

# **The BRAIN TRUST**

## **Meeting Notes**

**Tuesday, November 13<sup>th</sup>, 2018**

**4:30 pm-5:30 pm**

**UTEP Health Science Center and School of Nursing Building**

**(Across from the UTEP Library)**

**1851 Wiggins Rd.**

**El Paso, TX 79968**

**3rd Floor Room 384**

**Attending:** Sharon Butterworth, Maria Carrillo, Manuel Castruita, Dr. Hyejin Jung, Dr. Holly Mata, Kathy Revtyak, Dr. Eden Robles, Denise Uga, Bernard Wazlavek, Dr. John Wiebe, Leon Armstrong, Renato Diaz, Jackline Flores, Perla Chaparro, Crisian Martinez, Ruth French, Bianca Meto

**Topic:** *STAR Counseling and Support Services*

**Presenters:** El Paso Center for Children: Dr. Arturo Jaime “Chief Operating Officer”, Jacqueline Flores “LMSW”, Eugene Reyes “Supervisor”

### *STAR MISSION*

- Developing and strengthening coping skills for the purpose of restoring family stability, building resiliency among youth and enhancing parental protective factors is the primary role of the STAR program."

*STAR Program Services:* Free

### *STAR Objective*

- "Through the enhancement of family functioning and resiliency, STAR program services are aimed to prevent child maltreatment, juvenile delinquency behaviors, runaway or homelessness and school attendance issues."
  - Nurturing and Attachment
  - Social Support
  - Child Development/ Knowledge of Parenting
  - Concrete Support
  - Family Functioning/ Resiliency

### *STAR Goal*

- "Through the enhancement of family functioning and resiliency, STAR program services are aimed to prevent child maltreatment, juvenile delinquency behaviors, runaway or homelessness and school attendance issues."

### *STAR Clients are:*

- Families, Parents, Adolescents and Children
- Ages: 5-17 whom are enrolled in formal education
- Experiencing difficulties with anxiety, bullying, self-esteem, substance abuse, trauma... etc.
- Referred

*STAR Clients are NOT:*

- Adjudicated youths
- Convicted youths
- Coerced, court ordered/ mandated
- Youths with open CPS cases

*STAR Services;*

- Intake/Assessment
- Individual (Therapy/Support)
- Groups:
  - Parent Skills
  - Youth Coping Skills
- Continuity of Care Referrals
- Emergency Shelter
- UCAP

*STAR services:*

- STAR program services aim to address difficulties related to parent/child communication, problem-solving, decision making, managing peer pressure, coping skills, conflict-resolution, anger management and other client specific topics.
- Counseling for Victims of Crime (VOCA) The trauma of being the victim of crime can affect our lives, our work, and our families. WE provide expert therapy services for crime victims of all ages. Crime does not have to be reported to receive services. Phone number: 915-565-5021

*STAR Team:*

- Our STAR program is currently comprised of four fully licensed therapists and six professionally trained Family Support Specialists (FSS), al whom offer quality short-term and culturally sensitive services. STAR team members utilize evidence-based practices in conjunction with modalities such as Cognitive/Dialectical Behavioral Therapy (CBT/DBT), Solution-Focused Therapy, Trauma Focused-CBT and Motivational Interviewing (MI) to aid families, youths and children to overcome difficulties hindering positive and healthy development.

*STAR Funding:*

- Texas Prevention and Early Intervention Division
- TDFPS
- US Department of Health and Human Services.

**Community Updates & Announcements:**

1. Emergence AHN World Diabetes Day South Mesa Hills
2. Nami El Paso's Library: Call 915-778-5726 to donate books
3. Counseling Advising Agency Fair:
  - EPISD Staff Development Center
  - Wednesday, December 19<sup>th</sup>
  - 2 Sessions
    - 8:30 & 11:30 am
    - 1:00 & 4:00 pm

4. Family Leadership Community Collaborations Kathy Retyak:
  - Now coordinating Fast Track Tours of different agencies
  - Contact Kathy Retyak if you want your agency to be part of the Fast Track Tours.
5. Empower Change Dr. Robles:
  - Successful Health Summit
  - Health Summit is now available on YouTube “Empower Change”
  - Action Plans are available on the Empower Change Website
6. Sharon Butterworth Stepping down on leading The Brain Trust Meetings.
  - Dr. Holly Mata will now be leading The Brain Trust Meetings.

**Next Meeting:**

*Tuesday November 13<sup>th</sup>, 2018*