



Project LAUNCH for Appalachian Ohio

A project of the Substance Abuse and Mental Health Services Administration (SAMHSA)

What is Project LAUNCH?

Project LAUNCH for Appalachian Ohio is a federal grant from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, to the Ohio Department of Health (ODH). This grant is for up to \$850,000 / year for up to five years, beginning in October 2009. It is administered by ODH and implemented in collaboration with our state and local partners.

ODH's sub-grantee is Ohio University, which administers this grant locally and contracts with a number of community organizations to develop local infrastructure and serve young children and their families in Athens, Hocking, Vinton and Meigs Counties.

Mission

Promote the healthy development of young children through systems integration, collaboration and implementation of evidence-based prevention, and wellness-promotion practices.

Goals and Activities

The goal of Ohio's Project LAUNCH is to create a shared vision for young child wellness from ages 0-8. This includes building a solid system to sustain effective integrated services and systems of support that promote the health and wellness of young children and their families.

Project LAUNCH's 5 Prevention and Promotion Strategies

The Substance Abuse and Mental Health Services Administration selected five major evidence-based strategies they encourages states to focus on in order to accomplish the primary mission of Project LAUNCH, which is to promote the wellness of young children birth to age eight. Project LAUNCH focuses on improving the systems that serve young children with the goal of helping all children reach physical, social, emotional, behavioral, and cognitive milestones. The 5-major LAUNCH Strategies are:

1. Screening and assessment in a range of child-serving settings
2. Integration of behavioral health into primary care settings
3. Mental health consultation in early care and education
4. Enhanced home visiting through increased focus on social and emotional well-being
5. Family strengthening and parent skills training

What is being done in Ohio?

State Council

At a systems level, the LAUNCH State Council, with 38 members representing 14 organizations and the Local LAUNCH Council serves as an advisory council for the Local LAUNCH activities. These organizations have worked together for the past three years to identify opportunities, understand barriers and make recommendations for system improvement.

The State Council organizations include: the Ohio Departments of Health, Mental Health & Addiction Services, Developmental Disabilities, Education and Medicaid; Ohio University College of Osteopathic Medicine and also Voinovich School of Leadership and Public Affairs; CareSource, United Healthcare; Public Children Services Association of Ohio, Ohio Children's Trust Fund, Ohio Council of Behavioral Health and Family Service Providers.

State level initiatives which currently or potentially could support the local LAUNCH efforts include: Medicaid Managed Care, Medicaid Health Home, Concerned About Development Learning Collaborative, Building Mental Wellness, Minds Matter- Antipsychotic Initiative, Patient-Centered Medical Home, Race to the Top Early Learning Challenge Grant, Pediatric Psychiatry Network, Children's Telepsychiatry, Pathways/HUB.

Local Council ~

Our local partners include key leaders such as Ohio University's Heritage College of Osteopathic Medicine and Voinovich School of Leadership and Public Affairs, and Integrating Professionals for Appalachian Children (IPAC).

The local council partners with 22 organizations including: Athens City Schools, Athens County Family and Children First Council, Logan Hocking School District, Health Recovery Services, Inc., Help Me Grow, Hopewell Health Centers., Nationwide Children's Hospital, Duke University, Cincinnati Children's Hospital, and OU Heritage College of Osteopathic Medicine Community Health Programs among others.

Integrating Professionals for Appalachian Children (IPAC) is an organization of community-consumer-parents, university administrators, and professionals from many disciplines that serve young children and their families in Southeastern Ohio.

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Workforce Development

In the past five years, Project LAUNCH has supported training in several evidence-based behavioral health interventions including Trauma Focused Cognitive Behavioral Therapy (TF-CBT) and Parent Child Interaction Therapy (PCIT). Several behavioral health agencies within Southeastern Ohio now consistently offer these evidence-based interventions. More than **220** child-serving professionals have been trained in various topics designed to promote healthy childhood development and address concerns related to young children and their families.

Early Childhood Mental Health Consultants work with classroom teachers to increase their knowledge and skills. Outcomes measures indicate that all the teachers participating demonstrated an increase in their abilities to manage disruptive behavior. Further, there was a significant increase in their ability to teach coping strategies to their students.

Throughout 2013-2014, multiple agencies have participated in an ongoing series of trainings sponsored by the Child Trauma Academy. The Neurosequential Model of Therapeutics (NMT) is an evidence based approach to working with at-risk children, specifically those who have been exposed to the adverse effects of trauma.

Efforts for evidence based workforce development across the region include:

- LAUNCH supports regional agencies implementing Parent Child Interaction Therapy (PCIT) (training completed in years 2 and 5 of LAUNCH by Cincinnati Children's Hospital, Duke University, and DePaul University)
- The school outreach worker funded through Athens County Children's Services in The Plains is supported in training to attend evidence based practice focused on childhood trauma
- LAUNCH currently supports Hopewell Health Centers for training for new staff on evidence based Parent/Child Interaction Therapy and Child Adult Relationship Enhancement for the new early childhood mental health consultant in Hocking County.
- The Family Navigator Program is implementing brief trauma screens into the ongoing intake session with every family
- Working with primary care practices to increase developmental screening and referral for care.

Care Coordination

Promote the wellbeing of children at risk of developmental delays by enhancing Help Me Grow resources and the evidence based Parents as Teachers home visiting model; Increase Early Childhood Mental Health Consultation (ECMHC):

- Expand ECMHC in early education settings for children ages 0-8;
- Provide additional evidence based training for professionals.

Over **12,400** developmental screens and assessments were conducted in past 4 ½ years in a variety of settings, including primary care physician practices, mental health agencies, preschool and the Southeastern Ohio Interdisciplinary Assessment Team. While early screening and assessment is increasing, referrals for needed services is still low compared to national averages, especially if a developmental issue is identified in a primary care setting.

At a service level, over **353** families received care coordination services from LAUNCH supported services, including the Co-located Behavioral Health Specialist, the Early Childhood Mental Health Consultants, Family Navigator Services, and the School Outreach Specialist.

The Family Navigator Care Coordinators are supported through resources to train Family Navigators in the Pathways/HUB model of service delivery.

Expected Outcomes

1. Children receive needed developmental screenings and referrals at younger ages.
2. More children enter kindergarten ready to learn.
3. Children improve social and emotional competence.
4. Families of these children have better access to needed evidenced-based services.
5. Professionals have improved knowledge of child development and behavioral health.
6. Children and their families experience an overall increase in health and wellness.
7. State policies are improved to support these outcomes.

Integration of Primary & Behavioral HealthCare

Ohio Project LAUNCH has supported the integration of care on two levels. On an organizational level, a local mental health agency and a multi-site Federally Qualified Health Center are planning to merge into a single organization, utilizing the Cherokee Model of Integration. LAUNCH has supported this effort through training and advocacy.

On a service level, Ohio Project LAUNCH supports co-location Behavioral Health Specialist primary care practice. Thousands of children and families in Southeastern Ohio have increased access to critical healthcare needs

Integration of Behavioral Health into Primary Care offices is occurring throughout the region in **four** distinct areas of practice. University Medical Associates-Pediatrics utilizes two independent practitioners and one social worker from Health Recovery Services. July 1, 2013 marked the historical full merger of Tri County Mental Health and Family Healthcare Inc. into Hopewell Health Centers, expanding the capacity to serve patients in both behavioral and primary healthcare. Dr. Scott Anzalone of Stagecoach Family Practice, offers physical space for Health Recovery Services social workers and care coordinators for seamless care in his independent practice. Project LAUNCH is currently working with the Ohio University Psychology Department to place doctoral trainees into Ohio Health's River Rose OB/GYN clinic, offering specialized referrals and treatment in maternal depression.