



Hempfield Behavioral Health
Quarterly Newsletter

Winter 2012

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Exciting Changes for HBH MST!

by Tara Dively

This was a year of exciting changes at Hempfield Behavioral Health. While we were sad to see Dr. Jaime Houston leave our organization after ten years of service, we are happy to see others move up into new positions. Tara Dively, M.A., L.M.F.T was promoted from North Central Clinical Supervisor to MST Program Director. Amy Martin, L.M.S.W. was promoted to Clinical Supervisor of the Capital Region Team. Erin Goedegebuure, M.A. was promoted to Clinical Supervisor of the North Central Team. All three supervisors have experience as MST Therapists and have advanced skills in cognitive behavioral and family therapy. We are also happy to announce the hiring of a new therapist,

Lauren Madison, M.Ed. to the North Central Team. This year also marked the year that all new staff were trained in implementation of MST for Problem Sexual Behaviors, allowing for Hempfield to accept PSB referrals. We are looking forward to another year of serving the youth of Central PA. Although a lot has changed for us at Hempfield, our commitment to providing quality service for the youth and families of the region remains the same. We look forward to doing this with you. Nothing is possible without the support our key stakeholders put into our program year after year.

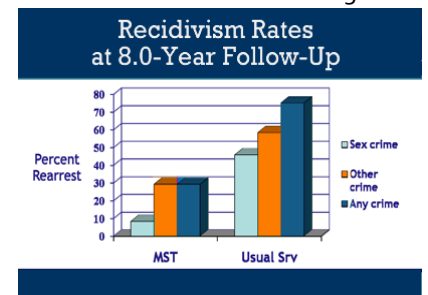
Thank you!



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Setting the Stage for Success in MST

by Tara Dively

On October 4, 2012 the Hempfield Behavioral Health MST-PSB teams met for quarterly booster training with MST Associates MST Expert, Agnieszka Piekos, LCSW. The topic was Setting the Stage for Success in MST and concentrated on the unique aspects of the MST assessment tools that lay the groundwork for treatment success.

MST Associates and Hempfield Behavioral Health MST agreed that MST assessment tools would be a pertinent topic because the assessment of behaviors through the analytic process is what is really different about MST. Through the use of the Analytic Process, therapists define specifically what the behaviors look like in the youth's world, and identify "fit" factors in the youth's ecology that may be contributing to the behaviors. The therapists encourage families and key participants to look at all areas of the youth's ecology: youth, family, peers, school, and community in order to identify ecological "fit" factors for the behaviors. After the family and treatment team identify the "fit" factors, they use this information to apply to collaborative treatment planning on a weekly basis.

The teams first focused on role-playing how to explain the MST process to families. Tara Dively, MA, LMFT, Program Director and MST Therapist, Rachel Scholl, LSW role-played how to make sure that families understand from the very first session what goes into positive treatment outcomes: Therapists using the MST treatment principles in every session, use of the MST Analytic Process, and extensive family involvement in problem-solving in order to set the family up for sustainable change. After the role-play, the therapists identified some helpful first session strategies to boost engagement and alignment to MST.



The teams also worked on enhancing skills in assessment of referral behaviors. One of the major points that the therapists and supervisors noted was that assessing the behaviors of the youth needs to be a collaborative, family-driven process for the family to truly align to change. Teams role-played how to make the assessment process meaningful for families in order to lead to successful outcomes. During the role-plays the teams emphasized the importance of positive reframes in maintaining productive and strength-focused sessions.

The remainder of the training was spent reviewing recordings of therapist sessions for peer feedback. Therapists used clips of sessions that highlighted their own strengths and struggles in the assessment process. Therapists found the training helpful in developing and enhancing their skills to start off treatment with a strong foundation that leads to sustainable change that is the ultimate goal of MST. MST teams are required to participate in quarterly "booster" trainings such as these to ensure that the therapists are adhering to the MST treatment model. Hempfield Behavioral Health encourages referring agencies and other involved providers to attend our booster trainings as a way of making informed decisions about appropriate referrals and ongoing collaboration.



Staff Spotlight!

by Aimee Myers

Dan Iachini, M.A., a therapist at HBH for the past 5 and a half years was recognized this year with two awards. Dan was awarded the Dauphin County MH/ID Staff Recognition Award for 2012. He was also awarded the very prestigious "Whatever It Takes Award", by MST services. MST's motto in action is to do "Whatever it Takes" to engage families and think outside of the box to offer creative solutions to problems. Dan was selected as one of about 5 therapists who won the award in October 2012 across all MST teams! Dan's positive attitude and adherence to the MST model have resulted in local and international recognition this year. In 2008 and in 2009, Dan received the MST Sustained Excellence Award for Therapist Adherence. Dan earned his Master of Arts in Forensic Psychology from Jay College of Criminal Justice.

We are so proud of Dan's accomplishments!

My favorite thing about MST is... By Dan Iachini

"Helping families identify the tools to correct the referral behaviors and then seeing how successful the family can be when they utilize those tools and realize that they do not need to rely on providers to change....That they had the power, knowledge, strength and will to do it themselves..."

Juvenile Justice News: The Adam Walsh Act

by Aimee Myers

As of December 20th, 2012, teens in Pennsylvania who are found delinquent in juvenile court of serious sex crimes (Rape Involuntary Deviant Sexual Intercourse, or Aggravated Sexual Assault, and conspiracy, attempt or solicitation to those 3 charges) will have to register as a sex offender with the PA State Police for the rest of their lives. This provision is part of the federal Adam Walsh Child and Protection Safety Act, which equalizes sex crimes laws in all 50 states and creates a national database of sex offenders. The legislation will require those delinquent teens 14 and older to update their information quarterly at a minimum for the rest of their lives. After 25 years of no new charges, they will have the option of petitioning the court to remove the registration requirement. The registration process has over 188 fields of information to include cell phone, tattoos, scars, address, school information, and licensing information for driving or professional licenses. If there is a change in any of the fields of registration information, the expectation is that the youth will register that change with the PA state police. If the youth were to fail to register a change, refuse to register, or miss a quarterly update, they would be arrested and charged with a new felony “failure to report” charge. This will typically lead to detention or prison time.

The idea that some teens would have to register at all, much less quarterly and for the youth’s lifetime, is creating pushback. District attorneys are noticing that juvenile court judges are holding back from certain rulings with the registry in mind, and defense attorneys are less amenable to plea deals for crimes that would require registration. Local Probation Officers are closely following the new requirements, as this will impact their daily role with juveniles. Nicole Mattern, Quality Assurance Supervisor, Dauphin County Juvenile Probation Office explained, “ I believe that Juvenile Probation Officers will have to counsel juveniles about the seriousness of their offenses and the importance of full compliance with Act III. It will require additional vigilance by the Probation Officer to ensure that the juvenile is engaging in appropriate treatment services while holding the juvenile accountable”.

Currently in the Capital Region, there are several treatment programs that target sexualized behaviors and sexual perpetration behaviors in youth. Specialized outpatient therapy is conducted in an office-setting and is typically offered in an individual session format, on a once weekly basis. The Diakon SPIN Program is an intensive family focused treatment that offers individual sessions and group sessions to the youth, as well as family sessions to provide support and education to family members. Multi-systemic Therapy for Problem Sexual Behavior (MST-PSB) is a specialized in-home treatment that focuses on treatment within the context of family sessions so that the youth has support, can make sustainable changes, and be held accountable. A major component of MST-PSB is addressing the denial of sexual offending behavior that can exist with offending youth and their families.

Treatment for sexual offending behavior has not had impressive outcomes for the adult population. However, the typical treatment for sexual offending youth has been modeled after adult treatment for many years and has produced minimal, clinically insignificant results, at high costs. In clinical trials, 75 % of youth receiving individual outpatient treatment reoffended, while only 12.5 % of youth who received MST-PSB reoffended. MST-PSB was also found to be more effective than typical community services such as clinics and was found to have significant long-lasting reduction of reoffending behaviors in an 8-year follow up study. MST-PSB is the only evidence-based treatment for sexual offending behaviors available in the Capital Area. Hempfield Behavioral Health is the only provider offering this version of MST currently in the Capital Area.

Our Teams

Program Director

Tara Dively, MA, LMFT

North Central

Supervisor

Erin Goedegebuure, MA

Therapists

Gina Bavero, MA

Lauren Madison, M.Ed.

Rachel Lewis, LSW

Brandi King, MSW, M.Ed.

Capitol Region 1

Supervisor

Tara Dively, MA, LMFT

Therapists

Andreyana Jones, LSW

Ericka Pinckney, MS

Capitol Region 2

Supervisor

Amy Martin, LSW

Therapists

Dan Iachini, MA

Ashley Kettering, LSW

Kylleen Kelly, LSW

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