

Summary of Behavioral Health Services to Address Children 0-5 with Social Emotional Delays Identified via Developmental Screening in Central Oregon

Background and Context: The Early Learning Hub of Central Oregon and the Oregon Pediatric Improvement Partnership (OPIP) are leading an effort called the “**The Pathways from Developmental Screening to Services: Ensuring Young Children Identified At-Risk Receive Best Match Follow-Up Meant to Prepare for Them Kindergarten**”. This project is funded by the Central Oregon Health Council and the Early Learning Hub of Central Oregon.

An activity within the effort is focused on follow-up services for children identified on developmental screening tools with social-emotional delays. A component of this activity, is identifying behavioral health providers that serve children ages 0-5 in Jefferson, Deschutes, and Crook county with these social-emotional delays. Over the last 12 months, OPIP has been interviewing various staff and stakeholders to create the attached summary. It is important to note that services, service providers and capacity change. Therefore, this summary is accurate as of the interviews conducted through December 2019. That said, through the course of the project (ending in May 2021) periodic updates will be made as OPIP is made aware of changes in staffing, services and capacity.

Description of this Summary of Behavioral Health Providers Serving Children with Social-Emotional Delays in Central Oregon: This summary is based on interviews and a group-level meeting held with local providers. OPIP developed tools to guide these conversations and understand the current availability and capacity of services in Central Oregon. In this document you will find the following:

Summary Provided	Page Number
Summary #1. Behavioral Health Services for Children Under Five with Social Emotional Delays.....	2
Summary #2: Anchored to OPIP’s Framework of Services: Behavioral Health Services for Children Under Five with Social Emotional Delays in Central Oregon.....	3
Summary #3 Current Assessment of Specialty Mental Health Providers Who See Children 0-5 in Central Oregon.....	4
Summary #4: Contact Sheet: Behavioral Health Providers for Families and Children age 0-5 in Central Oregon.....	5

If you have edit, modifications, or new information that should be included in this document, please contact OPIP at opip@ohsu.edu

Behavioral Health Services for Children Under Five with Social Emotional Delays

Selected Parent-Child Programs for Children Under 5 with a Scientific Rating of 1-3 Focused on
(1) Positive parenting, (2) Effective limit setting and safe discipline, and (3) Child-parent relationship building

Therapy/Program Name	Delivery Method ¹	Age of Child	Scientific Rating
SERVICES TARGETED TO CHILDREN WITH <u>DISRUPTIVE BEHAVIOR PROBLEMS</u>			
Parent Child Interaction Therapy (PCIT)* <i>* PCIT is also an effective program for children with known trauma history</i>	Dyadic	1-7	1
Generation-PMTO	Dyadic, Family & Group	2-18	1
Triple P (Positive Parenting Program)	Group	0-12	2
Theraplay	Dyadic	0-18	3
<i>SERVICES VALID FOR CHILDREN OLDER THAN 3 (PATHWAYS PROJECT IS PRIMARILY FOCUSED ON CHILDREN UNDER 3)</i>			
Collaborative Problem Solving	Family, Individual	3-21	2
Play Therapy	Family, Individual	3-12	3
Helping the Non-compliant Child	Dyadic	3-8	3
SERVICES TARGETED TO CHILDREN WITH KNOWN <u>TRAUMA HISTORY</u>			
Child Parent Psychotherapy (CPP)	Dyadic	0-5	2
Eye Movement Desensitization and Reprocessing (EMDR)	Individual	2-17	1**
Attachment Regulation and Competency (ARC)	Dyadic, Family, Individual	0-21	Not rated
<i>SERVICES VALID FOR CHILDREN OLDER THAN 3 (PATHWAYS PROJECT IS PRIMARILY FOCUSED CHILDREN UNDER 3)</i>			
Trauma Focused CBT	Dyadic	3-18	1
SERVICES TARGETED TO CHILDREN WITH <u>AT-RISK PARENTS/ FAMILIES</u>			
Family Check-Up	Dyadic	2-17	1
Attachment and Biobehavioral Catch-up (ABC)	Dyadic	0-2	1
<i>SERVICES VALID FOR CHILDREN OLDER THAN 3 (PATHWAYS PROJECT IS PRIMARILY FOCUSED CHILDREN UNDER 3)</i>			
Incredible Years* <i>* Incredible Years is also good for children with disruptive behavior problems</i>	Group	4-8	1

¹ Dyadic therapies are those done with the parent and the child together. Group therapies can be group-level classes delivered to a group of parents without children present, or delivered to a group of families with both children and caregivers present.

**None of the evidence used to rate EMDR was conducted on children under 4 years of age

Developed by the Oregon Pediatric Improvement Partnership based on literature and evidence review summaries and consultation from Andrew Riley and Laurie Theodorou. For more information about these modalities, <https://www.cebhalp.org/> provides a comprehensive overview.

Anchored to OPIP's Framework of Services: Behavioral Health Services for Children Under Five with Social Emotional Delays In Central Oregon

The summary below is based on interviews OPIP has conducted with providers in the region June 2018-January 2020.

Overall, there are 37 providers, some are able to provide different modalities.

Therapy	Organization (s)	# of Providers
SERVICES TARGETED TO CHILDREN WITH <u>DISRUPTIVE BEHAVIOR PROBLEMS</u>		
Parent Child Interaction Therapy (PCIT) <i>* PCIT is also an effective program for children with known trauma history</i>	Brightways, Cherie Skillings, Now and Zen Deschutes County, Starfish Counseling, Saul Behavioral LLC	12
Generation-PMTO		0
Triple P (Positive Parenting Program)		0
Theraplay	Rimrock Trails, Treehouse Therapies	2
SERVICES VALID FOR CHILDREN OLDER THAN 3 (PATHWAYS PROJECT IS PRIMARILY FOCUSED ON CHILDREN UNDER 3)		
Collaborative Problem Solving	Brightways, Forever Family Therapy, Rimrock Trails, Youth Villages	13
Play Therapy	Deschutes County, Starfish Counseling, Life Source, Jefferson & Crook County BestCare, Brightways	20
Helping the Non-compliant Child		0
SERVICES TARGETED TO CHILDREN WITH KNOWN <u>TRAUMA HISTORY</u>		
Child Parent Psychotherapy (CPP)	Cherie Skillings	1
Eye Movement Desensitization and Reprocessing (EMDR)	Brightways, Deschutes County, Starfish Counseling, Prineville Counseling Center	16
Attachment Regulation and Competency (ARC)	Deschutes County	1
SERVICES VALID FOR CHILDREN OLDER THAN 3 (PATHWAYS PROJECT IS PRIMARILY FOCUSED ON CHILDREN UNDER 3)		
Trauma Focused CBT	Jefferson BestCare, Treehouse Therapies, Rimrock Trails, Deschutes County, Brightways, Forever Family Therapy, LifeSource, Prineville Counseling Center, Youth Villages	27**
SERVICES TARGETED TO CHILDREN WITH <u>AT-RISK PARENTS/ FAMILIES</u>		
Family Check-Up		0
Attachment and Biobehavioral Catch-up (ABC)		0
SERVICES VALID FOR CHILDREN OLDER THAN 3 (PATHWAYS PROJECT IS PRIMARILY FOCUSED ON CHILDREN UNDER 3)		
Incredible Years <i>* Incredible Years is also good for children with disruptive behavior problems</i>	Deschutes County	1
OTHER SERVICES PROVIDED WITHIN THE COMMUNITY:		
Marriage and Family Therapist or Child Counselling	Brightways, Jefferson Best Care, Cherie Skillings, Deschutes County, Amy Bordelon, The Child Center	30
Other Modalities without evidence base (Dance Therapy, Art Therapy, Equine Therapy, etc.)	Warm Springs*, Treehouse Therapies, LifeSource Therapy, Now and Zen	3
Youth Villages Intercept Program	Youth Villages	5

*Counts need to be verified in follow, up interviews | ** Individuals were trained but not certified

Draft Version 12 Current Assessment of Specialty Mental Health Providers Who See Children 0-5 in Central Oregon

County in Which the Services are Available

Draft Version 12 May, 15 2020	Current Assessment of Specialty Mental Health Providers Who See Children 0-5 in Central Oregon																
	Deschutes								Deschutes & Crook	Crook		Jefferson		Home Visits Across All Counties			
Company	Deschutes County	Brightways Counseling	Cherie Skillings	Forever Family Therapy	Life Source Therapy	Starfish Counseling	The Child Center	Treehouse Therapies	Rimrock Trails	Crook County BestCare	Prineville Counseling Center	Jefferson County BestCare	Brightways Counseling	Amy Bordelon, LMFT	Now and Zen	Blossom Therapeutic Collective: Saul Behavioral	Youth Villages
Office Location	Redmond (7) Bend (6) LaPine (3)	Redmond	Bend	Bend	Redmond	Bend	Bend, La Pine, Redmond	Bend, Redmond	Bend, Redmond & Prineville	Prineville	Prineville	Madras	Madras	Bend	Redmond & Sisters	Bend	Redmond
# of Providers	16	3	1	4	1	1	10	2	3	2	2	3	2	1	1	2	6
Case Load (per week)	114	85	24	40	30	25	134	51	75	*	40	*	50	12 families + 9 groups	30	30	24
Capacity for New referrals	25 families	28 families	12 families	16 families	Limited	At Capacity	At Capacity	17 families	40 families	6 families	4 families	20 families	15 families	Limited	3-5 families	1-2 families	2 families
Provider Race, Ethnicity	14 White, 1 White/Hispanic,	White	White	3 White, 1 African American	White	White	White	White	White	White	White	White	White	White	White	1 White	1 Japanese-American, 5 White
Provider Language Spoken	14 English, 1 Spanish/English	English	English	English	English	English	8 English, 2 Spanish/English	English	3 English, 1 Spanish	English	English	English	English	English	English	English	English
Payer	OHP/Private	OHP/Private	OHP/Private	OHP/Private	OHP/Private	OHP/Private	OHP/Private	OHP/Private	OHP	OHP	OHP/Private	OHP/Private	OHP/Private	Private/Sliding scale	OHP/Private	Patient submits claims	OHP/Private

Need follow up Interviews with: IHS Warm Springs
Do Not see Children 0-5: Lutheran Community Services, Bend; Cascade Child and Family Center

* Counts need to be verified

Only takes referrals for children/families that are at risk for out of home placement. Won't count towards capacity.

Only provides services to those currently enrolled in other medical therapies. Won't count towards total capacity.

Contact Sheet: Behavioral Health Providers for Families and Children age 0-5 in Central Oregon

DESCHUTES COUNTY

Bend

Amy Bordelon†

303-880-0287

amybordelonfreeman@gmail.com

Blossom Therapeutic Collective†

Saul Behavioral LLC

541-595-8207

<https://www.blossomtherapeutics.com/>

Cherie Skillings

541-236-9146

www.facebook.com/cskillingscounseling

Deschutes County Mental Health

541-322-7500

www.deschutes.org

Forever Family Therapy

541-846-8173

www.foreverfamilytherapy.org

Now and Zen Parenting†

541-406-0011

www.nowandzenparenting.com

Rimrock Trails

541-388-8459

andrew@rimrocktrails.org

www.rimrocktrails.org

Starfish Counseling

Tracey Colacicco, LPC

541-306-8771

<https://starfishcounselingservices.com>

Treehouse Therapies

Jeannie Campbell, Lisa Bradley

541-389-1848

www.treehousetherapies.com

The Child Center

541-728-0062

www.thechildcenter.org

La Pine

Deschutes County Mental Health

541-322-7500

www.deschutes.org

The Child Center

541-728-0062

www.thechildcenter.org

Redmond

Brightways Counseling Group

Katherine Amman, Anita Weller, Katie London

541-904-5216

www.brightwayscounseling.com

Deschutes County Mental Health

541-322-7500

www.deschutes.org

LifeSource Therapy

Gina Lawrence

(541) 777-7230

lifesourcetherapy@gmail.com

Rimrock Trails

541-388-8459

andrew@rimrocktrails.org

www.rimrocktrails.org

The Child Center

541-728-0062

www.thechildcenter.org

Treehouse Therapies

Jeannie Campbell, Lisa Bradley

541-389-1848

www.treehousetherapies.com

Youth Villages†

541-516-6330

www.youthvillages.org

Contact Sheet: Behavioral Health Providers for Families and Children age 0-5 in Central Oregon

JEFFERSON COUNTY

Madras

Jefferson County BestCare

541-475-6575

www.bestcaretreatment.org/madras-mental-health.html

Brightways Counseling Group

Angie Terhorst, Deanne Comfort

541-904-5216

www.brightwayscounseling.com

CROOK COUNTY

Prineville

Rimrock Trails

541-388-8459

andrew@rimrocktrails.org

www.rimrocktrails.org

Crook County Bestcare – Prineville Community Mental Health

541-323-5330

<https://www.bestcaretreatment.org/prineville.html>

Prineville Counseling

Donna Hamlin, LPC and Robin, LPC intern

541-416-3697

<https://www.psychologytoday.com/us/therapists/prineville-counseling-center-donna-hamlin-lpc-prineville-or/295873>

WARM SPRINGS

Warm Springs Indian Health Service*

*Services at this organization have not yet been verified by OPIP. Contact information will be updated after completion of interviews.