



News from NYC Project LAUNCH

*Strong families and communities
Promoting social and emotional health
Healthy, happy and successful children*



Project LAUNCH (Linking Actions for Unmet Needs in Children's Health)

Report Card

September 30, 2010 – September 29, 2013

This report card covers the first three years of NYC Project LAUNCH. NYC Project LAUNCH offers services in East Harlem (Manhattan) and Hunts Point (Bronx), promoting the social and emotional development of children from birth through age 8 and supporting their families. NYC Project LAUNCH is made possible by a Substance Abuse and Mental Health Services Administration grant operated by the New York City Department of Health and Mental Hygiene with key partners New York Center for Child Development, Mental Health Association of New York City, and National Center for Children in Poverty.

Program Activities and Accomplishments

Services Provided in Years 1 to 3	
Activity	Total
Social emotional development screens for children (Ages and Stages Questionnaire: Social Emotional – ASQ:SE and Pediatric Symptom Checklist –PSC)	3,355
Children/families who received mental health consultation in primary care settings	826
Children discussed in mental health consultation by early care and education staff	113
Children/families who received referrals for mental health and other services	435
Families discussed in reflective supervision by Nurse Family Partnership nurses	88
Parents/caregivers in parenting classes	460

Workforce Development Provided in Years 1 to 3		
18	12	50
Teachers and teacher's aides who received Incredible Years Teacher Training each year for two academic years	Nurse Family Partnership nurses who received ongoing Reflective Supervision each year	Family Resource Center and supporting staff trained as Circle of Security Registered Parent Educators

Additional Workforce and Community Development	
285	~70
Staff and community members who received other training on early childhood mental health	Parents and community members who received training in Community Café model

Council Collaboration

The Council on Young Child Wellness is a Multi-Service System Collaboration that guides the implementation of NYC Project LAUNCH and works on strategic planning, workgroups and priority projects. Council accomplishments include creating community resource guides and pamphlets, holding cross-sector trainings, and having 31% family member representation in Year 3.

NYC PROJECT LAUNCH YEAR 3 REPORT CARD

Project LAUNCH Strategy: Mental Health Integration in Primary Care

Co-location of a mental health clinician and primary care assistant in Pediatric Primary Care at an East Harlem Municipal Hospital (HHC) and a South Bronx Federally Qualified Health Center (FQHC)

- ✓ Social emotional development screening (ASQ:SE and PSC)
- ✓ Mental health consultation to families, including assessment and short-term treatment
- ✓ Referrals and follow-up

Findings:

- On average, 24% of screens completed in NYC Project LAUNCH Primary Care sites were positive (range dependent on site: 22% to 36%) from October 2012 to September 2013.
- At NYC Project LAUNCH primary care sites, 82% and 89% of primary care staff in Urban Health Plan (N=9) and Metropolitan Hospital (N=11) respectively, who responded to a SAMHSA provider survey reported some or substantial change in knowledge of follow-up services for children on mental/behavioral health issues. In addition, 73% and 89% reported some or substantial change in knowledge of behavioral health and child development from October 2012 to September 2013.

Lessons Learned and Sustainability Needs:

- Primary care sites need additional resources to implement universal screening and identify mechanisms to sustain mental health integration into primary care. Additional resources include mental health staffing for screening and services, leadership buy-in and paradigm shift for an integrated approach, identification/designation of financial resources, technical assistance and training support for infrastructure, workflow and implementation.

Special Project: Mental Health Integration in Pediatric Primary Care Exploratory Survey

The Health Department conducted an exploratory survey to better understand successes and challenges of integrating mental health in pediatric clinics in Federally Qualified Health Centers and hospitals in New York City. A screening questionnaire about mental health services was sent to 55 clinics. This generated a convenience sample comprised of 16 clinics that reported offering some form of mental health services. Their medical or behavioral health directors were interviewed by telephone between July-December 2013 with closed and open-ended questions.

Results indicate:

- There are degrees of mental health integration in these sites with respect to the co-location of mental health staff, ways of staffing these positions, the use of integrated electronic medical records, and informal versus formal consultations.
- Perceived benefits include improved communication among health and mental health providers, easier access to mental health care, improved effectiveness of the primary care practice, improved child health and mental health outcomes, and better experiences for families.
- Perceived challenges include the lack of integrated treatment plans, inconsistent screening for mental health in children, joining professional cultures within medical and mental health teams, and the need for various combinations of sources of payment and funding to cover costs.

Findings point to the need for further investigation into implementing effective models of mental health integration, as well as adequate reimbursement, funding and infrastructure support in pediatric primary care practices in NYC.

NYC PROJECT LAUNCH YEAR 3 REPORT CARD

Project LAUNCH Strategy: Mental Health Consultation in Early Care and Education

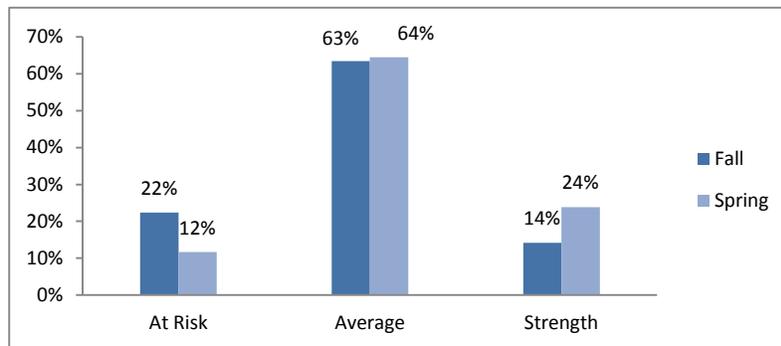
Mental health consultation and workforce development to three early care and education sites each academic year

- ✓ Social Emotional Development Screening and Referrals (ASQ:SE or Brigance)
- ✓ Mental Health Consultation to Teachers and School Staff (onsite one day a week)
- ✓ Incredible Years Teacher Training (six-module, evidence-based classroom management curriculum)

Findings:

- There was overall improvement in teacher support for children’s social emotional growth, as measured by the Supports for Social-Emotional Growth Assessment (SSEGA) across all classrooms. The SSEGA is an observation-based measure of classroom supports for children’s social emotional growth; it measures classroom environment and routines, supportive teacher-child relationships, supports for emotional self-regulation and positive social behavior, supports for children’s social and emotional understanding, and parent involvement. There was an average 36.5% increase in SSEGA scores during the fall-to-spring school year, when mental health consultation and Incredible Years teacher training were provided (October 2011 to September 2013, N=16).
- NYC Project LAUNCH evaluators measured children’s outcomes in the fall and spring to assess changes in children’s social-emotional development and problem behaviors as the result of Incredible Years teacher training and mental health consultation. The teachers completed the Devereux Early Childhood Assessment (DECA) for each student. All protective factor sub-scales of the DECA showed improvement from fall to spring (Initiative, Attachment and Self-control). There was a significant reduction in the percentage of children in the “at risk” range and a significant increase in the percentage of children in the “strength” range on Total Protective Factors. There was also a slight increase in the percentage of children scoring in the average range (see chart below).

**Changes in DECA Total Protective Factors from Fall to Spring
(Children in All Classrooms, N=197), Sept. 2011 to Sept. 2013**



Lessons Learned and Sustainability Needs:

- It is vital to share information about the benefits of training and support for social emotional development and classroom management across early care and education settings because these interventions improved teacher supports for social emotional growth and increased the percentage of children showing strengths.

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Project LAUNCH Strategy: Parenting Support

Parenting classes in community settings provided by family advocates	
✓	“Strengthening Multi-ethnic Families and Communities” parenting class model
✓	Selection and workforce training in additional parenting class model
✓	“Circle of Security” parenting class model

Findings on Strengthening Multi-Ethnic Families and Communities (SMFC) Parenting Classes

- Parents/caregivers’ (N=51) scores for the Multi-dimensional Scale of Perceived Social Support increased from start to completion of the SMFC parenting classes during October 2011 to September 2013. This shows an increase in perceived social support from significant others, family and friends.
- SMFC is not targeted to early childhood, and therefore leaves a gap in parenting classes for the youngest children in NYC Project LAUNCH communities.



Selection and Workforce Training in New Parenting Class Model:

- To address this gap for parents with young children, NYC Project LAUNCH initiated a collaborative effort with key stakeholders to identify a parenting class model focused on early childhood and development: the Circle of Security Parenting (COS) DVD Series was selected.
- COS is a series of eight sessions for a group of parents/caregivers who have children from birth to 5 years old. The parenting model is based on research about secure attachment and parent-child relationships and focuses on caregiver-child interactions, responsiveness to a child’s needs, and reflection on parental strengths and challenges using videos of real-life parents and children with family-friendly images and language.
- In May 2013 Fifty staff (including Directors, Clinical Partners and Family Advocates from all nine Family Resource Centers in New York City) were trained and licensed to be Registered Parent Educators in the COS model to build capacity for COS.
- By October 2013, Family Resource Centers, including some supported by NYC Project LAUNCH, had completed 11 cycles of COS.

Lessons Learned and Sustainability Needs:

- There is interest in expanding Circle of Security in New York City through training additional people who work with parents of young children to be Registered Parent Educators in the model; therefore the Health Department will offer another training in June 2014 for child welfare preventive service providers, among others.
- In addition to training workforce in the COS model, it takes effort to support the implementation, availability and quality of the parenting classes once the workforce is trained. Resources are needed for this purpose.

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Project LAUNCH Strategy: Home Visiting

Enhancement to Nurse Family Partnership (NFP)
✓ Reflective supervision to two teams of NFP nurses in Harlem
✓ Didactic training to NFP nurses in Harlem
✓ Training and coaching NFP social workers to become Reflective Practice Facilitators

Activities and Findings:

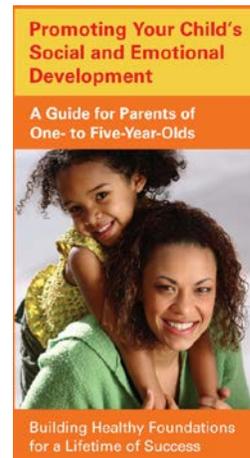
- Provided ongoing reflective supervision to an average of 12 nurses from two NFP teams in Harlem each quarter (range of five to 15 nurses per quarter with the same group of 12 nurses attending most consistently)
- Discussed an average of nine families each quarter (range of two to 18 families) with the RNs
- In Year 3, 70% of NFP nurses completing the SAMHSA provider survey (N=10) reported substantial change in knowledge of children’s social-emotional and behavioral health and development

Lessons Learned:

- New York City NFP leadership and Harlem team nurses see value and express ongoing need for Reflective Supervision
- NYC Project LAUNCH identified a plan to train current NFP social workers to become Reflective Practice Facilitators and sustain/expand reflective supervision to NFP teams throughout New York City.

“Building Healthy Foundations for a Lifetime of Success” Pamphlet Series

- Developed/released three age-specific pamphlets for parents on social and emotional development in a Health Department publication series “Building Healthy Foundations for a Lifetime of Success,” available by calling 311
- Due to high demand for pamphlets, reprinted with NYC Project LAUNCH and city funding for a total of 663,000 copies by 2014
- Pamphlets are available in six languages: English, Spanish, Chinese, Russian, Haitian Creole and Korean



NYC Project LAUNCH Year Four Plans

- Continue implementing Project LAUNCH services at partner sites
- Reprint pamphlets and translate into all languages New York City Department of Education uses with families (new translations will include: Bengali, Urdu, Arabic and French)
- Organize another Circle of Security training for providers from Preventive Service Programs and other sectors to become Registered Parent Educators in this model
- Begin Phase I of NFP training/replication plan for NFP social workers to become Reflective Practice Facilitators
- School Health Form Revisions: Revise and/or supplement the New York City school health form section on developmental status and other areas relevant to early childhood
- Compile resources and create Online Toolkit for early care and education providers on social emotional development

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NYC PROJECT LAUNCH PRIMARY CARE, HOME VISITING AND FAMILY STRENGTHENING SERVICES (2010-2014)

Partner Site	Neighborhood	Activity	Year 1 10/2010- 9/2011	Year 2 10/2011- 9/2012	Year 3 10/2012- 9/2013	Year 4 10/2013- 9/2014
Metropolitan Hospital	East Harlem	Social and Emotional Screening Mental Health Consultation in Primary Care	X	X	X	X
Urban Health Plan	Hunts Point	Social and Emotional Screening Mental Health Consultation and Primary Care			X	X
Nurse Family Partnership	East Harlem	Home Visiting Enhancement through Reflective Supervision and Training	X	X	X	X
Community Settings	Hunts Point and East Harlem	Family Strengthening Parenting Classes with Strengthening Multi-ethnic Families and Communities	X	X	X	
Community Settings	Hunts Point and East Harlem	Family Strengthening Parenting Classes with Circle of Security Parenting			X	X

NYC PROJECT LAUNCH EARLY CARE AND EDUCATION SERVICES (2010-2014)

Education Partner Site	Neighborhood	Activity	Academic Year 9/2011- 8/2012	Academic Year 9/2012- 8/2013	Academic Year 9/2013- 8/2014
P.S. 48	Hunts Point	Social and Emotional Screening Mental Health Consultation Incredible Years Teacher Training	X		
Hunts Point Alliance for Children	Hunts Point	Social & Emotional Screening Mental Health Consultation Parenting Classes & Community Cafes	X	X	
La Peninsula	Hunts Point	Social and Emotional Screening Mental Health Consultation Incredible Years Teacher Training Parenting Classes		X	X
Boys and Girls Harbor	East Harlem	Incredible Years Teacher Training*	X	X	
Ecumenical Development Corporation	East Harlem	Incredible Years Teacher Training*	X		
Children's Aid Society (Taft)	East Harlem	Incredible Years Teacher Training*		X	
Children's Aid Society (PS 50)	East Harlem	Incredible Years Teacher Training*			X
Children's Aid Society (East Harlem Head Start)	East Harlem	Incredible Years Teacher Training*			X

* City-contract through Bureau of Children, Youth & Families covers Mental Health Consultation in these settings

For more information about NYC Project LAUNCH, contact:

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