



Developing Local Systems of Care  
for Children and Adolescents with  
Mental Health Needs and their Families  
New Directions to Improve Outcomes

**SAVE THE DATES**

**JULY 16–20, 2008**

Gaylord Opryland Resort & Convention Center • Nashville, TN



# The Institutes

**T**he 2008 Georgetown University Training Institutes will be held July 16 to 20, 2008 in Nashville, Tennessee at the Gaylord Opryland Resort & Convention Center. The biennial Training Institutes are organized by the National Technical Assistance Center for Children's Mental Health at the Georgetown University Center for Child and Human Development in partnership with the Child, Adolescent and Family Branch of the federal Center for Mental Health Services. Additional support for the 2008 Training Institutes is being provided by The Annie E. Casey Foundation.

The Training Institutes will focus on developing local systems of care for children and adolescents with or at risk for emotional disturbances and their families. Systems of care emphasize community-based care, comprehensive and individualized services and supports, services provided within the least restrictive environment, full participation of families and youth, coordination among child-serving agencies and programs, and cultural and linguistic competence. In-depth, practical information will be provided on how to develop and operate systems of care and how to provide high-quality, effective, clinical interventions and supports within them.

The Institutes are designed for a variety of individuals including state and local policy makers, administrators, planners, providers, clinicians, case managers, families, youth, advocates, managed care organizations, educators, researchers, evaluators, students, and others concerned with improving services for children and families. Individuals representing local mental health and other child-serving agencies, including education, child welfare, health, juvenile justice, early childhood, and substance abuse systems, together with families and youth, are encouraged to attend, as well as state-level partners from all of these sectors. Opportunities will be provided for networking among state and local stakeholders.

# Preliminary Schedule

## TUESDAY, JULY 15

- 8:30 AM – 5:30 PM Meeting of Children, Youth and Families Division,  
National Association of State Mental Health  
Program Directors
- 8:30 AM – 5:30 PM Pre-Institutes Training Programs

## WEDNESDAY, JULY 16

- 8:30 AM – 5:30 PM Meeting of Children, Youth and Families Division,  
National Association of State Mental Health  
Program Directors
- 8:30 AM – 5:30 PM Pre-Institutes Training Programs
- 1:30 PM – 3:30 PM Pre-Conference Orientation
- 1:30 PM – 3:30 PM Youth Leadership Track Orientation
- 4:00 PM – 5:30 PM Special Forums

## THURSDAY, JULY 17

- 7:30 AM – 8:30 AM Continental Breakfast
- 8:30 AM – 11:30 AM Opening Session
- 11:30 AM – 1:00 PM Lunch On Your Own
- 1:30 PM – 5:00 PM Institutes and Workshops
- 6:30 PM – 9:30 PM Welcome Banquet

## FRIDAY, JULY 18

- 7:30 AM – 8:30 AM Continental Breakfast
- 8:30 AM – 12:00 PM Institutes and Workshops
- 12:15 PM – 3:15 PM Luncheon and General Session
- 3:30 PM – 5:30 PM Poster Session and Dessert

## SATURDAY, JULY 19

- 7:30 AM – 8:30 AM Continental Breakfast
- 8:30 AM – 12:00 PM Institutes and Workshops
- 12:00 PM – 1:30 PM Networking Luncheon
- 1:30 PM – 5:00 PM Institutes and Workshops

## SUNDAY, JULY 20

- 7:30 AM – 8:30 AM Continental Breakfast
- 8:30 AM – 12:00 PM Targeted Institutes (Pre-Registration Required)

# The Setting

## Nashville, Tennessee:

### Music City

From the time Nashville was founded more than two centuries ago, music has been an integral part of the economic, cultural, and personal lives of the people who call Nashville home. And for almost as long as the city has been living, breathing, writing, singing, and playing music, visitors have been welcomed to enjoy “Music City.”

Nashville’s first real “star,” frontiersman and legislator Davy Crockett, was known for his fiddle playing and colorful stories. As the 1800s unfolded, Nashville grew to become a national center for music publishing. The Jubilee Singers of Fisk University, one of the oldest historical black colleges, were the first musical group to embark on a world tour and helped put Nashville on the map as a global music center. Along the way, Nashville became a hub for pop, rock, bluegrass, jazz, blues, gospel, and soul music. Today, Nashville is home to more than 80 record labels, 130 music publishers, and, at last count, 180 recording studios. On any given night there are more than 100 live music clubs in Nashville where you can see and hear artists from every genre of music.

The maxim in Music City is “It all begins with a song,” and Nashville arguably has the largest pool of songwriting talent on the planet. Many clubs spotlight the “heroes behind the hits,” with showcases for writers to try out new tunes or perform old favorites and to share stories of how their hit songs came to be written

and recorded. Nashville is also home to many superstars in the realms of country, pop, jazz, blues, and bluegrass.

### There’s plenty for everyone in Nashville...

Catch a performance at the Grand Ole Opry, just steps from the Gaylord Opryland and site of the oldest continuous radio program in the U.S. The careers of hundreds of stars have been ignited at the Opry—where country rocks, bluegrass rules, and western swings. Artists perform at the Opry every Friday and Saturday night, with free concerts on Opry Plaza before summer weekend performances spotlighting new artists. Visit the fabled Music Row, the business center of the music industry, and tour Historic RCA Studio B, one of the world’s most historic recording studios. It is the home of more than 1,000 top ten hits—including songs of Elvis Presley, Dolly Parton, Willie Nelson, and more. See Ryman Auditorium, a National Historic Landmark and former home of the Grand Ole Opry. The Ryman enjoys a national reputation and has been nicknamed the “Carnegie Hall of the South.” Concerts featuring bluegrass, gospel, inspirational, pop, country, and classical music can be heard, and displays inside depict its rich history.

Visit the Country Music Hall of Fame and Museum where you can hear from today’s and yesterday’s most notable country music singers, see exhibits, and burn your own CD with your choice of top hits. Take a dinner cruise aboard the General Jackson Showboat, a four-deck paddle wheeler which

brings back the days of riverboat entertainment. Ride the river while strolling musicians and live musical productions entertain you. Check out the Wildhorse Saloon for great barbeque, line dancing (free lessons daily!), and live entertainment. Visit the Hermitage, home of President Andrew Jackson, with more than 85% of its original artifacts. And don't miss the Parthenon, the only full-size replica in the world of the Parthenon in ancient Greece.

In short, Nashville is a city that resonates with life and vibrates to the beat of every type of song. So, come to the most musical city in the world—the only Music City!

## **Gaylord Opryland**

The Gaylord Opryland Resort and Convention Center is recognized around the world as a premier convention destination. Just ten minutes from the Nashville International Airport, Gaylord Opryland embraces all guests with Southern hospitality and graciousness. Under majestic, climate controlled glass atriums, you'll be surrounded by nine acres of indoor gardens, winding rivers, pathways, and cascading waterfalls where you can unwind, explore, shop, dine, and be entertained to your heart's content.

Reminiscent of a Southern mansion, Gaylord Opryland captures the traditions and character of the region under three spectacular atriums—the Garden Conservatory with its meticulously nurtured foliage, lush gardens, and sparkling fountains; the

Cascades with the experience of waterfalls, tropical flowers, and the greenery of the Caribbean; and the Delta where you can feel the rhythm and fun of a New Orleans-style town as you float around the Delta Island waterway on a flatboat tour. A unique “way-finding” system helps you to find everything you need.

Gaylord Opryland welcomes you to the comforts of 2881 guestrooms, many with private balconies overlooking the indoor gardens. Expansive meeting space offers high-tech facilities, flexibility, and the supports needed for large conferences. The hotel's amenities include cordless phones and high-speed internet connections in guest rooms, one outdoor and two indoor pools, and the Relache Spa and Fitness Center, a European inspired spa and state-of-the-art fitness center. Numerous restaurants and casual food options are available throughout Gaylord Opryland, with choices to please people of all ages. Live music, shows, and other entertainment abound at Gaylord Opryland, as well as numerous specialty shops to browse.

Just a short walk from the Gaylord Opryland you will find Opry Mills, where “shoppertainment” comes to life. At this mega-mall, you will find more than 200 stores, themed restaurants, a food court, and entertainment including an IMAX theater. The Gaylord Springs Golf Links, a championship golf course, offers an accessible recreation option for interested participants.

# New Directions to Improve Outcomes

The 2008 Institutes will focus on three “new directions” to strengthen systems of care and improve outcomes.

Research and experience have clearly demonstrated that children with mental health needs are found in many systems—health, education, child welfare, juvenile justice, early childhood, substance abuse, and developmental disabilities. As a result, efforts to improve systems of care for children with mental health needs and their families have emphasized the need for collaboration and partnerships across service sectors. While there are many promising system and service interventions, the creation of partnerships between mental health and other child-serving systems is an area that warrants great attention. Accordingly, the 2008 Training Institutes will focus on the strategies and skills needed to strengthen partnerships in three specific areas to improve outcomes for children and youth with mental health needs and their families. Each will comprise a distinct “track” at the Institutes:

## **Track 1: Implementing a Public Health Approach**

The extent, severity, and far-reaching consequences of mental health problems in children and adolescents make it imperative that our nation adopt a systematic, public health approach to improving the mental health status of children. A public health approach broadens the vision for children’s mental health to one in

which communities provide access to comprehensive services and supports for children with mental health disorders and their families, while at the same time striving to create conditions that promote positive mental health and emotional well-being for all children and prevent the onset of emotional problems. Sessions will focus on strategies for: 1) enhancing health by promoting optimal mental health, 2) prevention by addressing risk factors in vulnerable groups, 3) early recognition and intervention by identifying problems at an earlier stage and increasing access to effective treatment, and 4) treatment and rehabilitation by intervening to reduce symptoms and improve functioning and quality of life.

## **Track 2: Partnering With Schools**

The mission of schools is to educate all students, and, in order to ensure academic achievement, schools have identified the need to attend to the health and emotional well-being of their students. Recognizing that children receive more services through schools than through any other public system, strengthening mental health services in schools offers a strategic opportunity to provide prevention and intervention services to many children. Partnerships between mental health and education systems can provide a natural entry point and a promising vehicle for recognizing the mental health needs of youth and increasing access to effective services and supports. Sessions will focus on a continuum of



# Outcomes

school-based interventions, including:

- 1) interventions targeted to the general school population that promote social and emotional well-being,
- 2) interventions aimed at youth who are at risk for developing mental health disorders, and
- 3) interventions targeted to youth who meet the diagnostic criteria for mental health disorders.

## Track 3: Partnering With Child Welfare

The child welfare system is designed to serve children who are experiencing or are at risk for child abuse or neglect and their families and caregivers, with the goals of ensuring safety, permanency, and well-being. Children in the child welfare system are at high risk for health, mental health, and developmental problems. Strong linkages between mental health and child welfare systems are critical for addressing the emotional well-being of children involved with the child welfare system, as well as for meeting the mental health needs of their families. Sessions will focus on strategies for: 1) systematic assessment procedures to identify behavioral health problems, 2) early intervention and treatment services for children at risk of being removed from their homes, 3) treatment, support services, and care coordination for children with identified behavioral health needs, 4) services and supports for families, kinship care providers, and other community caregivers to prevent unnecessary placement disruptions and placement in institutional care,

5) services to support family reunification, adoption, and post-adoption adjustment, and 6) strategies for partnering with families and caregivers.

## Types of Sessions

The Institutes are comprised of four types of sessions:

- **General Sessions** focus on important cross-cutting issues and themes related to serving children and adolescents with emotional disturbances and their families.
- **Institutes** are three-and-a-half-hour training sessions that offer an integrated training experience focusing on an aspect of system of care development or service delivery, providing strategies and examples of effective approaches. Institutes are intended to provide practical “how to” training.
- **Workshops** are one-and-a-half-hour sessions that focus on a wide range of issues related to system development or service delivery and offer a variety of approaches and strategies that participants can apply.
- **Poster Session** will offer an opportunity to highlight promising strategies or approaches on a wide range of issues related to system development and service delivery through displays and discussion with participants in an informal setting.



## Native American Communities

The Institutes will include a track on services in Native American communities. Institutes and workshops specific to the issues facing Native American communities will be offered throughout the program.

## Youth Leadership Track

A Youth Leadership Track will be offered at the Training Institutes in collaboration with the Technical Assistance Partnership for Child and Family Mental Health and will provide training for youth to develop the knowledge and skills needed to become effective leaders and advocates. The Youth Leadership Track is designed for youth ages 13 to 22 who are registered attendees or faculty at the Institutes and will enable interested youth to: participate in leadership training, learn how to create change in policy and practice in their communities, increase their capacity to advocate for themselves and others, and work with and learn from other youth leaders. An orientation for all Youth Leadership Track participants will be held on **Wednesday, July 16 from 1:30 PM to 3:30 PM.**

## Special Forums

Start your Training Institutes experience by participating in shaping future policy and technical assistance! You can do this by arriving in Nashville in time to attend one of the

special forums to be held on **Wednesday, July 16 from 4:00 PM to 5:30 PM.** The forums are designed as interactive discussions on topics that require specialized planning or approaches within systems of care. The forums will be tape recorded and transcribed in order to develop policy papers outlining recommendations to guide future activities at federal, state, and local levels.

## Targeted Institutes

The Training Institutes will conclude with a selection of Targeted Institutes on **Sunday, July 20 from 8:30 AM to 12:00 PM.** Each Targeted Institute will provide an intensive training opportunity for a particular “affinity” group of individuals involved in systems of care (such as evaluators and researchers, youth coordinators, family leaders, or system of care leaders) or training focusing on a particular area of emphasis within systems of care (such as the early childhood or juvenile justice population or strategies for workforce development or financing). Attendance at a Targeted Institute is included in the Training Institutes registration fee. Pre-registration for a Targeted Institute will be required.



# Pre-Institutes Training

A choice of four intensive pre-Institutes training programs will be held on **Tuesday, July 15 and Wednesday, July 16**. Each will be of two days duration and will cost an additional registration fee of \$225, which includes attendance at the training program, all materials, daily breakfast and breaks, one luncheon, and one dinner reception. Continuing education credits will be offered for the pre-Institutes training programs.

## **Making Change Happen: Creating and Sustaining Culturally and Linguistically Competent Organizations and Systems**

Attend this intensive, hands-on training, designed specifically to support those who are actively engaged in advancing, implementing, and evaluating cultural and linguistic competency within their systems, states, communities, agencies, and family and youth organizations. Participants will be introduced to the new Cultural and Linguistic Competence Primer which provides significant “how to’s” in key domains essential to implementing and sustaining cultural and linguistic competence. Through this training, participants will: 1) learn skills to become effective leaders and strategic change agents, 2) develop strategies to address the social justice imperative for cultural and linguistic competence,

including how to confront bias and prejudice, and 3) become part of a learning community with opportunities for ongoing support and knowledge development. Each participant will create a personal plan of action.

## **Communications Academy: Partnering with Evaluation**

Communications. Social Marketing. Evaluation. Data. How can these vital program components work together to engage your system of care community in transforming and sustaining mental health services for children, youth and families? Attend the Communications Academy. Basic and advanced interactive workshops on key areas of social marketing and communications will focus on using evaluation data to communicate persuasively and share your stories with a variety of key audiences. You will learn effective strategies to reach out to staff, families, youth, media, business leaders, public officials, and other opinion leaders. This hands-on learning experience is ideal for social marketers, family members, youth leaders, evaluators, system of care directors and leaders, and others interested in how effective communication can assist with transforming and sustaining mental health services for children, youth, and families.

**The Save The Dates Brochure is available in Spanish on the National Technical Assistance Center’s website: [gucchd.georgetown.edu](http://gucchd.georgetown.edu)**

**Este folleto está disponible en español en el lugar del Web del Centro Nacional de Asistencia Técnica (National Technical Assistance Center): [gucchd.georgetown.edu](http://gucchd.georgetown.edu)**

## **Building Bridges: New Directions for Aligning Residential and Community Services in a System of Care Framework**

This training program is designed for participants from both residential and community-based services to learn new roles for residential services and strategies for effectively integrating these services within a system of care framework. Faculty, comprised of leaders in the areas of residential and community-based services, will provide practical, hands-on strategies for creating effective partnerships and aligning practices with the system of care philosophy to better meet the needs of children and their families. Specific topics will include: redefining the role of residential treatment within systems of care; practical strategies for linking residential and community services in systems of care; strategies for improving practice in areas including individualized care, family-driven and youth-guided services, and cultural and linguistic competence; and strategies for implementing new business models.

## **Strategic Leadership for Transformational Change**

Do you want to build your leadership skills and effectively promote transformation? Do you want to motivate others to pursue a common goal? Are you tired of slow or no forward momentum? Have you wanted an opportunity to explore your own abilities as a leader? If so, then this program is designed for you. The training will address the framework, skills, and tools necessary to support families and professionals in their roles as leaders in systems change. The strategic and hands-on tools that you bring home will significantly enhance your ability to facilitate systems of care in your state and community. The curriculum is designed to provide you with the opportunity to engage in a focused conversation about the nature and role of your leadership and to help you define the skill sets that you need to strategically mobilize change. Participants will emerge from the training with a *Leadership Development Action Plan* designed to sustain a clear focus in often chaotic and uncertain environments.

## **System of Care Community Meeting**

In collaboration with the Child, Adolescent and Family Branch of the Center for Mental Health Services and the Technical Assistance Partnership for Child and Family Mental Health, the Training Institutes will serve as a required system of care community meeting for communities receiving grants from the federal Comprehensive Community Mental Health Services for Children and Their Families Program. Full delegations from funded system of care communities are required to attend.

The Institutes also will host the annual meeting for the Children, Youth, and Family Division of the National Association of State Mental Health Program Directors.



# Information

**Fees:** The registration fee for the Training Institutes is \$745, which includes daily breakfast and breaks, welcome banquet, luncheon, dessert reception at the Poster Session, networking luncheon, attendance at all conference sessions, attendance at a Targeted Institute, and all conference materials. Attendance at a Pre-Institutes Training Program requires an additional registration fee of \$225.

**Continuing Education:** Continuing education credits will be offered for participation at the Training Institutes. Pending approval, continuing education credits will be offered through Georgetown University for physicians, the American Psychological Association, and the National Association of Social Workers. A letter of attendance documenting the continuing education credits earned will be provided to other interested participants.

**Interpretation Services:** Sign language and Spanish interpretation services will be provided at the Training Institutes on request.

## QUESTIONS

For questions, email [Institutes2008@aol.com](mailto:Institutes2008@aol.com) or call the National Technical Assistance Center for Children's Mental Health at 202-687-5000. Check the Center's website for up-to-date information about the Training Institutes, <http://gucchd.georgetown.edu>

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**Scholarships:** A limited number of scholarships will be available to assist family members of children and adolescents with mental health needs and youth to participate in the Training Institutes. Scholarships will be in the form of partial or full waivers of the Institutes registration fee. Instructions for applying for scholarships will be provided in the Training Institutes Information and Registration Brochure.

**Child Care:** Child care services for children ages 6 weeks through 12 years will be offered by a nationally recognized child care provider at a discounted rate for participants.

**Information and Registration Brochure:** Complete information about the Training Institutes and all related logistical arrangements will be provided in the Information and Registration Brochure that will be available in early 2008.



National Technical Assistance Center for  
Children's Mental Health  
Georgetown University Center for  
Child and Human Development  
3300 Whitehaven Street, NW, Suite 3300  
Washington, DC 20007

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Child, Adolescent and Family Branch  
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Systems of Care