

# SHARK

**Strong Healthy And Resilient Kids**  
Program

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

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LAURA FIGUEROA-PHILLIPS, MD, MSCE  
DIRECTOR, SHARK CLINIC

JESSICA VAZQUEZ, LCSW  
SPECIALTY SOCIAL WORKER, SHARK CLINIC

LIZETH GASCA  
PROGRAM DIRECTOR, SHARK CLINIC

# ACEs-Aware Stress Busters

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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

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Referral Pathways for:

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

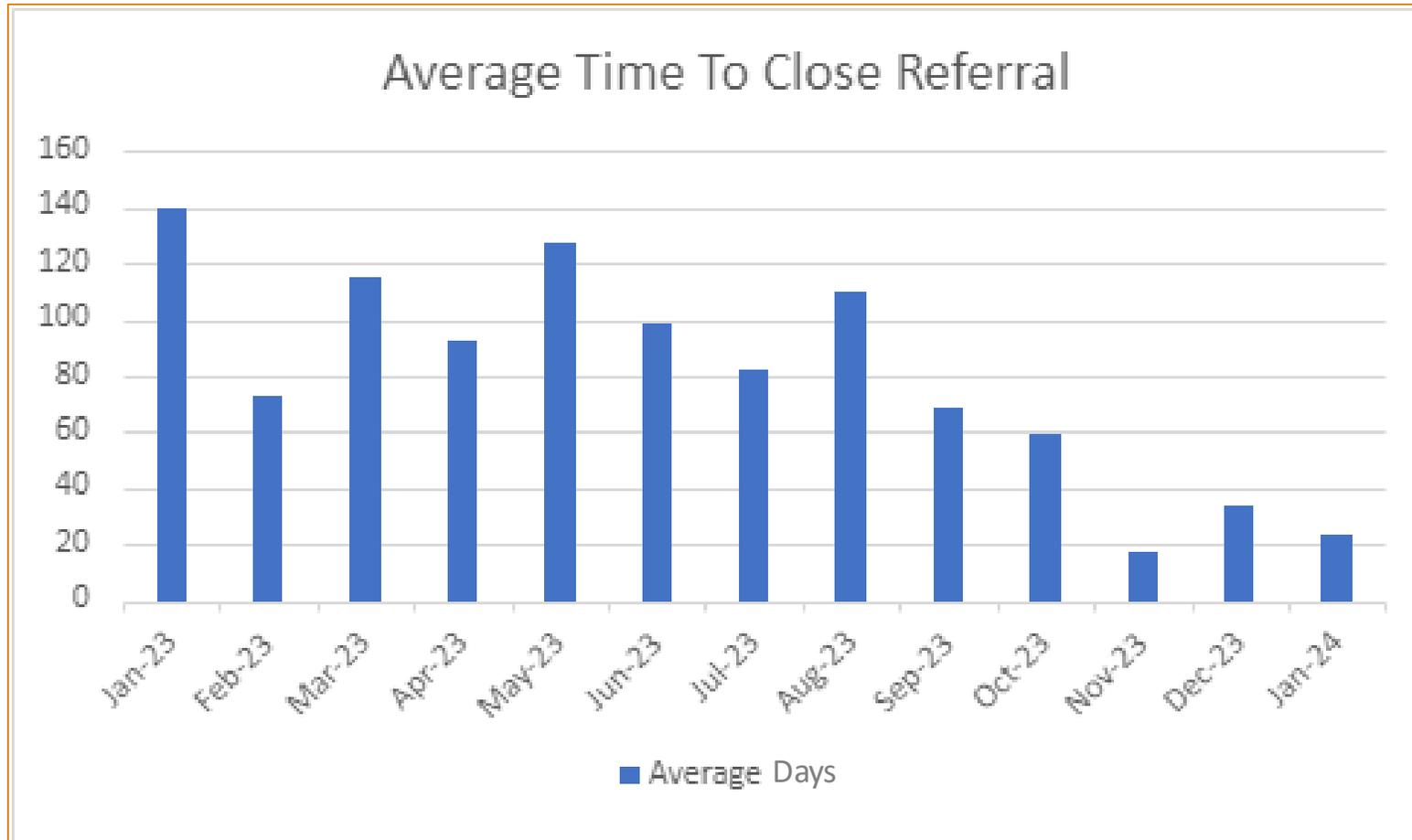
# SHARK/PRACTICE Collaboration

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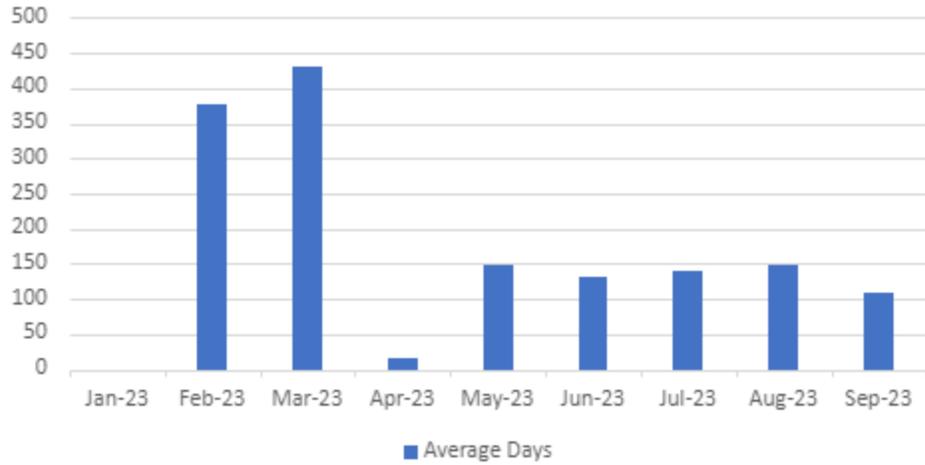
- Started in January 2023
- The total number of families helped = 531
  - 204 DMH
  - 129 ABA
  - 106 IEP
  - 84 ADHD
  - 76 Regional Center
  - 6 brief therapy

# Success of CHW Integration

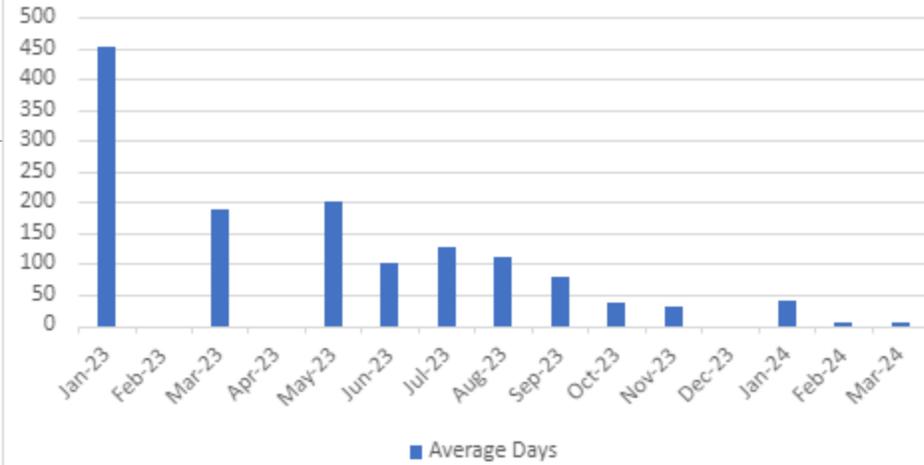
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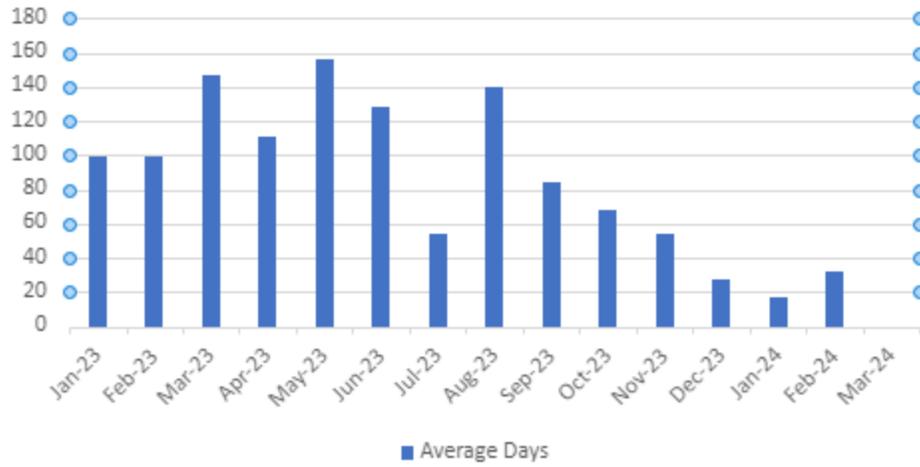
### Regional Center - Days to Service



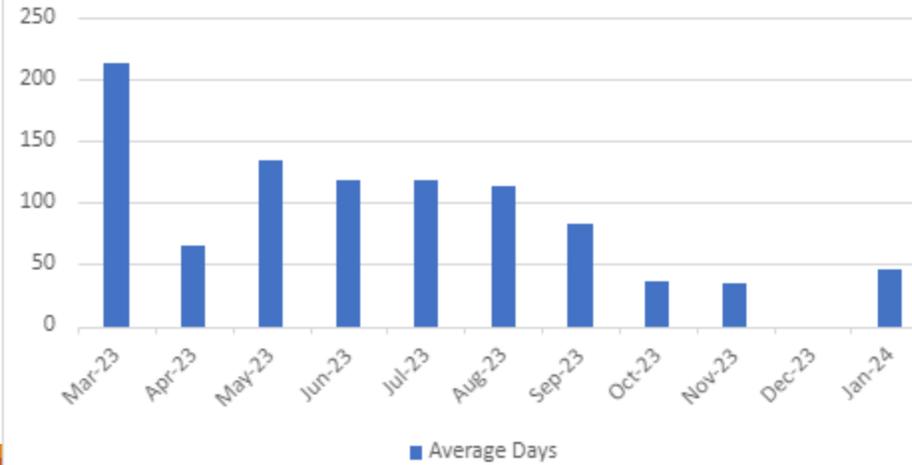
### IEP - Days to Service



### DMH - Days to Service



### ABA - Days to Service



# Mental Health – Access to Pediatric Psychiatry

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- 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

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- 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.

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# Mindfulness - Virtual Meditation Classes

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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:

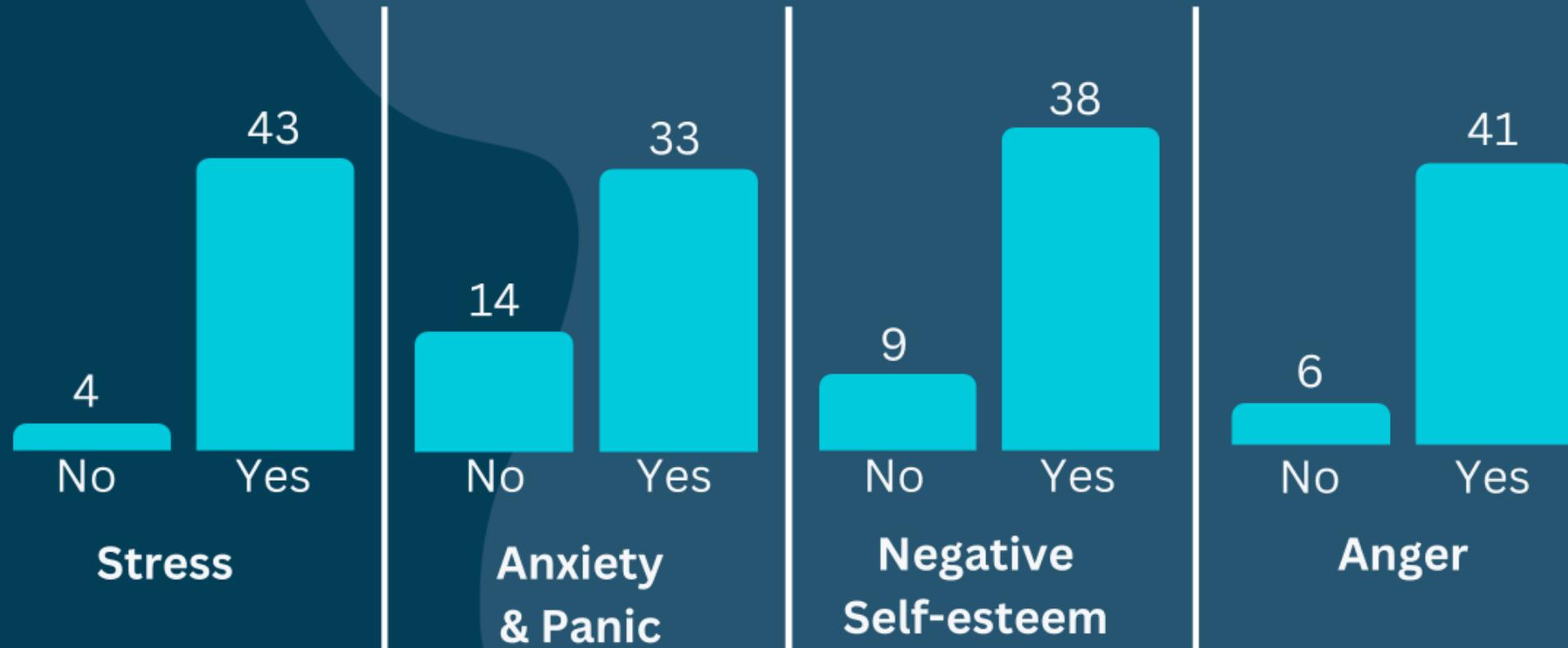
- Age 11-20
- + ACEs Screening (Score 4+ OR 1-3 with symptoms)
- Computer or smart phone with camera and audio capability
- Patient and guardian speak English or Spanish fluently

## 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

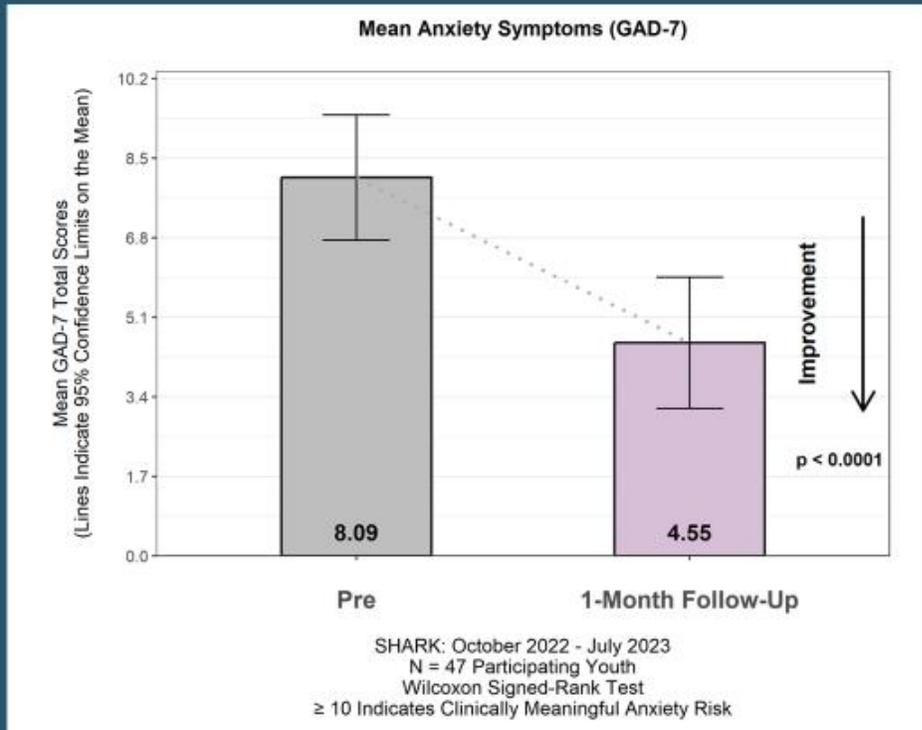
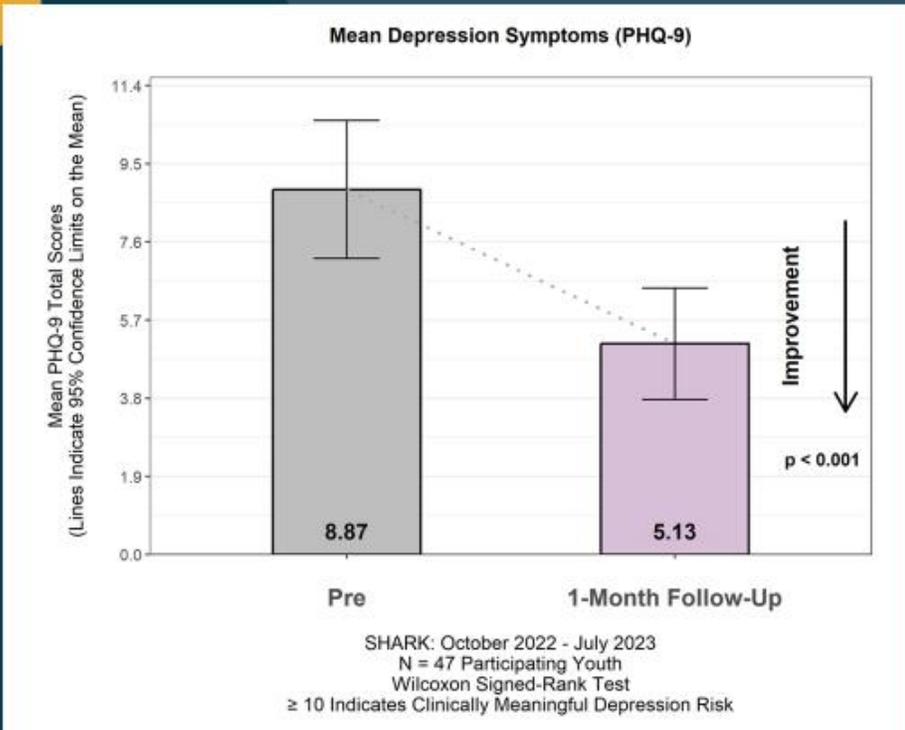
(N = 47)	Number and Percentage Responding 'Yes'				P Value*
	Pre		One Month Follow-Up		
	N	%	N	%	
Headache/Migraine	17	36	11	23	0.1094
Chronic Abdominal Pain	15	32	12	26	0.5811
Chronic Muscle or Bone Pain	11	23	8	17	0.6072
Chronic Nausea or Vomiting	11	23	8	17	0.5078
Difficulty Eating	12	26	11	23	1.0000
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
	<b>N</b>	<b>Mean</b>	<b>Med</b>	<b>SD</b>	
Change in Total Number of Symptoms	47	-0.851	-1.000	2.236	<b>0.0082</b>

\*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



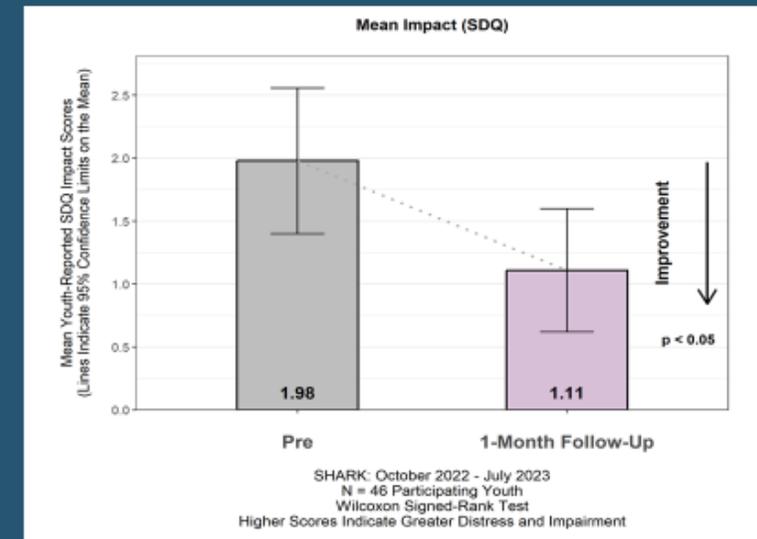
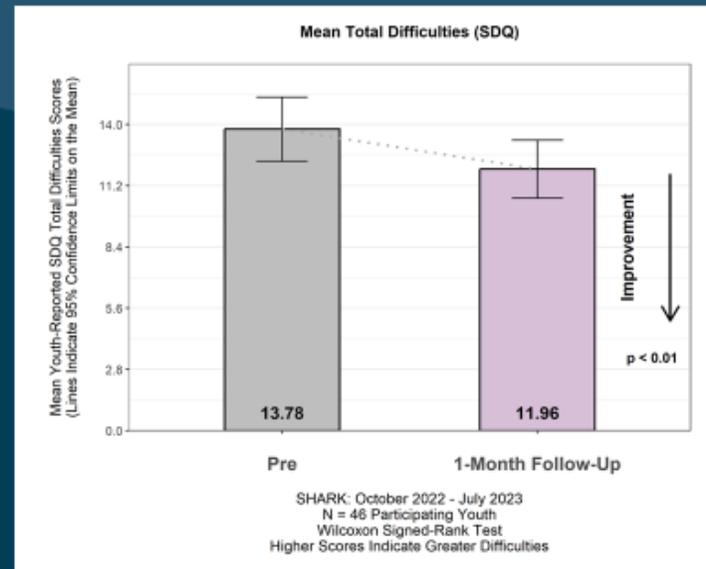
**Summary:** Significant improvements from pre-intervention to one-month post-intervention in PHQ-9 Total Score and GAD-7 Total Score.

# Strengths and Difficulties Questionnaire (SDQ) + Impact

25 item questionnaire assessing

- emotional problems
- relationships
- behavioral issues

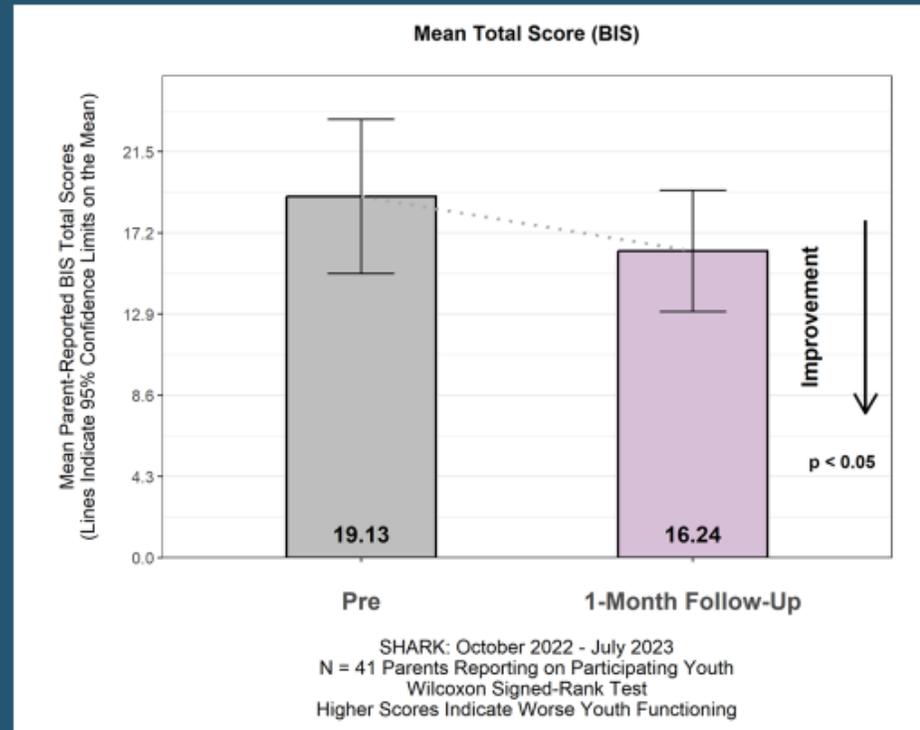
Impact supplement assesses impact of problems on functioning at home, school, and with friends.



**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

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- 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

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## 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

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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.

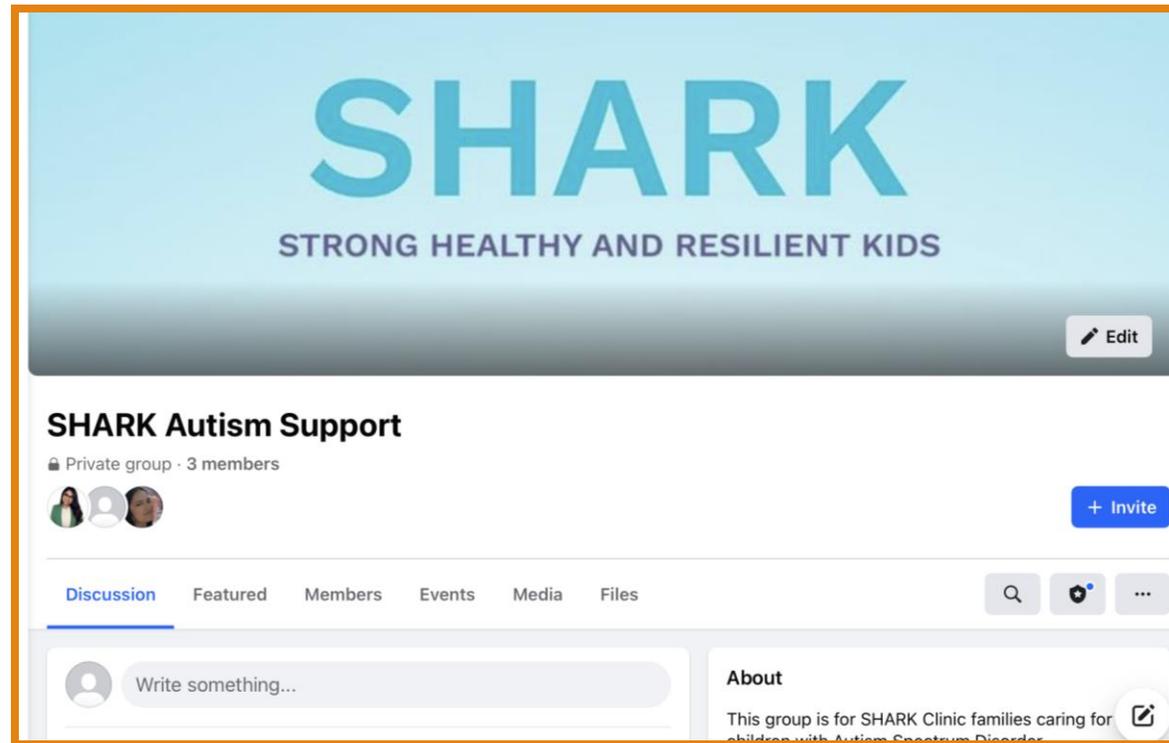
# Supportive Relationships – Triple P

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[Case studies - Triple P](#)

# Supportive Relationships - SHARK Online Community Groups

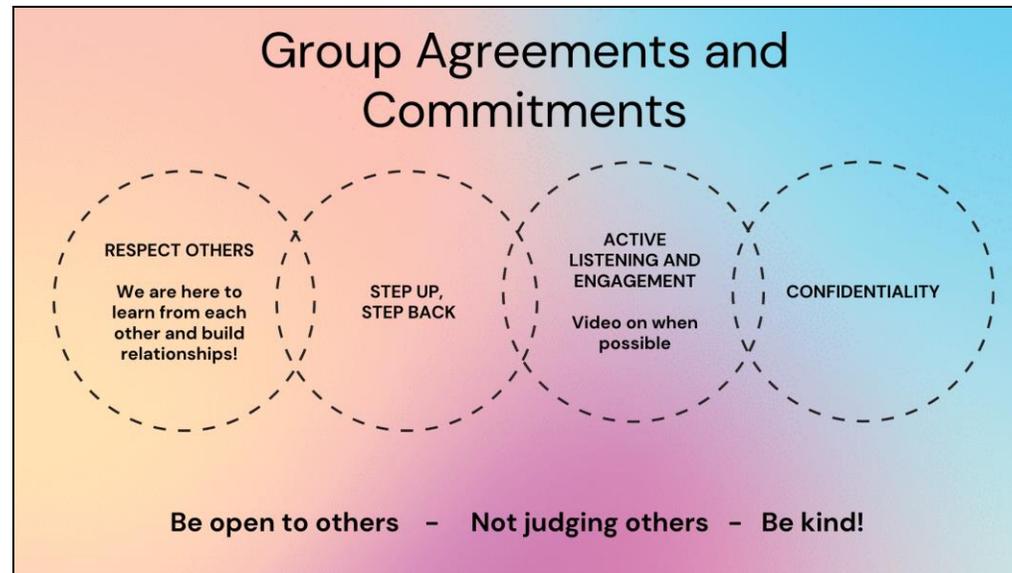
- Rolling out SHARK Facebook groups for parents and caregivers of children with:
  - Autism
  - ADHD
  - Mental Health Problems, and
  - Triple P enrolled parents



# Collaborate with Families - SHARK Patient Family Action Committee

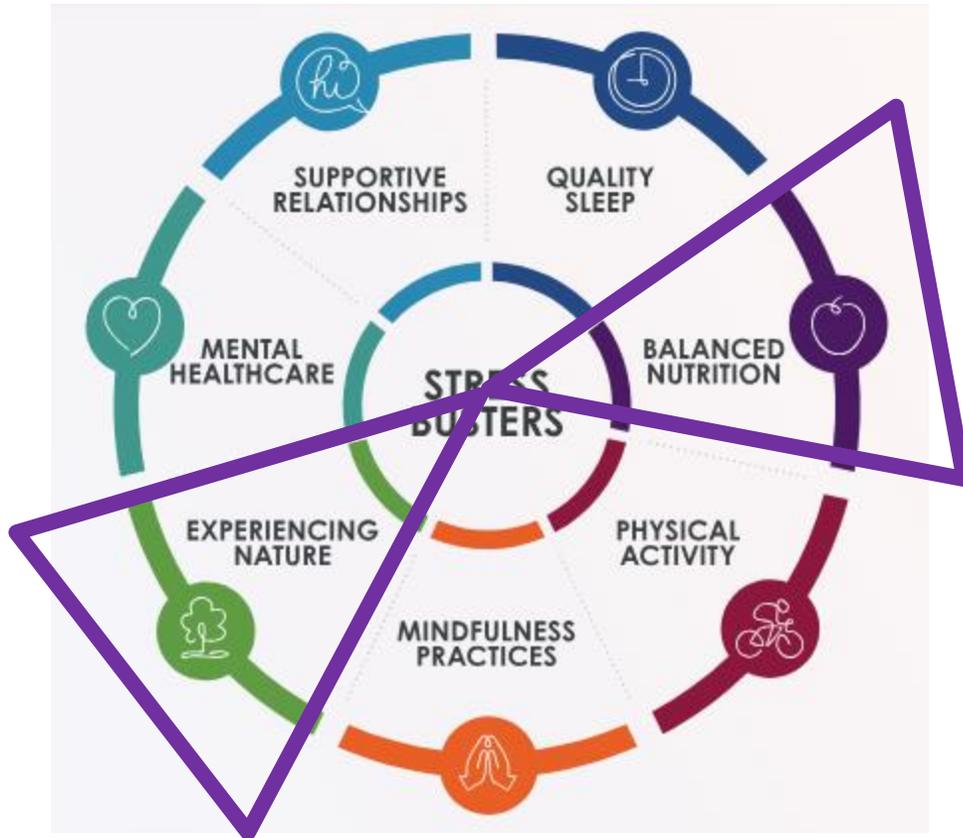
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- 20 parents/caregivers
- Compensated for time
- Each meeting begins with 20 min presentation on educational topic chosen by families
- Break out rooms for in-clinic issues and specialty issues



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# Experiencing Nature

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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

DO    OUR MODEL    **Root Down<sup>LA</sup>**    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!**

**Root Down<sup>LA</sup>**  
YOUTH · FOOD · COMMUNITY · HEALTH

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

# Nature and Nutrition – Urban Farm Partnerships

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[Vocational program trains foster youth in Long Beach garden \(spectrumnews1.com\)](https://www.spectrumnews1.com)

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# Coming Soon – SHARK Sleep Clinic

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- 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

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## **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

## **Community Health Workers**

Leslie Benitez

Anais Yanez

Lauren Lopez

Jasmine Lona

## **Psychiatry**

Nithya Ravindran, MD

Amy Woods, MD

Drew Psychiatry Fellows

George Fouras, MD

## **Art Lessons**

Ashton Phillips

## **Meditation Teachers**

Helane Anderson

Melanie Yetter

