

2016 ANNUAL REPORT

LEADING THE WAY IN CHILD MENTAL HEALTH TREATMENT AND RESEARCH

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Children and Families
FLORIDA INTERNATIONAL UNIVERSITY

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FIU
Center for
Children and Families



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Founded in 2010 by Dr. William E. Pelham Jr., the Center for Children and Families (CCF) at Florida International University is a world-class clinical research facility that focuses on improving the lives of the one million families in Florida and the 18 million families in America with children suffering from mental health problems.

A MESSAGE FROM OUR DIRECTOR

The Center for Children and Families (CCF) at Florida International University is a world-class clinical research center committed to the advancement of child mental health. We are dedicated to helping children struggling with mental health and learning disorders by developing and providing effective treatments, increasing awareness of these practices and providing training to the current and next generation of community professionals that work with them. We take great pride in providing services that are of the highest quality and proven to work for the conditions we treat, as our children deserve the best.

The unwavering commitment and devotion our faculty, staff, students and volunteers have for child mental health and our community is unparalleled. This report is a celebration of their accomplishments in 2016. We are incredibly proud of the work taking place at the center, but more importantly, of the difference we have made in the lives of thousands of children. The care we provide extends beyond the individual child's mental and physical well-being—it's inclusive of the family, educators, and the community that surrounds that child—because they all have an impact on that child's chances of success.

The center is home to an accomplished list of both junior and senior faculty members, all with an impressive record of commitment and dedication to the field. This academic year they published 110 papers in scientific journals, advancing the way we treat child mental health problems. Our faculty received numerous awards for research excellence from prestigious national groups including the National Institute of Drug Abuse, the American Psychological Society, and the American Psychological Association. Many were also featured in national media outlets, such as The New York Times, NBC News, Washington Post, USA Today, and many more, indicating the distinction of their work. The center was also honored with the 2016 Beacon Council Life Sciences & Healthcare Award, which recognizes leadership and growth within local sciences and health care industry sectors.

This year, we continued our tradition of providing quality mental health, prevention services, and more importantly, hope, to approximately 3,500 families through our clinical and research activities. We served 239 children with ADHD and related conditions during the summer of 2016 in our nationally-acclaimed Summer Treatment Program (STP), plus an additional 25 were served as part of the Brave Bunch camp, an intense summer intervention designed for children with Selective Mutism. Additionally, we partnered with hundreds of schools and many other entities to disseminate evidence-based practices to the educators and professionals who work with our children. Finally, we provided training to nearly 500 undergraduate and graduate students seeking a career in child mental health.

As we look back at 2016 with pride in our efforts to further excellence in children's mental health, we look forward to a bright future as we continue to work towards delivering the highest standards of care. We will be relentless in our pursuit of the best possible outcomes for our children and their families, all of whom deserve an opportunity to live fulfilling and prosperous lives.

Sincerely,
Dr. William E. Pelham, Jr.
Director, Center for Children and Families
Florida International University



LEADING THE WAY IN CHILD MENTAL HEALTH TREATMENT AND RESEARCH

ALARMING STATISTICS:

Children's mental health disorders are among the most costly, harmful, and prevalent challenges faced nationwide.

ACCORDING TO THE NATIONAL ALLIANCE ON MENTAL ILLNESS:

- 20% of children in the U.S. suffer from a mental health disorder
- 50% of all lifetime cases of mental illness begin by age 14
- 50% of students ages 14 and older with a mental illness drop out of high school
- 90% of those who die by suicide had an underlying mental illness
- Mental health problems are more costly to society than any other health problem

MISSION

OUR MISSION IS TO
IMPROVE THE LIVES
OF CHILDREN AND
FAMILIES STRUGGLING
WITH MENTAL
HEALTH CONCERNS.

TO ACHIEVE OUR MISSION, OUR OBJECTIVES INCLUDE:

- Advancing evidence-based knowledge of the causes, mechanisms, outcomes, and interventions for mental health and learning problems of youth.
- Promoting the development of effective treatments and prevention through scholarly research.
- Providing state-of-the-art prevention and treatment services to children and families in South Florida.
- Disseminating knowledge to students, consumers, and professionals in mental health, education, and primary care.



CCF AFFILIATED FACULTY

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Clinical Assistant Professor

Assistant Research Professor

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CLINICAL SERVICES & RESEARCH

The CCF provides state-of-the-art services to approximately **3,500 families** each year through clinical services and research programs presenting with the following concerns:

- ADHD & disruptive behaviors in the home and at school
- Anxiety & fears
- Social & developmental concerns
- Depression & other mood conditions
- Family stress & relationships
- School readiness
- Academic difficulties

The CCF has amassed a team of more than **40** of the nation's best researchers and clinical experts to advance the way we treat child and adolescent mental health disorders. Some of our services for families include early childhood services, individualized & group programs for parents, group & home-based therapy for children, nationally-acclaimed summer camp programs and Video Teleconferencing therapy.

EDUCATION & TRAINING

The CCF is committed to providing extensive education and training opportunities for the next generation of mental health professionals from all over the country, through academic programs offered at Florida International University's Department of Psychology and our Summer Treatment Program.

The CCF also provides continuing education opportunities in evidence-based approaches for psychologists, mental health professionals and educators. Through CCF's partnership with Miami-Dade County Public Schools (M-DCPS) and The Children's Trust, the center has also provided professional development training to more than **6,000** M-DCPS teachers and nearly **450** schools that has improved classroom experiences for educators and students.

INNOVATION THROUGH RESEARCH

Through cutting-edge research, our goal is to provide the highest-quality care for children and adolescents affected by mental illness.

With a team of **more than 40 of the nation's best researchers and experts**, the assistance of federal funding, and university partnerships, the Center for Children and Families continues to discover information about the cause, process, effects and treatment of child and adolescent mental health disorders.

Since its establishment in 2010, the **CCF has secured more than \$71m in external funding for research** from sources like the National Institutes of Health (NIH), the Institution of Education Sciences (IES), the National Science Foundation (NSF), The Children's Trust and the State of Florida, among others.

CCF affiliated faculty published more than **110 papers in scientific journals** during the 2016 fiscal year.

OUR GOAL IS TO PROVIDE THE HIGHEST-QUALITY CARE





RESEARCH HIGHLIGHTS

BEHAVIORAL THERAPY WORKS BETTER THAN MEDICATION AS A FIRST STEP TREATMENT FOR CHILDREN WITH ADHD

by Rosanna Castro

Led by Dr. William E. Pelham Jr., psychologist and director of the Center for Children and Families (CCF) at Florida International University, this study revealed that low doses of behavioral therapy works better as a first step treatment for children with ADHD than medication. This study, which gained national attention in the New York Times, NBC News, CNN, TODAY and many more, is the first of its kind in the field to alter types of treatment midcourse and evaluate the effects.

The year-long study, which treated 146 children ages 5 to 12, looked at various sequences in treatment strategies for ADHD. The children were broken up into two main groups—one that began with low doses of medication (at half the dose than normally prescribed) and the other group began with low doses of behavioral therapy. If the children needed more treatment at the end of eight weeks, they were randomly assigned to either get more intense treatment of what they began with, or they had the opposite modality added to the treatment they received in the beginning.

Regardless of the treatment the children ended up with, the group that began with the low doses of behavioral treatment first, had better functionality. The study found that stimulants were effective as a supplemental, second-line treatment for the children who needed it after receiving the behavioral therapy first. The group that performed the worst in the study was the one that received medication first and were assigned to receive behavioral treatment later. Initiating treatment with medication appeared to undermine

parents and teachers' willingness to learn and implement behavioral interventions.

Currently, 90 percent of the eight million children and adolescents with ADHD in the U.S. are typically treated with medication as the first-line and often only treatment. The results of the study makes it evident that behavioral therapy should be the first-line treatment used when treating children with ADHD.

Additionally, a cost analysis of the study, led by FIU Associate Professor and health economics expert Dr. Timothy F. Page found that beginning treatment with low doses of behavioral therapy first and medication at half the dose than normally prescribed as a supplement if necessary, is by far the most cost-effective approach, compared to the opposite sequence.

The estimate is that health care costs for ADHD could be reduced by more than \$4.5 billion annually in the country if doctors followed the behavioral treatment-first approach instead of medication first for all children treated for ADHD.

The study was funded by the Institute of Education Sciences (IES) and published in the Journal of Clinical Child & Adolescent Psychology.

BEHAVIORAL TREATMENT-FIRST APPROACH COULD SAVE \$4.5 BILLION ANNUALLY

RESEARCHERS EMBARK ON NATIONAL LANDMARK STUDY OF ADOLESCENT BRAIN DEVELOPMENT

by Ayleen Barbel Fattal

The largest long-term study of brain development and child health in the U.S. is underway and FIU researchers are at the forefront.

FIU is one of the 19 research sites for the National Institutes of Health’s (NIH) landmark study dubbed the Adolescent Brain Cognitive Development, or ABCD. The study will follow the biological and behavioral development of more than 10,000 children beginning at ages 9-10 through adolescence into early adulthood.

Recruitment for ABCD has started and will continue over a two-year period through partnerships with public & private schools near research sites across the country. The NIH has identified a specific list of schools for participant enrollment in South Florida to include hundreds of youth from diverse ethnic, cultural and socioeconomic backgrounds in Miami-Dade County and surrounding areas. Leading the recruitment efforts for FIU is psychologist Raul Gonzalez.

“Having a site in South Florida will ensure that the voices of our community are included in the study,” Gonzalez said. “We want to ensure our unique and diverse community is well represented in the larger sample.”

Gonzalez is associate professor of psychology, psychiatry and immunology, and a faculty member at the FIU Center for Children and Families. He is leading the 14-member research team from FIU’s College of Arts, Sciences & Education and Robert Stempel College of Public Health & Social Work. The project includes child mental health and social

work experts, as well as psychologists and a physicist, who have extensive track records in drug abuse research and cognitive neuroscience. State-of-the-art facilities and resources at FIU’s Center for Children and Families as well as the Center for Imaging Science serve as the ABCD study sites for MRI and behavioral visits. Last month, Siemens — a leading supplier of medical diagnostics equipment — delivered a 13-ton MRI machine which brings the latest imaging technology to FIU. It is the first magnet of its kind in Florida.

Physicist Angie Laird is spearheading the neuroimaging component of the study. “We are very excited about FIU’s new 3 Tesla Siemens Prisma MRI, which will allow us to broaden our research capabilities in neuroscience imaging,” Laird said. “Our Prisma will play a critical role in the ABCD Study, by providing the means to collect datasets that will illuminate how children’s brains develop over the course of adolescence.”

During the course of the next decade, scientists will use advanced brain imaging, interviews and behavioral testing to determine how childhood experiences interact with each other and with a child’s changing biology to affect brain development and—ultimately—social, behavioral, academic, health and other outcomes.

Understanding these relationships may help reveal the biological and environmental building blocks that best contribute to successful and resilient young adults. This enhanced knowledge also may lead to ways to predict potential developmental problems so that they can be prevented or reversed. Families that volunteer will be part of groundbreaking research that promises to inform future educational strategies, child development innovations, research priorities, more effective public health interventions and science-based policy decisions.



From left, psychologist Anthony Dick, physicist Angie Laird, psychologist Raul Gonzalez, public health expert Eric Wagner and neuroscientist Matthew Sutherland are part of a 14-member team from FIU that will contribute to the ABCD research study.



RESEARCH EXCELLENCE

CCF affiliated faculty have received numerous awards for research excellence from prestigious national groups including the National Institute on Drug Abuse, The American Psychological Society, and The American Psychological Association.

DR. DANIEL BAGNER

- Dianne J. Willis Early Career Award, 2016
- Stephen R. Boggs Research Awards, 2015

DR. MELISSA BARALT

- 2016 Excellence in Teaching Award, FIU
- Children's Wellbeing Pioneering Award, Ashoka Changemakers and the Robert Wood Johnson Foundation for project titled Háblame Bebé: An app to help Hispanic families reduce the word gap and promote bilingualism.

DR. LORRAINE BAHRICK

- FIU Top Scholar, 2016

DR. JONATHAN COMER

- FIU Top Scholar 2016
- Theodore Blau Early Career Award for Distinguished Professional Contributions to Clinical Psychology, APA, Division 12, Society of Clinical Psychology 2015
- Dianne J. Willis Early Career Award, APA, Division 37, Society for Child and Family Policy and Practice 2015
- APA Early Career Award for Outstanding Contributions to Benefit Children, Youth, and Families (awarded by the APA committee on Children, Youth, and Families)- 2015
- Early Career Award, APA, Division 53, Society for Clinical Child and Adolescent Psychology

DR. RAUL GONZALEZ

- 2016 FIU Top Scholar

DR. KATIE HART

- 2015 FIU Top Scholar

DR. LINDSAY MALLOY

- 2016 Provost Award for Outstanding Mentorship of Graduate Students, University Graduate School, FIU

DR. WILLIAM E. PELHAM JR.

- FIU Top Scholar 2015

DR. JEREMY PETTIT

- 2015 FIU Top Scholar

DR. JOSEPH RAIKER

- Fellow, CHIPS (Child Intervention, Prevention, and Services) Research Training Institute, NIMH
- NARSAD Young Investigator Award

DR. MARGARET SIBLEY

- 2016 FIU Top Scholar
- Klingenstein Fellowship

DR. FABIAN SOTO

- Distinguished Scientific Award for Early Career Contribution to Psychology in the area of animal learning and behavior, APA
- 2015 Rising Star in Psychology, Association for Psychological Science

DR. ELISA TRUCCO

- 2015 Emerging Scholar Spotlight, Society for Research on Adolescence
- 2015 Enoch Gordis Research Recognition Award, Research Society for Alcoholism

From left to right: Ernie Diaz, Regional President for TD Bank in Florida; William E. Pelham Jr., Director of CCF, Nelson Lazo, CEO of Doctors Hospital; Larry K. Williams, President and CEO of the Beacon Council



CCF WINS 2016 MIAMI BEACON COUNCIL LIFE SCIENCES AND HEALTHCARE AWARD

The Beacon Awards honor Miami-Dade businesses for their significant contributions in the areas of job creation, business expansion, corporate citizenship and leadership. The Life Sciences & Healthcare Award recognized CCF’s leadership and growth within local sciences and health care industry sectors. The Beacon Awards are a component of One Community One Goal, a targeted industry strategic plan launched by The Beacon Council Foundation to encourage investment and support job creation, while competitively positioning Miami-Dade in the global economy.

CLINICAL SERVICES & PROGRAMS

The Center for Children and Families operates a clinic under the direction of Dr. Erika Coles, that offers state-of-the-art, evidence based prevention and treatment services for families.

Key Programs & Services Offered Include:

ATLAS Program

This program, led by Dr. William E. Pelham Jr. and Dr. Nicole Schatz, helps teens with ADHD build the skills they need to make the best decisions when facing tough issues and common challenges with relationships, school, alcohol or other drugs, and more.

Mental Health Interventions & Technology

(MINT) Specialty behavioral telehealth programs led by Dr. Jonathan Comer, deliver live therapist-led treatment directly to families in their own homes. Programs include Internet-delivered cognitive-behavioral therapy for childhood anxiety disorders and OCD, as well as Internet-delivered Parent-Child Interaction Therapy for early child behavioral disorders. Treatment for young children with Selective Mutism is also available.

Parenting Strategies Group

Weekly parenting classes led by CCF clinical staff where children participate in social skills groups while parents work together to learn behavior management techniques and solve problems. This program helps parents promote positive changes in their children's home and school behavior.

Early Childhood Services

Evidence-based evaluations and interventions provided by clinical staff for families of infants and young children (ages 0 - 5) with behavioral and developmental problems.

Teen Helping Overcome Perceptual Expectations (HOPE)

This clinical program provides evidence-based intervention targeting youth displaying unipolar depression and/or anxiety symptoms in a group format.

Saturday Treatment Program

Led by CCF clinical staff, this Saturday program provides interactive skill-based support for parents of children with behavior problems between the ages of 5 and 11. Caregivers learn effective techniques to get rid of their child's negative behaviors and promote positive changes at school and the home. At the same time, children

learn to develop social skills that promote positive peer relationships by participating in classroom & recreational sport activities.

Teens Pursuing Opportunities With Evolving Relationships (POWER) Group

Led by CCF clinical staff, this program helps teens to build effective communication skills, social skills, improve problem-solving skills and learn how to manage challenging situations.

Child Anxiety and Phobia Program (CAPP)

The CAPP program, led by Dr. Jeremy Pettit, provides treatment for fears related to being separated from parents, sleeping alone, going to school, social situations, or specific objects or events.

Individual Treatment

The CCF clinic provides individually-tailored treatment for a child or family, including parenting, depression, anxiety, anger management, disruptive behavior and divorce intervention.

Supporting Teens' Academic Needs

Daily (STAND) This program, led by Dr. Margaret Sibley, provides academic support to middle and high school students. The goal of this group and individual service is setting daily academic goals, developing a plan for home-school communication and setting up a home privilege program.

After-School Treatment Program

Funded by The Children's Trust and led by Drs. Feion & Miguel Villodas, this daily after-school program at Carlos J. Finlay Elementary School, is designed for children at-risk for attention, behavior, and academic problems.

Advancing Child Competencies by Extending Supported Services (ACCESS) for Families

Program led by Dr. Daniel Bagner and Dr. Jonathan Comer that provides online treatment for families to learn more about their child's behavior from the comfort of their own home (For children aging out of Early Steps)



THE SUMMER TREATMENT PROGRAM HELPED NEARLY 300 CHILDREN THIS PAST SUMMER

Nationally-Acclaimed Summer Treatment Program

Led by Dr. Erika Coles, the nationally acclaimed Summer Treatment Program (STP) is a comprehensive summer camp program for kids ages 5-12 with ADHD and related behavioral, emotional and learning challenges..

STP also encourages parent involvement with weekly parent training sessions, where they develop the skills needed to change their child's behavior at home and assist in their progress.

During the eight-week therapeutic summer camp, the program offers:

- Intensive treatments with scientific support
- Group and tailored individual treatment plans assist in their progress.
- Problem-solving, academic functioning and social skills improvement
- Skills training and supervised practice in age-appropriate sports and other group camp activities

Summer Treatment Program for Pre-Kindergarteners (STP-PreK)

Led by Dr. Katie Hart and Dr. Paulo Graziano, the STP-PreK is a comprehensive school readiness program for children entering kindergarten with behavior problems.

Program goals include:

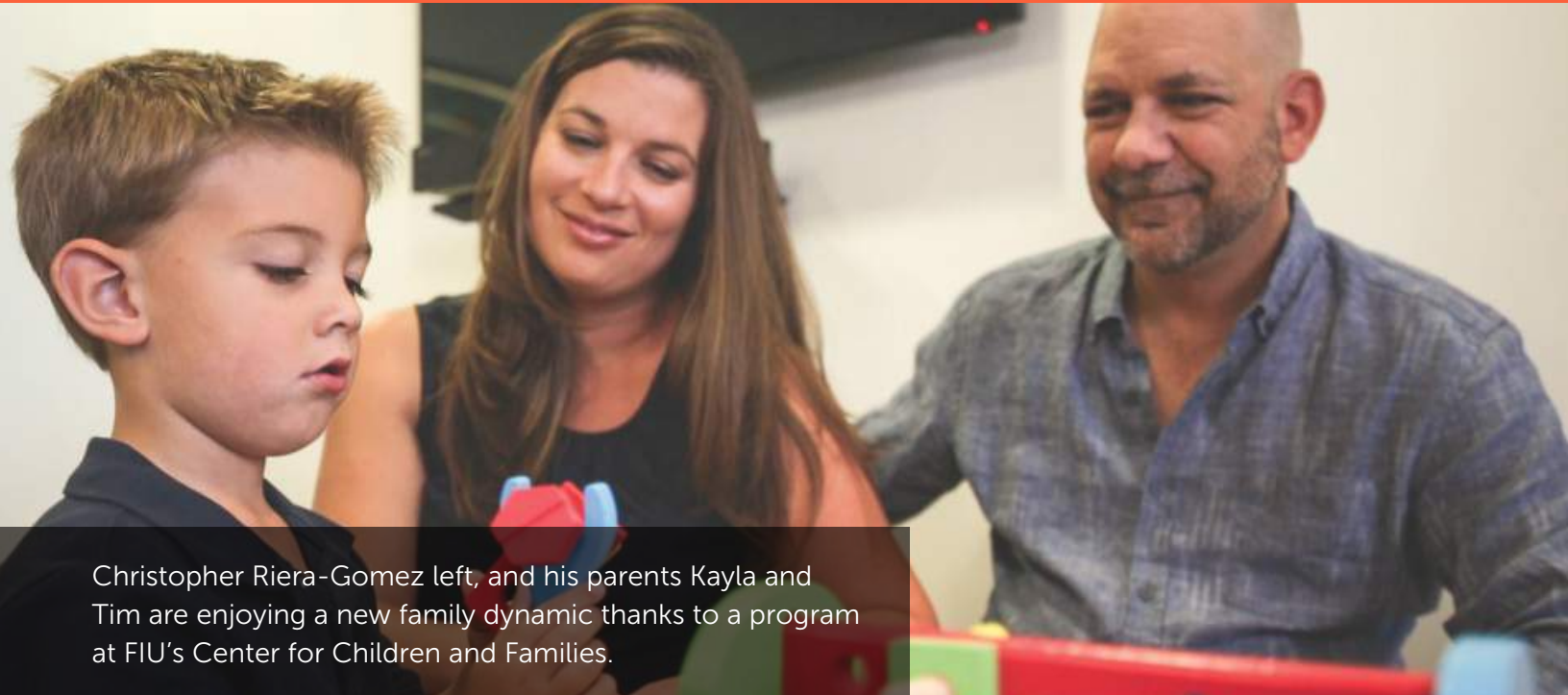
- Develop problem-solving and social skills to improve friendships
- Improve academic skills needed to succeed in kindergarten
- Improve ability to focus and follow classroom rules and routines
- Improve emotional functioning, self-control skills and self-esteem
- Build a positive attitude towards learning and school
- Build independent organizational and self-case skills
- Build teamwork, good sportsmanship, and basic sports skills

The STP-PreK also encourages parent involvement with weekly parent training sessions to develop the skills needed to prepare their child for kindergarten, to change their behavior at home/school, and to assist in their progress in camp.

HELPLESSNESS TURNS TO HOPE

CCF revolutionizes treatments for child mental health and behavior disorders

By Ayleen Barbel Fattal and JoAnn C. Adkins



Christopher Riera-Gomez left, and his parents Kayla and Tim are enjoying a new family dynamic thanks to a program at FIU's Center for Children and Families.

FIU's Center for Children & Families revolutionizes treatments for childhood mental health and behavior disorders.

For Kayla and Tim Riera-Gomez, the troubling phone calls from their son's preschool started when he was only 3. Christopher was misbehaving. He yelled at teachers. He threw things. He had temper tantrums. His crying fits lasted as long as an hour. By the time he was 4,

the school was threatening suspensions. "At first, we thought it was willfulness, this kind of strength-of-personality that if we can get through it, he was going to do amazing things for the world," Kayla said. "Then it progressed. We were receiving calls from the school, sometimes two or three times a day."

The parents were left wondering how a 4-year-old could get kicked out of preschool. They realized something more than just willfulness was afflicting their young son. And they realized he wouldn't just grow out of it.

The parents were a happy couple that enjoyed professional success. Kayla is an attorney and Tim is a lobbyist. When Christopher was born, they thought they were starting a happy new chapter in their life. But the emotional fallout of Christopher's daily challenges left them tired, confused and feeling helpless. It took a toll on their marriage. Christopher picked up on the stress, which only led to more behavioral issues.

Kayla and Tim talked to Christopher's pediatrician. They met with the principal at his school, who offered to work with the family to help Christopher. But they were still left wondering — why was Christopher so mad?

They hired a behavioral aide that attended preschool every day with Christopher, but did so without a diagnosis since mental and behavior disorders are typically not diagnosed in children that young. Without a diagnosis, they could not bill the behavioral aide's assistance to insurance. The expense was high, and they knew it could only serve as a temporary solution.

"Your child is the only one with an adult shadow. That doesn't make them feel any better among their peers," Tim said.

It was around that same time, Tim heard about FIU's Center for Children and Families (CCF), a nationally recognized clinical center committed to improving the lives of children and families struggling with mental health concerns.

Kayla didn't want to hear it. She knew little of their programs but thought the center was for families with bigger problems than theirs. Tim persisted. He talked to co-workers who had participated in some of the center's

programs. They talked about the positive effects on their children and on them as parents. Kayla finally decided to test it out. She attended a seminar by psychology professor Katie Hart on early interventions for children with behavioral, social-emotional and learning challenges. Kayla walked into the room on FIU's campus with an open mind. She was hoping for some tips, maybe even some convincing that they could help. As Hart began speaking, the stoic mother was reduced to a puddle of tears.

"It was like Dr. Hart was inside our house," Kayla said. "She described everything happening in our house, every fear we have."

It was then that Kayla understood what CCF was offering her and her family. CCF's psychologists understood the issues. They have seen it all before. They have studied it. And they continue to study it today. In that moment, Kayla went from "this isn't for us" to "we need your help." Kayla and Tim enrolled Christopher in the center's award-winning Summer Treatment Program.

CCF was founded and is led by William E. Pelham Jr. — a pioneer in the field of ADHD (attention deficit hyperactivity disorder) research and treatment. He is the architect of the intensive Summer Treatment Program, where children receive 360 hours of treatment in just eight weeks — an equivalent of seven years worth of weekly one-hour sessions. The internationally lauded program has been replicated at many sites throughout the world.

Treatment plans are focused on improving problem-solving, academic performance and social skills.

Parents also attend weekly training sessions to help develop the skills they need to support their child's progress and improve their child's behavior at home. For Christopher, he started each day with the simple task of writing his name. It was part of a daily routine, along with classroom learning, peer interaction and recreation. The structure is similar for each of the age groups, which range from preschoolers to teenagers, and the format is based on evidence-based treatments developed by the center's top researchers. The day-to-day activities seem like traditional summer camp. But it's the nuances of the behavioral therapy where change arises. Nationwide, 20 percent of children suffer from a mental health disorder.

7,000 FAMILIES HAVE RECEIVED HELP SINCE CCF OPENED ITS DOORS IN 2010

In Miami-Dade County alone, 1 in 4 children live in poverty and are two to three times more likely to develop mental health problems. Early diagnosis and intervention can make the difference between healthy development and a life plagued with lingering challenges.

Since its founding in 2010, the FIU Center for Children and Families has helped nearly 7,000 families. Ninety percent reside in Miami-Dade County. The center's faculty

has helped countless more around the world through research breakthroughs and the development of new treatments. In addition to the Summer Treatment Program, CCF offers infant and early childhood services, family and couples counseling, parent training, video teleconferencing therapy, school-based services, and customized treatment for children.

Research remains at the heart of all they do. With more than 40 faculty — including psychologists, psychiatrists, linguists, public health experts, and education researchers — CCF is the largest center in Florida conducting child mental health research. Its researchers have secured more than \$70 million in grant funding and are currently addressing a number of questions for children with ADHD, anxiety and substance use. They continue to explore new methods of delivery for proven treatments, including whether parent training can be effectively conducted in families' homes via the internet rather than in a clinic. The researchers continue to seek answers about what factors put children at the greatest risk for mental health problems. Dr. Pelham points out that while great strides have been made in understanding the adolescent mind and treatments for mental health disorders, there is still much to learn.

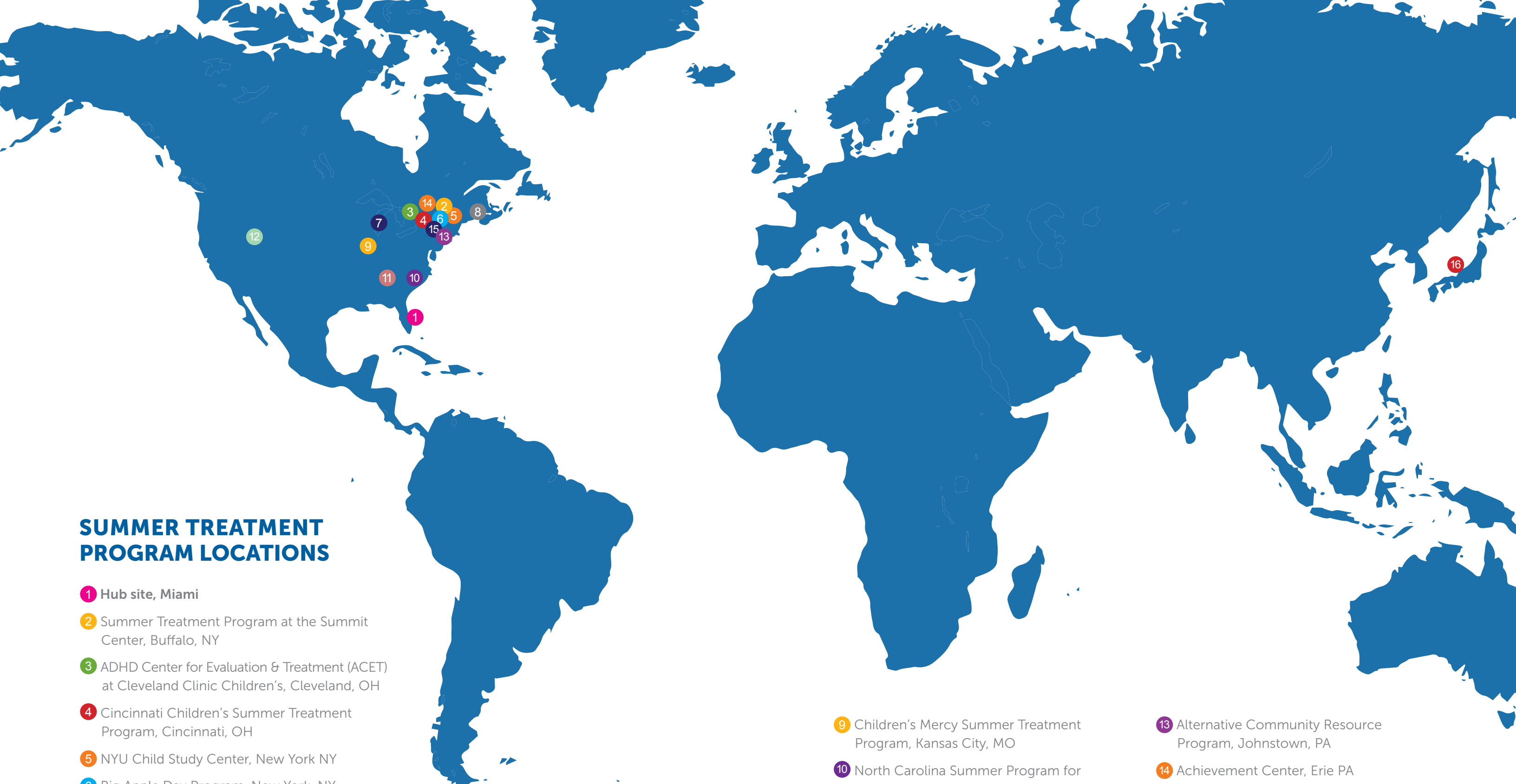
The center's faculty members are also preparing the next generation of child mental health providers through training. As part of a partnership with Miami-Dade County Public Schools and The Children's Trust, they have provided professional development

for more than 6,000 teachers and staff in nearly 400 schools.

"Our goal at the center is to provide excellence in research, education and service regarding mental health in childhood," Pelham said. "Not only serving and involving families in South Florida but also conducting research that informs the nation and the world about the nature, causes and treatment of mental health problems in childhood and adolescence."

For the Riera-Gomez family, their experience with CCF transformed the dynamic of their family. The tantrums became fewer. Kinder words were used in their house. Christopher started opening doors for people. Tensions started to settle. For Christopher, who a year ago was being shadowed by a behavioral aide in preschool, he is now thriving. His parents did not receive a single phone call about his behavior from his teacher during this past school year. "We're happy. Christopher is happy," Tim said. "We're happy that he's happy."





SUMMER TREATMENT PROGRAM LOCATIONS

- 1

Hub site, Miami
- 2

Summer Treatment Program at the Summit Center, Buffalo, NY
- 3

ADHD Center for Evaluation & Treatment (ACET) at Cleveland Clinic Children’s, Cleveland, OH
- 4

Cincinnati Children’s Summer Treatment Program, Cincinnati, OH
- 5

NYU Child Study Center, New York NY
- 6

Big Apple Day Program, New York, NY
- 7

Camp STAR, Chicago, IL
- 8

Summer Enrichment Institute at Judge Baker Children’s Center; Boston, MA
- 9

Children’s Mercy Summer Treatment Program, Kansas City, MO
- 10

North Carolina Summer Program for Kids, - Greensboro, NC
- 11

ADHD Summer Treatment Program at Currey Ingram Academy, Brentwood, TN
- 12

Camp Takoda, Salt Lake City, UT
- 13

Alternative Community Resource Program, Johnstown, PA
- 14

Achievement Center, Erie PA
- 15

Community Guidance Center, Indiana, PA
- 16

Summer Treatment Program, Kurume-city, Fukuoka, Japan

ADDITIONAL SUMMER PROGRAMS



Additional signature summer programs offered by the CCF during the 2016 academic year included:

Brave Bunch

Selective Mutism (SM) is an anxiety disorder in which a child who is talkative at home is unable to speak in other social settings, such as school. The Brave Bunch camp, led by Dr. Jami Furr, is the only SM program in the Southeast region of the United States. The program simulates a classroom environment along with parent training to provide guided opportunities for children with SM to:

- Interact with a number of new children and adults
- Participate in classroom-like activities (e.g., morning meeting, circle time, show and tell, group creative projects)
- Engage in field trips (e.g., to the library, the park)
- Play socializing games that promote verbal participation ("brave talking") and spontaneous speaking

Healthy-Lifestyle Intervention Program (HIP)

Led by Dr. Paulo Graziano, this program actively involves children ages 4-8 and their parents in promoting physical health in addition to school readiness. The program focuses on helping children to:

- Become familiar with and increase their enjoyment of healthier food
- Build a positive attitude towards a healthy lifestyle, learning, and school
- Improve on their academic and behavioral skills they need to succeed in school
- Improve ability to focus and follow classroom rules and routines
- Improve emotional functioning, self-control skills, and self-esteem
- Build teamwork, good sportsmanship, and basic sports skills

Summer Program for Autism in Rising Kindergartners (SPARK)

Led by Rosmary Ros, under the direction of Dr. Paulo Graziano, SPARK is a summer school readiness program for program for preschoolers with high functioning Autism who are experiencing behavioral difficulties. The program targets behavioral, emotional, and academic readiness for kindergarten, and involves weekly group parenting sessions to help parents develop skills to improve their child's behavioral and social emotional functioning.

Summer Academy in Liberty City

Designed to help at-risk children in Liberty City, this summer camp program led by Dr. Katie Hart, works with pre-kindergartners to:

- Surpass significant behavioral and emotional issues
- Overcome academic shortfalls, underachievement, and school failure
- Learn school readiness skills
- Positively transition and succeed in kindergarten and beyond

Reading Explorers Program

Funded by The Children's Trust & led by Dr. Katie Hart, this program helps rising kindergarten, first, & second graders improve their reading skills. The program is managed and operated by the CCF, in partnership with Nova Southeastern University. Since 2013, Reading Explorers has helped over 6,000 children and families and annually serves 1,500+ children across Miami-Dade County.

The services provided by Reading Explorers include:

- Parent School Readiness Workshops
- Book giveaways
- Reading assessments at the beginning, middle, and end of the summer with personalized feedback for parents about child's oral reading/pre-reading progress
- Structured and interactive reading instruction tailored to child's ability levels, delivered 30 minutes/day, 4 days/week for 6 to 8 weeks.

EDUCATION & TRAINING



CCF provides education and training opportunities for educators, mental health professionals and the community in evidence-based approaches through various programs that focus on child and adolescent mental health.

In the 2016 fiscal year alone, CCF faculty and staff provided training workshops to approximately **1,500** school staff and other mental health professionals.

More than **2,000** mental health professionals have enrolled in various online training and continuing education opportunities. Our training website had **36,274** views throughout the year.

In-Service Training

In-service training programs are offered at no cost for schools in South Florida. This training helps educators to identify and understand childhood and adolescent learning and mental health problems; and learn practical strategies that help educators manage difficulties in the classroom.

School Consultation

The CCF consults with teachers and staff at local elementary, middle schools, and high schools to collaboratively assist in the establishment and maintenance of a school-based, system-wide intervention; both school-wide for the prevention of behavior problems as well as interventions for individual children for mental health problems that interfere with children's academic and social functioning in school.

The Miami International Child & Adolescent Mental Health (MICAMH) Conference

The Miami International Child & Adolescent Mental Health (MICAMH) Conference (formerly known as Niagara in Miami),

is a leading interdisciplinary conference that presents state-of-the-art, evidence-based prevention and treatments for mental health and educational problems in children and adolescents.

Speaker Series

The Speaker Series presentations, which had **900** attendees in 2016, are designed to offer health and mental health professionals, educators, and students with current strategies for understanding, identifying, and treating children and adolescents with mental health problems. All sessions are free and provide continuing education credits for mental health professionals.

Online Training

Developed by the Society of Clinical Child and Adolescent Psychology (Division 53 of the American Psychological Association) in collaboration with the CCF and The Children's Trust, CCF offers an online training program that provides professionals the opportunity to earn credits through workshop videos on evidence-based treatments for specific mental health problems.

Community Workshops

CCF offers free community workshops for caregivers and others in the community to be better prepared in identifying and understanding early challenges and implementing strategies for positive changes.



COMMUNITY IMPACT

The Center for Children and Families collaborates with a number of partners - including various agencies and non-profits - to improve the lives of children and families affected by mental health disorders, both in South Florida & around the world.

Through CCF's partnership with **Miami-Dade County Public Schools (M-DCPS)** and **The Children's Trust**, the center has provided professional development training to more than **6,000** M-DCPS teachers and nearly **450** schools which has improved classroom experiences for educators and students.

As part of FIU's **Achieving Community Collaborations in Education and Student Success (ACCESS)** initiative, led by Dr. Erika Coles from the CCF, along with M-DCPS, co-chairs the Behavioral Supports for Enhanced Learning Workgroup subcommittee.

The CCF is involved with FIU's **Education Effect**, a university supported community-school partnership to improve educational outcomes in schools. As part of this effort, the CCF, under the direction of Dr. Erika Coles, has provided training, student support, professional developments opportunity, and outreach to caregivers at the Jessie J. McCrary Jr. Elementary School.

Developed in partnership with **ABC's For Success** and funded by the **Florida Institute for Child Welfare**, the **Support for Adaptation and Family Enrichment in Homes (SAFE Homes)** program is led by Dr. Miguel Villodas and provides families support to improve caregiver-child relationships and child behavior, as well as promote the safety and stability of families.

Through a collaboration with **Project Rise** at Nova Southeastern University and under the guidance of Dr. Erika Coles, the behavioral assessment team (BAT) provides behavior management support and training to programs funded by **The Children's Trust**. The activities of the BAT team include training, observations, feedback, and development of individual behavioral interventions plans in collaboration and consultation with after school program providers.



PAVING THE WAY FOR THE NEXT GENERATION

CCF TRAINED MORE THAN 100 GRADUATE STUDENTS AND NEARLY 350 UNDERGRADUATE STUDENTS IN 2016

The CCF is home to two graduate training programs in the Department of Psychology: the doctoral Child and Adolescent Clinical Science Program and the master's level Professional Counseling Psychology Program (Master's level training program). The CCF is committed to providing extensive education and training opportunities for the next generation of mental health professionals through academic programs offered by Florida International University's Department of Psychology.

CHILD & ADOLESCENT CLINICAL SCIENCE PROGRAM

The Clinical Science Program in Child and Adolescent Psychology program's emphasis is on science and underscores our commitment to applying scientific evidence to further the design, implementation, and evaluation of assessment, prevention, and treatment interventions for use with children from infancy to adolescence. Our goal is to produce researchers and scholars who will contribute to the advancement of scientific knowledge in theoretically strong, methodologically rigorous, and innovative ways. At the same time, we wish to produce clinical scientists whose work holds significant public health impact.

The mentor-based program helps ensure that all incoming students become actively involved in research as soon as they begin the program. The mentorship-collaborative relationship includes intensive involvement in faculty related research, as well as the opportunity for students to develop their own research niche within the context of faculty research. Students receive guidance in every aspect of conducting research, including developing ideas, designing and conducting studies, and dissemination, presenting papers at national conferences and publishing papers in scientific journals. In addition, although we expect to provide assistantships to all graduate students, we will encourage and guide students in developing their own skills in grantsmanship.

The Following Clinical Science Program students are mentored by CCF-affiliated faculty in 2016:

Altszuler, Amy

Mentor: William E. Pelham, Jr., Ph.D.

Barroso , Nicole

Mentor: Daniel Bagner, Ph.D.

Bechor, Michele

Mentor: Jeremy Pettit, Ph.D.

Blizzard , Angela

Mentor: Daniel Bagner, Ph.D.

Bry, Laura

Mentor: Jonathan Comer, Ph.D.

Buitron, Victor

Mentor: Jeremy Pettit, Ph.D.

Campez, Mileini

Mentor: Joseph Raiker, Ph.D.

Cheatham-Johnson, Randi

Mentor: Katie Hart, Ph.D.

Chou, Tommy

Mentor: Jonathan Comer, Ph.D.

Cornacchio, Danielle

Mentor: Jonathan Comer, Ph.D.

Cromer, Kelly

Mentor: Miguel Villodas, Ph.D.

Crum, Kathleen

Mentor: Jonathan Comer, Ph.D.

Duperrouzel, Jacqueline

Mentor: Raul Gonzalez, Ph.D.

Garcia, Alexis

Mentor: Paulo Graziano, Ph.D.

Hedemann, Erin

Mentor: Stacy Frazier, Ph.D.

Hernandez, Jennifer

Mentor: Daniel Bagner, Ph.D.

Hill, Ryan

Mentor: Jeremy Pettit, Ph.D.

Macphee, Fiona

Mentor: William E. Pelham, Jr., Ph.D.

Melendez, Raquel

Mentor: Jeremy Pettit, Ph.D.

Merrill, Brittany

Mentor: William E. Pelham, Jr., Ph.D.

Morrow, Annie

Mentor: Miguel Villodas, Ph.D.

Moses, Jacqueline

Mentor: Miguel Villodas, Ph.D.

Ogle, Robert

Mentor: Stacy Frazier, Ph.D.

Pacheco-Colon, Ileana

Mentor: Raul Gonzalez, Ph.D.

Poznanski, Bridget

Mentor: Katie Hart, Ph.D.

Ros, Rosmary

Mentor: Paulo Graziano, Ph.D.

Ross, Jessica

Mentor: Raul Gonzalez, Ph.D.

Sanchez, Amanda

Mentor: Jonathan Comer, Ph.D.

Tenenbaum, Rachel

Mentor: Erica Musser, Ph.D.

Vaclavik, Daniella

Mentor: Jeremy Pettit, Ph.D.

Ward, Anthony

Mentor: Erica Musser, Ph.D.





A TOTAL OF 65 GRADUATE STUDENTS WERE ENROLLED IN THE PCP PROGRAM:

Acosta, Erika	Hidmi, Nasreen	Reytarova, Anfisa
Agbuduwe, Omonoh	Hodgens, Sidney	Rodriguez, Ann-Marie
Alonso, Melisa	Jaramillo, Jessica	Rodriguez, Linda Maria
Alvarez, Yesenia	Karolewicz, Hannah	Rodriguez, Kristy
Asher, Sara	Katz, Stephanie	Rosales, Adolfo
Aurobindo, Natasha	Ley, Amanda	Ruiz, Erika
Barbaran, Augusto	Llagostera, Kailee	Sanchez, Kayla
Basmagi, Giovanna	Lopez-Estrella, Lyneida	Schumer, Heather
Calaforra, Eric	Maldonado, Jackqueline	Sliwkowski, Daniela
Carballo, Grettel	Marques, Zunamy	Steel, Alexis
Castillo, Kyra	Mellado, Claudia	Taque, Jose
Chico, Heidi	Mesa, Kyersten	Tefel, Roxana
Choute, Daphne	Meschici, Christopher	Toral, Vivianne
Dacks, Haley	Munoz, Michelle	Torres, Niady
Esfandiary, Jose	Noyola, Nicole	Turner, Mary
Eubanks, Christina	Ortuno, Kathleen	Uriarte, Rasaura
Exum, Amy	Ospina, Juliana	Wood, Benjamin
Fernandez, Janelle	Perez, Darelys	
Fernandez, Stephanie	Perez, Guadalupe	
Fullwood, Kersten	Pickarski, Kayla	
Garces, Lina	Pizarro, Angelica	
Giobio, Maria	Porras, Natalie	
Gonzalez, Maylin	Quintero, Maria	
Guzman, Natalia	Ramirez, Jose	

PROFESSIONAL COUNSELING PSYCHOLOGY PROGRAM

This program trains masters-level mental health counselors for the South Florida community and is the first masters-level program in the nation focused on evidence-based treatments in child and adolescent MH. This program leads to a Master's of Science in Psychology (M.S. in Psychology) and a license to practice as a Mental Health Counselor (LMHC). The program is designed to train practitioners and researchers who can function in a variety of mental health settings in both the private and public sector.

UNDERGRADUATE PSYCHOLOGY STUDENTS

The CCF provides training opportunities for undergraduate students for credit or salary in practicum or research training experiences. As in previous years, the CCF had 244 undergraduate students receive training in FY 16. In addition, the CCF provides paid internships for more than 100 undergrads through its Summer Treatment Program [STP].

For this particular experience, many undergraduate students travel from universities across North America and spend the summer at FIU in Miami, and the summer of 2016 was no exception. They came from many well-known institutions in Florida and nationwide including: Carnegie Mellon University, Cornell University, Vanderbilt University, Vassar College, Carleton College, Duke University & Johns Hopkins University.



CCF AFFILIATED FACULTY PUBLISHED MORE THAN 110 PAPERS IN SCIENTIFIC JOURNALS DURING THE 2016 FISCAL YEAR

RESEARCH PUBLICATIONS

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