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# 2020 Golden Light Bulb Award

***for Best Practices in the Clinical Arena***

***This year, CBHC will be utilizing a virtual platform for our conference. We will still accept nominations for the Golden Abacus Award; however, we will acknowledge the winner after the conference in a special ceremony****.*

We encourage you to submit your nomination not only to CBHC but also to include information on your project in our Poster Hall within the virtual platform. Please review the following information:

The CBHC Operations Committee is accepting nominations for the Golden Light Bulb Award. Nominees must pertain to programs within the community behavioral health system. The award will be granted to a project, methodology, technology, system, or procedure that **demonstrates best practice in the clinical arena.** All nominations will be evaluated on the following criteria:

* **Innovation**
* **Integration**
* **Transferable**
* **Usefulness**
* **Patient/Client Experience**
* **Data-driven Solution**

The winning program will be one that is ***easily replicated at any community behavioral health center or provider organization***. Its implementation will result in a superior service/process/product (i.e. cost reduction, outcome improvement, and enhanced patient/client/staff experience). Results must be data-driven. The committee will consider proposals that demonstrate innovative approaches to systems, organization, clinical management, and/or programming. Submissions may be in the areas of:

* **New methods/Approaches in behavioral health**
* **Systems/services/Program integration**
* **Partnerships/Alliances**
* **Prevention/Early Intervention**

***All proposals must include a fifty (50) word Abstract and a Program Description (limited to 2 pages) that includes program development information, innovative aspects, and pertinent data. Please use the following form.***

***We also encourage you to UPLOAD YOUR PROJECT TO OUR CONFERENCE’S ONLINE PLATFORM POSTER PAGE TO SHOWCASE YOUR TALENT. Please note that we do not require an actual “poster.” You are welcome to simply upload the information provided in this nomination form.***

**Please submit your nomination no later than SEPTEMBER 1, 2020** to: Tracy O’Shaughnessy, Conference Planner, at [tracyhmsr@gmail.com](mailto:tracyhmsr@gmail.com). She will follow up with instructions on how to upload your information to the site. It must be uploaded no later than SEPTEMBER 7, 2020. We are very excited to be able to offer this opportunity to you this year. Questions: Call Tracy at 303-525-2811.

**Program Title: Trauma Resilience Youth Program**

**Organization: Aurora Mental Health Center**

**Contact Name: Esther Clark Contact Phone # 303-627-2013**

**Contact Email: GRANTS@aumhc.org**

***Program Abstract*** *(50 words max, please)****:***

TRYP is a unique and innovative program of AuMHC that addresses disparities in accessibility to mental health services for refugee and immigrant families who have resettled in Colorado and provides treatment needs specific to cultural adaptations and implementation in a service system that effectively engages and retains this specific population.

**Program Description**

Aurora Mental Health Center’s Trauma Resilience Youth Program (TRYP) was established in 2016 as a five-year grant award winner from the Substance Abuse and Mental Health Services Administration. Aurora is the most racially and ethnically diverse city in the state of Colorado, and one of the five most diverse cities with a population of over 100,000 in the country. These communities experience insecure and difficult socioeconomic conditions, including poor housing, unstable employment, acculturation issues, insufficient income, and limited access to transportation and benefits, which are exacerbated by language and cultural barriers, making it crucial to offer culturally responsive programming that can meet the diverse linguistic and cultural needs of this unique population. TRYP was designed to address disparities in accessibility to mental health services for refugee and immigrant families who have resettled in Colorado, as well as to provide treatment needs specific to cultural adaptations and implementation in a service system that effectively engages and retains this specific population. By tailoring services to include non-English speaking and limited English proficient individuals and hiring staff who have been or are trained to ensure capacity to provide services that are culturally and linguistically appropriate, TRYP has begun creating a true and lasting impact for this unique population in the Aurora community.

The TRYP team consists of a Project Director, a Lead Clinician, and six Health Navigators who speak eight languages, and two master’s level interns. The Project Director and Lead Clinician provide clinical leadership not only for the TRYP team, but for the team of therapists who serve TRYP youth across the Center’s continuum of care. Further, TRYP offers innovative services through its Health Navigator program and the extensive outreach they conduct in the community. Health Navigators are an essential part of the TRYP team, as they are hired based on the need of the community particularly that of Aurora Public Schools as this is the primary school district for refugees and immigrants. Health Navigators provide necessary services including community outreach, case management, interpretation, cultural brokerage, and assisting in group work with clients. TRYP Health Navigators are crucial in connecting clients to other AuMHC programs and services. As TRYP enters its final year of the grant, the program’s aim is to continue expanding Health Navigator’s reach both internally and externally. The Aurora refugee and immigrant community is ever involving, and particularly in light of the impacts of the COVID pandemic, TRYP is prepared to adapt to the therapeutic needs of the populations they serve.

TRYP provides evidence-based and empirically supported practices to clients including Cognitive Behavioral Intervention for Trauma in Schools, Trauma-Focused Cognitive Behavior Therapy, Eye Movement Desensitization and Reprocessing, and Parent Child Interaction Therapy. Additionally, TRYP provides services through the Trauma Systems Therapy for Refugees (TST-R) framework and is the only Center in the country that offers TST and TST-R, serving as community-responsive innovators. Collaborating closely with Boston Children’s Hospital, TRYP is leading the way in both training and implementing TST-R with our internal AuMHC staff, as well as external partners. TST-R is an adaptation of Trauma Systems Therapy, which is utilized in AuMHC’s Intensive In-Home program, but with a specific focus on the refugee and immigrant experience, including the experience of war and violence prior to resettlement, and the ongoing acculturative and resettlement stressors. Initially developed in response to the specific challenges Somali refugees, it has since expanded through true partnerships between academic research and refugee and immigrant communities. TST-R has been adapted to provide culturally responsive mental health care for refugee and immigrant youth and families of various backgrounds and ethnicities, and has been disseminated in communities throughout the United States and Canada. TST-R encompasses four Tiers of fidelity, all of which are utilized by TRYP—another characteristic that makes TRYP so unique. The four Tiers include:

Tier 1: Focuses on community engagement and mental health stigma reduction. TRYP Health Navigators are truly embedded in the community they serve, engaging with refugees and immigrants in Colorado, aiming to reduce mental health stigma, and providing the community with culturally responsive resources.

Tier 2: Focuses on building social skills, school belonging, and emotion regulation. TRYP works closely with schools in Aurora, and in the past two years TRYP has provided about over ten “cultural groups” a year in different schools of the Aurora Public System, serving children in elementary, middle and high school. TRYP has also facilitated groups which focus on leadership, emotional intelligence, building positive relationships, and has offered both boys’ groups and girls’ groups, among others.

Tier 3: Focuses on trauma exposure, PTSD, family concerns, post-migration, and other mental health symptoms. As previously noted, TRYP is embedded throughout Aurora Mental Health Center. TRYP clients are seen through the outpatient system to address these specific issues while supporting families in being seen considering the need of the family and barriers such as transportation. In this way, families can be seen at school, on the north side of town or south side of town or they can be seen through providers that have a specifically specialty such as early childhood or dual diagnosis

Tier 4: Focuses on all three previous Tiers, as well as family concerns, post-migration difficulties, and integration challenges. This Tier is practiced by our Intensive In-Home team, which has also been trained in the TST-R so that they may best serve high acuity immigrant and refugee families in tandem with the TRYP team Families may start on Tier 3 and be transferred to Tier 4 if a higher level of care is needed. Families also may be transferred from Tier 4 to Tier 3 as the severity of the symptoms decreases while still able to use the same model across teams.

TRYP has led the way in training TST-R and has currently trained 53 staff, has hosted more than ten Tier 2 groups, and has served 63 clients within TST-R groups in the past year. We look forward to determining direct outcomes of TRYP’s utilization of TST-R in the year to come, but are confident that this method is innovative, unique, and is creating true change for our clients.

TRYP has made a large impact since it began in 2016; in just the past two fiscal years, TRYP has provided 3,355 services to 422 clients. Of those, 11% identified as Asian, 11% as Black 1% as Native Hawaiian/Pacific Islander, 32% as White/Caucasian, 2% as Multi-racial, while the remainder declined to share this information or it was not collected. Forty percent of TRYP clients identified as Hispanic. Over half of TRYP clients are below 100% of the Federal Poverty Level and over half have Medicaid as their insurance provider. Further, TRYP has met many of its programmatic goals. For example, TRYP has established a culturally inclusive continuum of trauma care for children and families in Aurora, CO by implementing a range of services to support families where they need it most. TRYP has been highly responsive to the COVID pandemic by adapting their culturally responsive services to telehealth in order to reduce any disruption in care. TRYP has enhanced and sustained training in evidence-based and culturally appropriate trauma treatment, including TST and TST-R, as well as reducing cultural, linguistic, and systemic barriers to trauma and screening treatment.

Finally, the TRYP team continues to be influential in the field as they have establish meaningful partnerships and expand their reach. TRYP served 172 clients in school-based groups to help clients integrate into their new schools in 2019, and hosts ongoing TST-R specific groups. TRYP provides consultation and presentations to the Physician’s Assistant program at the University of Colorado, and has also created a Mental Health handout for successfully working with immigrant and refugee clients during COVID-19, collaborated with the National Child Traumatic Stress Network to create a manual for clinicians and interpreters to better work together, created a manual on Islamophobia, as well as created a webinar on the topic of Unaccompanied Minors, which has been viewed over 8,000 times in the past month.

TRYP was awarded a $1.8 million grant from the Substance Abuse and Mental Health Services Administration in 2016, averaging about $360,000 a year. These costs have included and continue to include personnel costs for the Project Director, Lead Clinician, and Health Navigators, travel costs including mileage and grantee meetings, clinical supplies, staff training costs, and sub-contracts with the Aurora Research Institute and Asian Pacific Development Center. As TRYP moves into its last year of funding, we plan to adapt, evolve, and expand the program as it best fits within AuMHC and the community.