



SHARK

Strong Healthy And Resilient Kids
Program

Strong Healthy And Resilient Kids: Mitigating the Effects of Adverse Childhood Experiences

Laura Figueroa-Phillips, MD, MSCE
Director, SHARK clinic

Lizeth Gasca Vazquez
Program Director, SHARK clinic

Jessica Vazquez, LCSW
Specialty Social Worker, SHARK
clinic

ACEs-Aware Stress Busters



- Seven ways to counter toxic stress from Adverse Childhood Experiences.
- All Stress Busters have been shown to improve brain health and immune function and balance stress hormones.

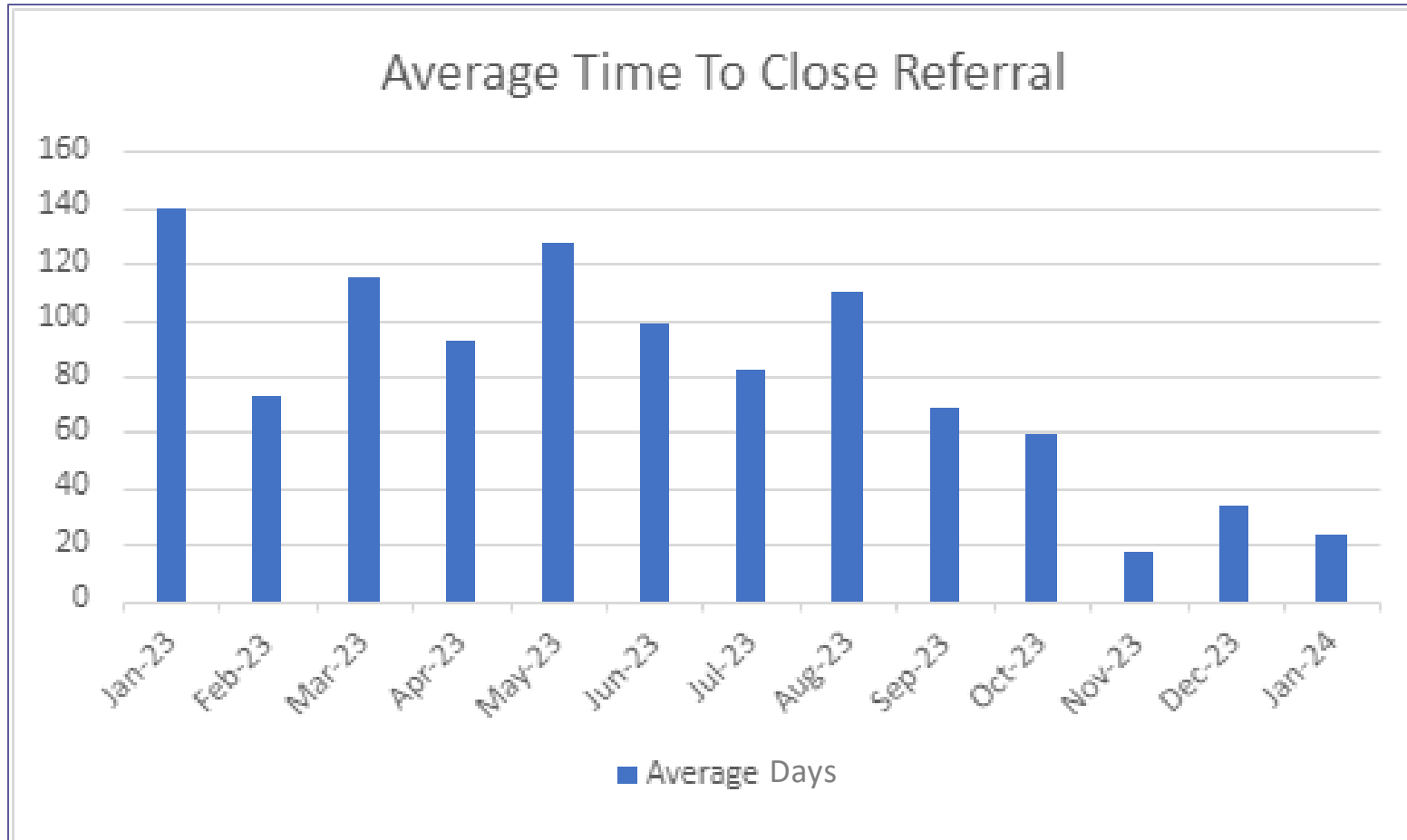
SHARK/PRACTICE Collaboration

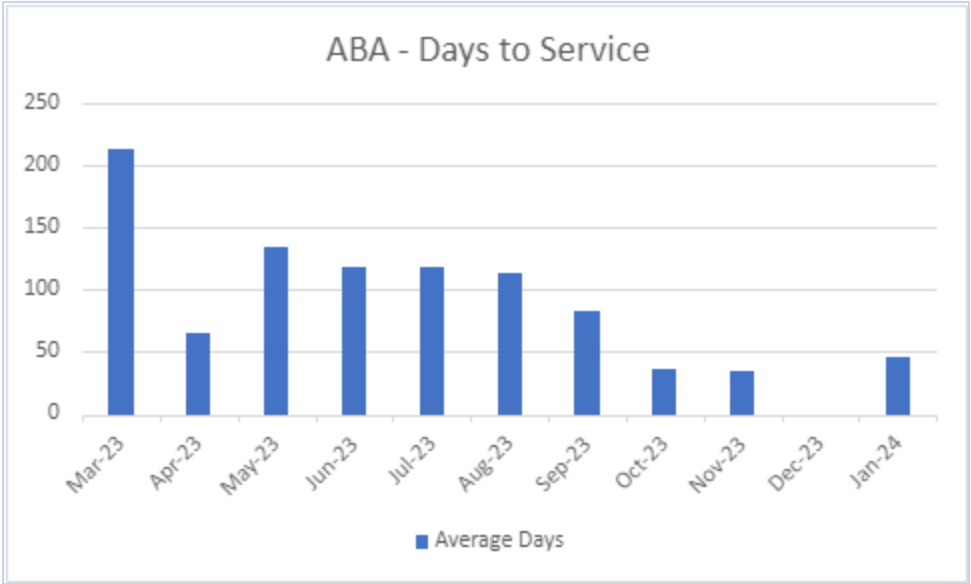
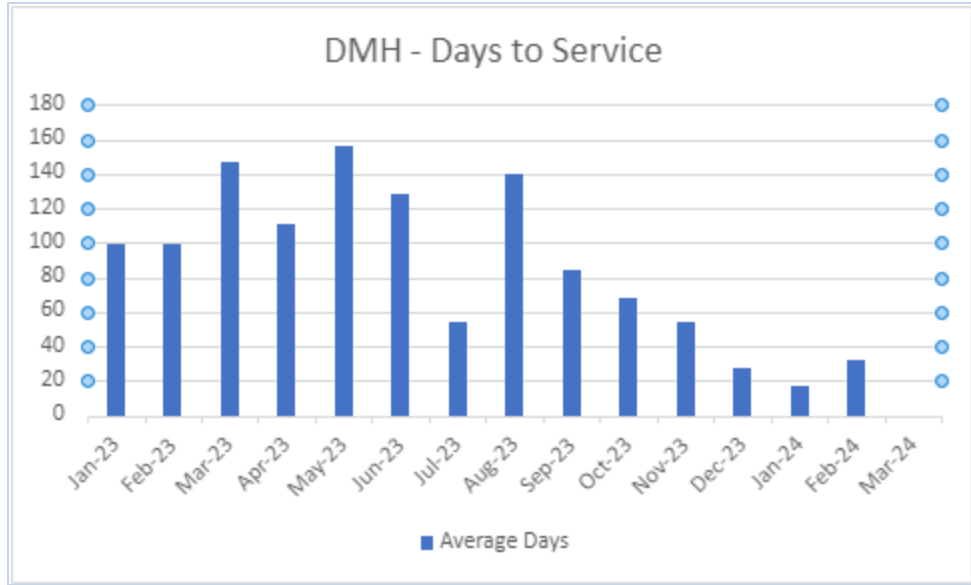
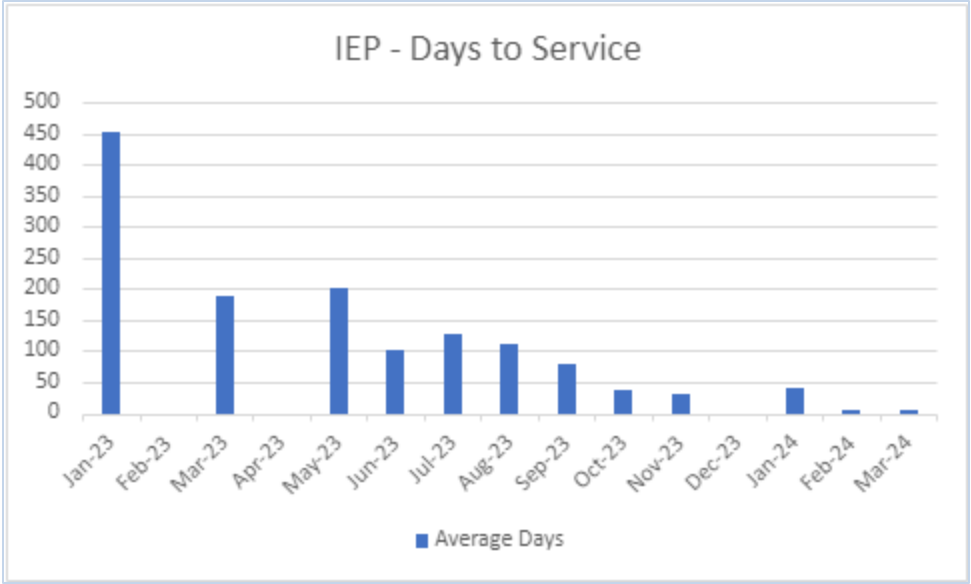
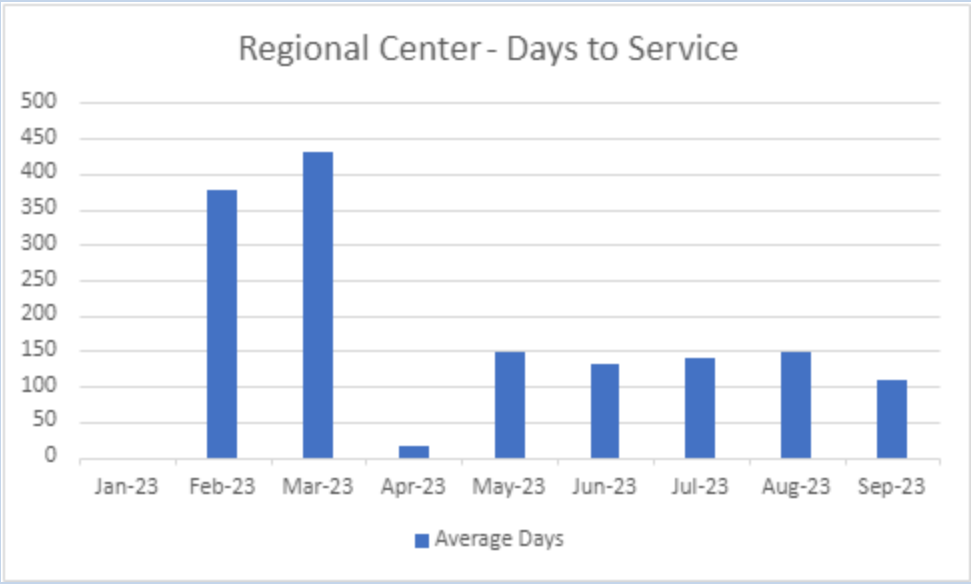
- Referral Pathways for:
 - Mental Health
 - ABA Therapy
 - Regional Center
 - IEP Initiation or Troubleshooting
 - ADHD – Vanderbilt form completion and initial assessment

SHARK/PRACTICE Collaboration

- Started in January 2023
- The total number of families helped = 531
 - 204 DMH
 - 129 ABA
 - 106 IEP
 - 84 ADHD
 - 76 Regional Center
 - 6 brief therapy

Success of CHW Integration





Mental Health – Access to Pediatric Psychiatry

- Charles Drew Child and Adolescent Psychiatry Fellowship
 - Co-located in SHARK Clinic
 - Biweekly meetings with SHARK providers for collaborative care
- DMH Partnership
 - DMH Psychiatrist, George Fouras, co-located in SHARK Clinic weekly
 - Troubleshoots and expedites connection to DMH services



Mental Health – UCLA PTSD Partnership

- Lauren Ng, Director of the Trust Lab
- Research on shortened, primary-care based intervention for PTSD symptoms

The TRUST Lab

Treatment and Research for the Underserved with Stress and Trauma

Welcome to the TRUST Lab at the UCLA Department of Psychology

The TRUST lab uses research to improve access to, and quality of, care for diverse, low-resource, and underserved populations affected by traumatic and stressful events. The lab is led by Dr. Lauren Ng in collaboration with colleagues, students, and research team members throughout the world. She currently has research projects in the US, Ethiopia, and Rwanda.

ACEs-Aware Stress Busters



- Seven ways to counter toxic stress from Adverse Childhood Experiences.
- All Stress Busters have been shown to improve brain health and immune function and balance stress hormones.

Mindfulness - Virtual Meditation Classes

Research study: "Virtual Meditation as a Response to Adverse Childhood Events"

PI: Laura Figueroa-Phillips, MD

Funded by the UCLA/UCSF ACEs Aware Family Resilience Network (UCAAN)



Project Methods

Intervention: Series of weekly meditation sessions over 6 weeks, 1 hour each, delivered via ZOOM

Data Tracked:

- Physical symptoms
- Mental health symptoms
- Relationships with family and peers

Data Instruments:

- PHQ-9
- GAD-7
- SDQ
- BIS

Data Collection Timepoints: enrollment, 1 month post study intervention, 4 months post study intervention

Inclusion Criteria:

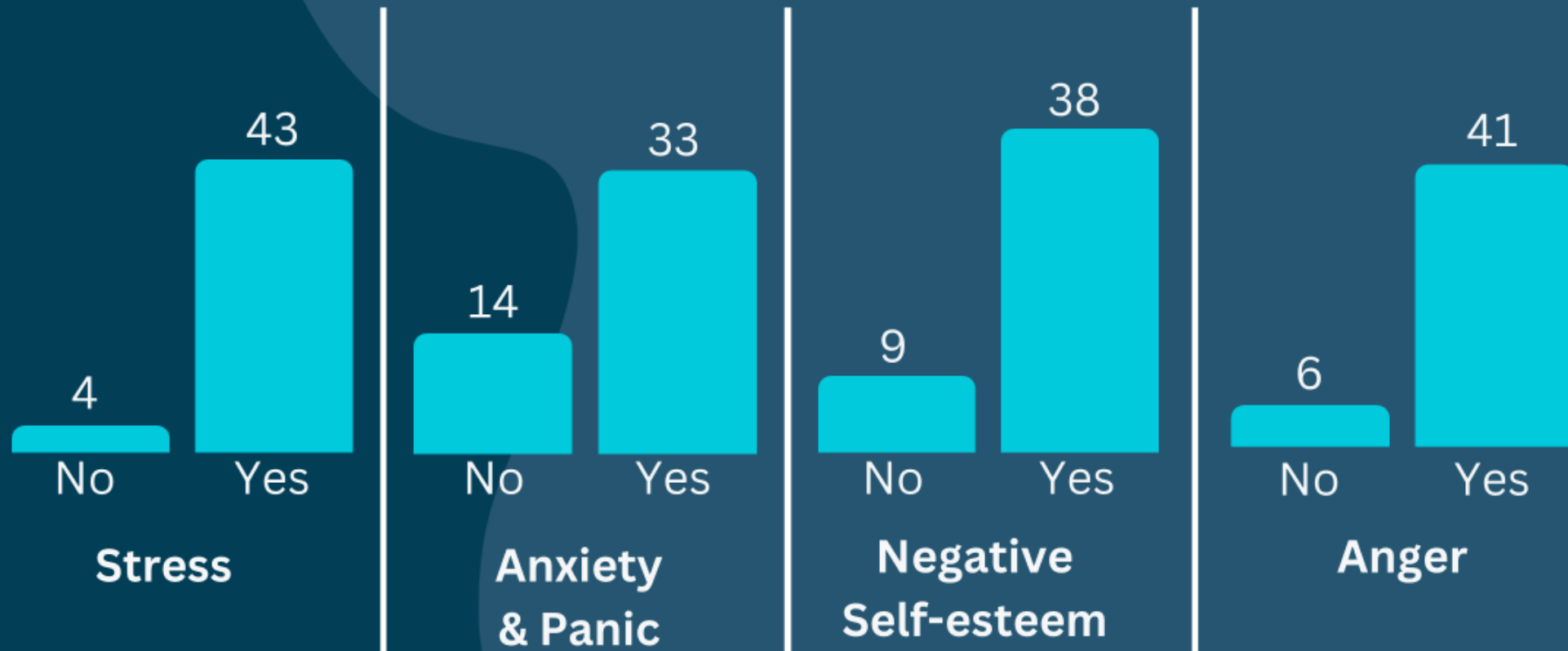
- Age 11-20
- + ACEs Screening (Score 4+ OR 1-3 with symptoms)
- Computer or smart phone with camera and audio capability
- Patient and guardian speak English or Spanish fluently

Exclusion Criteria:

- Significant impairment in cognition
- New psychiatric medication or change in dose of psychiatric medication 90 days prior to enrollment
- New mental health therapy started 90 days prior to enrollment



Indication of the helpfulness of mindfulness and meditation at the one month follow-up (N=47):



Changes in Physical Symptoms

Table 4. Changes over time in past month physical symptoms at the one month follow-up

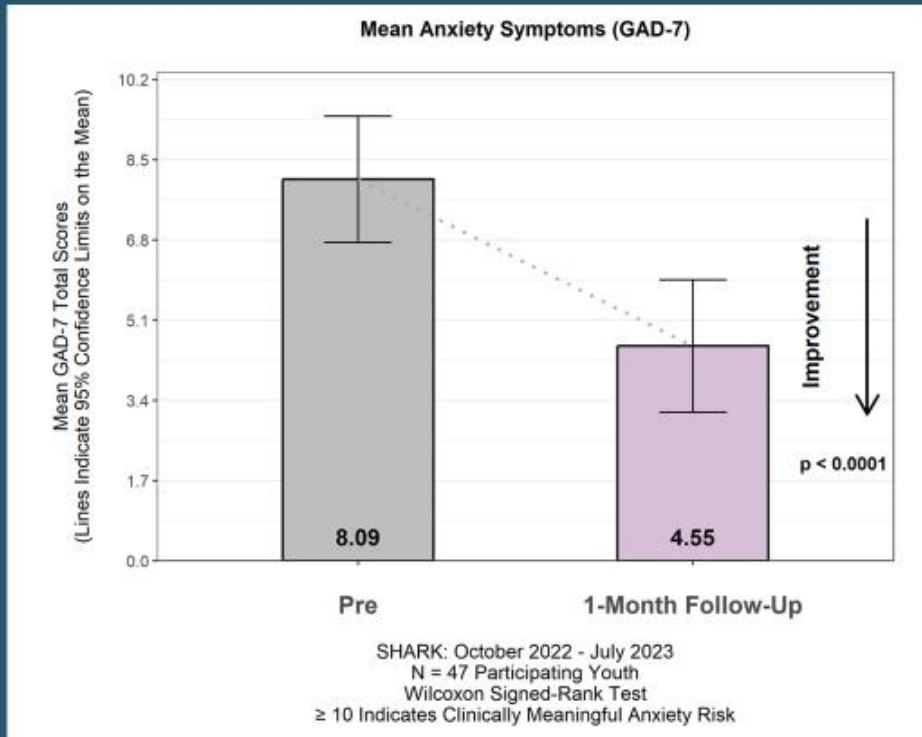
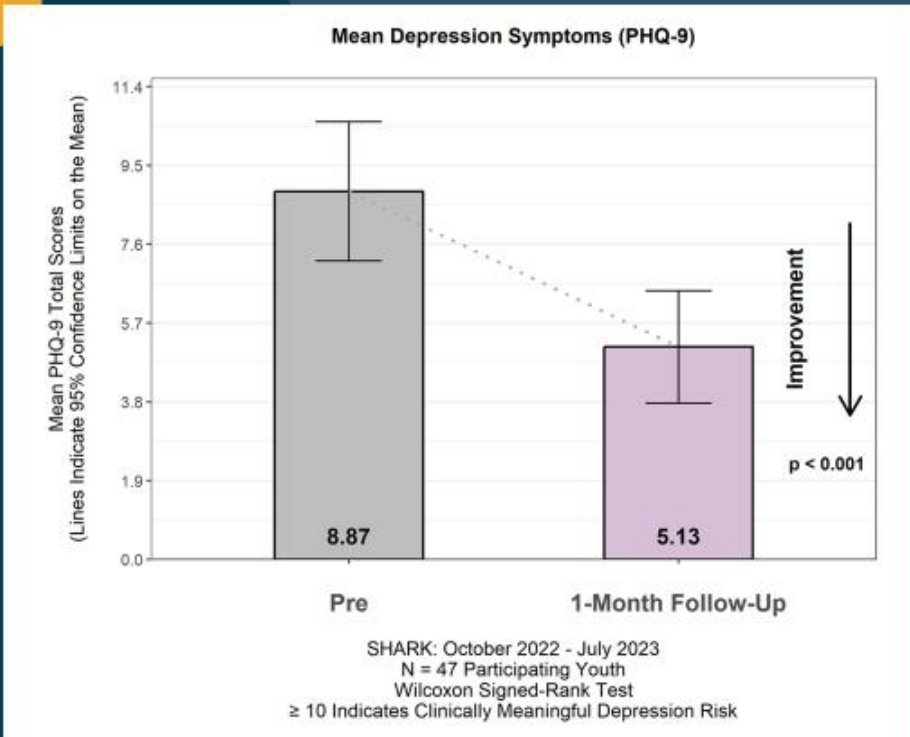
(N = 47)	Number and Percentage Responding 'Yes'				P Value*
	Pre		One Month Follow-Up		
	N	%	N	%	
Headache/Migraine	17	36	11	23	0.1094
Chronic Abdominal Pain	15	32	12	26	0.5811
Chronic Muscle or Bone Pain	11	23	8	17	0.6072
Chronic Nausea or Vomiting	11	23	8	17	0.5078
Difficulty Eating	12	26	11	23	1.0000
Difficulty Sleeping	26	55	19	40	0.1435
Frequent Dizziness	9	19	7	15	0.7266
Frequent Constipation/Diarrhea	7	15	4	9	0.3750
Chronic Fatigue	20	43	15	32	0.3018
Palpitations/Heart Racing	8	17	5	11	0.4531
Unexplained Shortness of Breath	9	19	5	11	0.4240
	N	Mean	Med	SD	
Change in Total Number of Symptoms	47	-0.851	-1.000	2.236	0.0082

*Exact McNemar test comparing changes from Pre to One Month Follow-Up

Bold indicates statistical significance ($p < 0.05$)

Summary: Significant decrease in total number of symptoms from pre- to one-month post-intervention. Mean number of symptoms at pre = 3.09 (SD = 2.31) and mean number of symptoms at one-month = 2.23 (SD = 2.42).

Changes in Behavioral Health



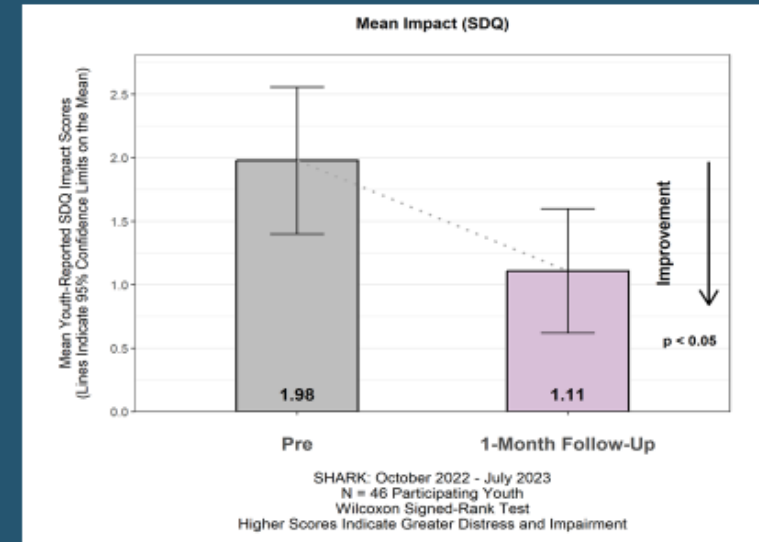
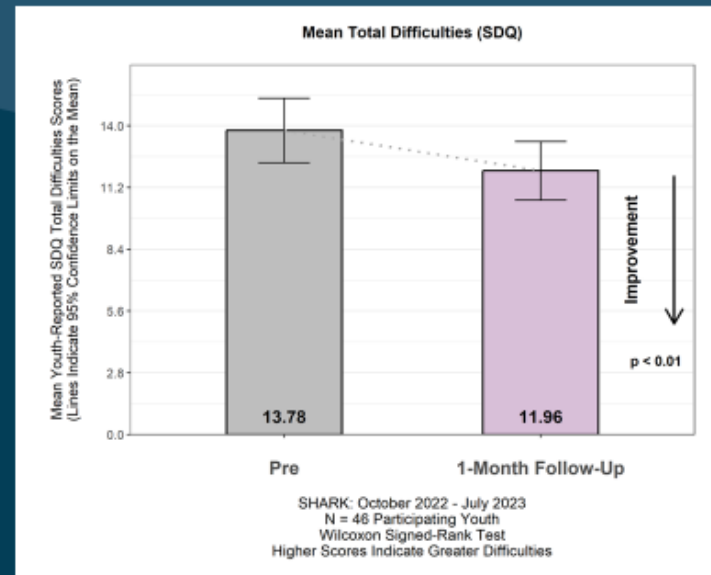
Summary: Significant improvements from pre-intervention to one-month post-intervention in PHQ-9 Total Score and GAD-7 Total Score.

Strengths and Difficulties Questionnaire (SDQ) + Impact

25 item questionnaire assessing

- emotional problems
- relationships
- behavioral issues

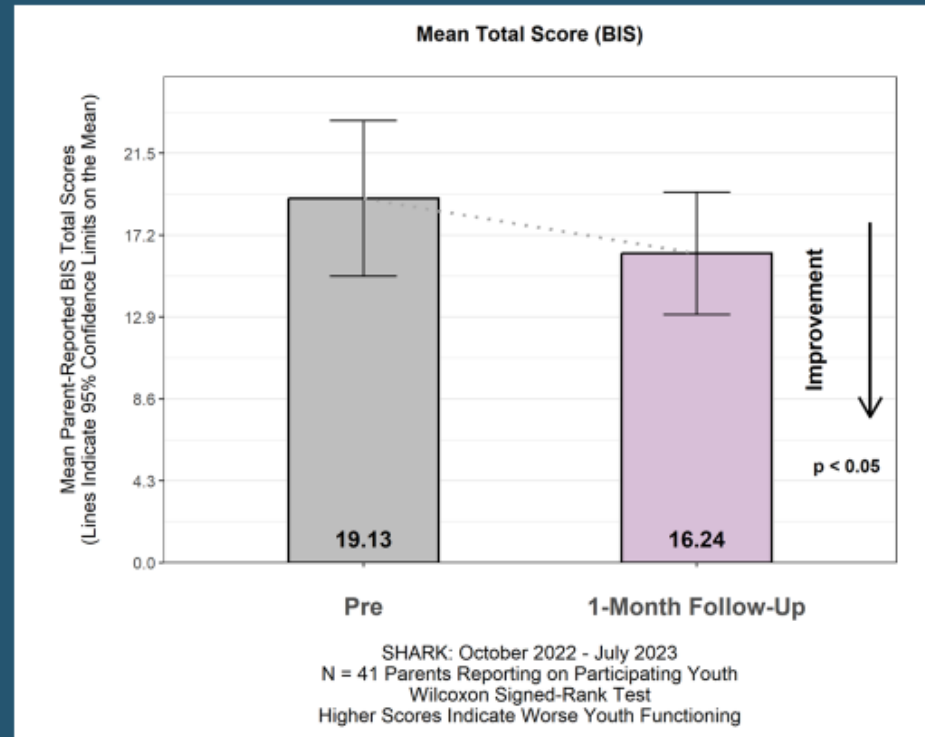
Impact supplement assesses impact of problems on functioning at home, school, and with friends.



Summary: Significant improvements from pre-intervention to one-month post-intervention in SDQ Emotional Symptoms (Parent and Patient Report), SDQ Peer Problems (Parent Report), SDQ Total Score (Patient-Report) and SDQ Impact (Patient-Report).

Brief Impairment Scale

- 23-item instrument that evaluates three domains of functioning:
 - interpersonal relations
 - school/work functioning
 - self-care/self-fulfillment.



Summary: Significant improvements from pre-intervention to one-month post-intervention in BIS Total Score and BIS School/Work.

Mindfulness - Therapeutic Art Lessons

- Art making has been found to be beneficial to mood and stress management

Girija Kaimal, Kendra Ray & Juan Muniz (2016) Reduction of Cortisol Levels and Participants' Responses Following Art Making, *Art Therapy*, 33:2, 74-80

- **art making resulted in statistically significant lowering of cortisol levels**

- 75% of the participants' cortisol levels lowered during their 45 minutes of making art

Girija Kaimal & Kendra Ray (2017) Free art-making in an art therapy open studio: changes in affect and self-efficacy, *Arts & Health*, 9:2, 154-166

- **art making significantly lowered negative affect and improved positive affect and self-efficacy**

- 73% of the participants showed a beneficial increase in their feelings of self-efficacy

Mindfulness - Therapeutic Art Lessons



SHARK
STRONG HEALTHY AND RESILIENT KIDS

Is your child or teen interested in art?

SHARK is now offering free, individual art sessions for pediatric patients interested in visual art and creative expression as part of their path to wellness and resiliency. Sessions will be available both virtually and on-site at Rancho Los Amigos, with all materials provided. Activities will be tailored to the needs, interests, and goals of individual students, but available topics include:

- Drawing
- Water-color painting
- Weaving
- Hand-building with clay
- Collage
- Comics
- Stop-action animation

**NO EXPERIENCE IS NECESSARY.
AGES 5 TO 20.**

TO REGISTER

PLEASE SCAN THE QR CODE BELOW OR
ASK YOUR MEDICAL TEAM TO REFER YOU.

SCAN ME! >>> 



ACEs-Aware Stress Busters



- Seven ways to counter toxic stress from Adverse Childhood Experiences.
- All Stress Busters have been shown to improve brain health and immune function and balance stress hormones.

Supportive Relationships – Triple P

Triple P Positive Parenting Program

- Helps parents manage misbehavior and prevent problems occurring in the first place
- Designed to enhance parental competence, and prevent or alter dysfunctional parenting
- 104 randomized controlled studies show benefit



Supportive Relationships – Triple P

Nowak, C. & Heinrichs, N. (2008). A comprehensive meta-analysis of Triple P - Positive Parenting Program using hierarchical linear modeling: Effectiveness and moderating variables. *Clinical Child and Family Psychology Review*, 11, 114-

- **Triple P reduces problem behavior in children and improves parents' wellbeing and parenting skills**

Prinz, R.J., Sanders, M.R., Shapiro, C.J., Whitaker, D.J., & Lutzker, J.R. (2009). Population-based prevention of child maltreatment: The U.S. Triple P system population trial. *Prevention Science*,

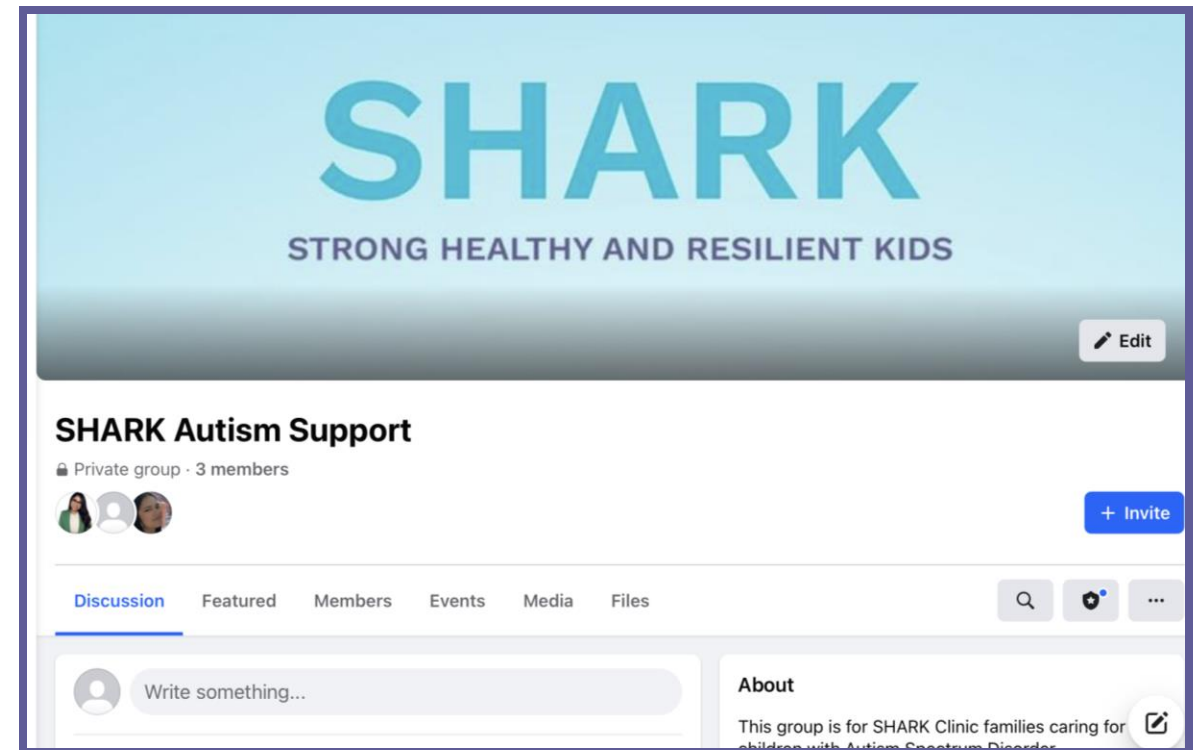
- **Triple P has been shown to slow rates of child abuse, reduce foster care placements and decrease hospitalizations from child abuse injuries**
 - Large effect sizes were found for: substantiated child maltreatment, child out-of-home placements, and child maltreatment injuries
 - In a community with 100,000 children under 8 years of age, these effects would translate into 688 fewer cases of CM, 240 fewer out-of-home placements, and 60 fewer children with injuries requiring hospitalization or emergency room treatment.

Supportive Relationships – Triple P

- Case studies - Triple P

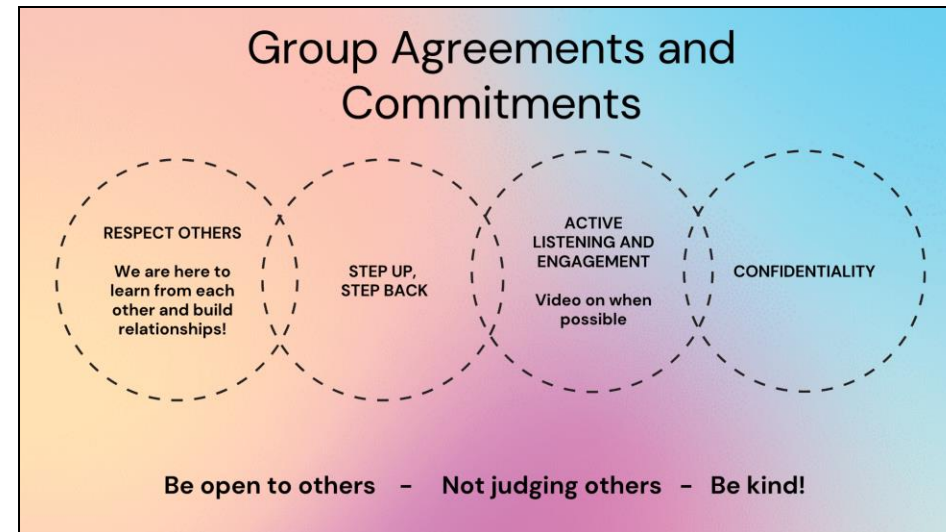
Supportive Relationships - SHARK Online Community Groups

- Rolling out SHARK Facebook groups for parents and caregivers of children with:
 - Autism
 - ADHD
 - Mental Health Problems, and
 - Triple P enrolled parents



Collaborate with Families - SHARK Patient Family Action Committee

- 20 parents/caregivers
- Compensated for time
- Each meeting begins with 20 min presentation on educational topic chosen by families
- Break out rooms for in-clinic issues and specialty issues



ACEs-Aware Stress Busters



- Seven ways to counter toxic stress from Adverse Childhood Experiences.
- All Stress Busters have been shown to improve brain health and immune function and balance stress hormones.

Experiencing Nature

- Coventry PA, Brown JE, Pervin J, Brabyn S, Pateman R, Breedvelt J, Gilbody S, Stancliffe R, McEachan R, White PL. Nature-based outdoor activities for mental and physical health: Systematic review and meta-analysis. *SSM Popul Health*. 2021 Oct 1;16:100934. doi: 10.1016/j.ssmph.2021.100934. PMID: 34646931; PMCID: PMC8498096.
- Random effects meta-analysis of RCTs
- Nature, especially gardening were effective for improving:
 - depressive mood - 0.64 (95% CI: 1.05 - 0.23)
 - reducing anxiety - 0.94 (95% CI: 0.94 to - 0.01)
 - improving positive affect - 0.95 (95% CI: 0.59 - 1.31)
 - reducing negative affect - 0.52 (95% CI: 0.77 - 0.26).

Nature and Nutrition – Urban Farm Partnerships

FEED AND BE FED URBAN GARDEN + FARM
Feeding San Pedro Since 2015

The Farm @ 2201 Barrywood The Garden @ 429 6th Street

Home Donate Volunteer Youth Compost Farmers Market Merchandise

Feed and be Fed was founded in 2015 by The Garden Church as a non-profit urban garden dedicated to restoring food justice in the community of San Pedro by growing and distributing organic whole foods.



Urban Garden + Farm
Feeding in Body



Living Classroom
Feeding in Mind



Urban Sanctuary
Feeding in Spirit

Sowing Seeds of Change
Agricultural Education & Vocational Center

DONATE HERE

(562) 285-7704

Get Involved Our Team

Root Down^{LA}
YOUTH • FOOD • COMMUNITY • HEALTH

DO OUR MODEL TEAM CONNECT

EMPOWERING YOUTH TO SUCCEED THROUGH HEALTHY FOOD VENTURES IN SOUTH L.A.



BLACK THUMB FARM

EMPOWERING YOUTH ON OUR URBAN FARM

JOIN US!

As a community organization, we offer our Programs at zero cost to all participants. We consider this a hand-up, not a hand-out. Consider donating today to help us continue to grow, nourish, and empower more youth in our community!

DONATE TODAY!



Nature and Nutrition – Urban Farm Partnerships

- Vocational program trains foster youth in Long Beach garden (spectrumnews1.com)

ACEs-Aware Stress Busters



- Seven ways to counter toxic stress from Adverse Childhood Experiences.
- All Stress Busters have been shown to improve brain health and immune function and balance stress hormones.

Coming Soon – SHARK Sleep Clinic

- Features:
 - Use of Sleep Diary
 - Creation/adjustment of personalized bedtime routine with trained LCSW
 - Use of mindfulness relaxation exercises
 - Aromatherapy classes
 - Consultation with Peds Psychiatry as needed



The SHARK Team

- **Providers**

- Anna McKinsey, MD
- Willi Rechler, MD
- Richelle Bautista-Azores, MD
- Cecile Yama, MD
- Madvhi Shah, MD
- Michelle Song, MD

- **PRACTICE Collaboration**

- Eric Fein, MD

- **Nursing**

- Daisy Gaytan, RN
- Reliza Rafallo
- Claudia Flores Olvera
- Kamaren Lemon

- **Program Management**

- Lizeth Gasca

- **Administration**

- Michael Bolaris, MD
- Shannon Thyne, MD

- **Inpatient Rehab**

- Melanie Sarino, MD

- **Social Workers**

- Jessica Vazquez, LCSW
- Desiree Pillars-Lopez, LCSW

- **Art Lessons**

- Ashton Phillips

- **Community Health Workers**

- Leslie Benitez
- Anais Yanez
- Lauren Lopez
- Jasmine Lona

- **Psychiatry**

- Nithya Ravindran, MD
- Amy Woods, MD
- Drew Psychiatry Fellows
- George Fouras, MD

- **Meditation Teachers**

- Helane Anderson
- Melanie Yetter



Thank you!

Upcoming Lunch and Learn:
Mental Health Resources: Part 3
Thursday, June 20th, 2024
Noon – 1pm