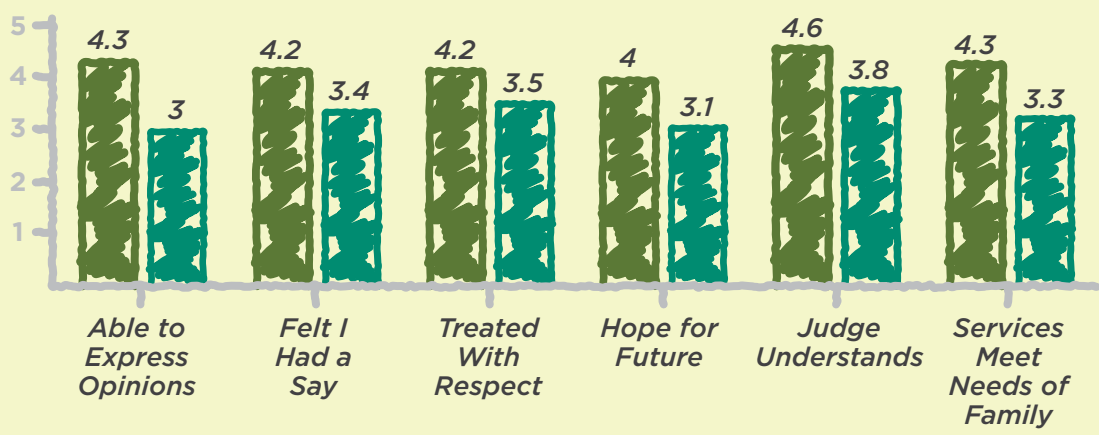
Evaluation Data:



SHFC Parents Report More Positive Experiences

● SHFC
● Control

Scale:
1 (strongly disagree)
to
5 (strongly agree)



Advisory Board

Deb VanDyke-Ries

Director, Nebraska Court Improvement Project

Judge Larry Gendler

Retired Judge of the Separate Juvenile Court

Joanna Halbur

Director of Mental Health Services, Project Harmony

Judge Al Corey

Judge of the County Court, 9th Judicial District

Sarah Bernhardt

Licensed Independent Mental Health Practitioner, Options in Psychology

Kathleen Stolz

Central Service Area Administrator, NE DHHS-Division of Children and Family Service

Melanie Kirk

Attorney

Tana Fye

Attorney

Amy Bunnell

Co-Director, Early Development Network

Jen Goettemoeller

Early Childhood Consultant

Barbara Jessing

ECMH Consultant and Trainer, Fontenelle House

Dr. Holly Hatton-Bowers

Assistant Professor & Early Childhood Extension Specialist, UNL

Judge Elise White

Judge of the Separate Juvenile Court, Lancaster County

Lynne Brehm

Vice President, NE Children and Families Foundation

Jamie Bahm

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Partners



Erikson Institute



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