



Richard W. Schumann  
Executive Director

**Friends of Somerset County Youth, Inc., and  
The Children's Hope Initiative, a Committee of Friends of Somerset County Youth**

**Family and Community Services of Somerset County (FCSSC) – Six-Month Report – January-June 2018**

**Agreement One**

*Family and Community Services of Somerset County (FCSSC) will provide two (2) additional hours per month of advanced practice psychiatric nursing services for children in 2017 and increase the work schedule of the Intake Coordinator an additional two (2) hours per week in 2017. The increase in time will provide counseling services to children who are impacted by child abuse, neglect, or domestic violence.*

*Friends of Somerset County Youth, Inc., and The Children's Hope Initiative, a Committee of Friends of Somerset County Youth will provide financial resources to FCSSC to fund these additional services for children served by FCSSC in the total amount of \$4,000. The purpose of this grant by Friends and CHI is to keep to a minimum the current waiting times for children and adolescents to see a child psychiatrist and clinician. It is anticipated that the waiting period for children to see the advance practice psychiatric nurse or psychiatrist will be 4 weeks in non-emergent cases and the wait time for children to see a clinician will be 3 weeks.*

**Agreement Two**

*Family & Community Services of Somerset County will provide group counseling needed for middle school aged, Hispanic/Latino students who recently entered the United States from countries that include but are not limited to Costa Rica, El Salvador, Peru, Guatemala, and Ecuador. Many of these students have trauma and academic, behavioral, emotional adjustment difficulties due to their experiences in their home countries.*

**Agreement One**

**Agency summary of events in 2018 (January through June)**

- From January through mid-May, FCSSC benefitted from having both Dr. Budoff and Caren Goldstein, APN provide psychiatric services at FCSSC. Ms. Goldstein resigned from FCSSC in May in order to accept a new FT position that would not allow her to maintain her current PT hours working for FCSSC. FCSSC placed numerous ads in an effort to fill her vacated position but the agency has been unable to attract a candidate who wants minimal PT hours. Dr. Budoff is currently the only provider of psychiatric services at FCSSC.
- The additional expense of a psychiatrist can be burdensome to a small nonprofit like FCSSC. Often, the reimbursement from insurance companies does not cover the expense of the psychiatrist's time and is the very reason why there are limited options for psychiatric services in Somerset County.

**2018 Outcomes for 2018 CHI Funds (January through June)**

- Through the efforts of the FCSSC Psychiatrist and the APN (for over half of the quarter), the **average** number of clients on the wait list for psychiatric services decreased from seven individuals/families to five individuals/families.
- The **average** waiting period for children to see the advance practice psychiatric nurse or psychiatrist is four weeks in non-emergent cases





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- The **average** waiting period for children to see the clinician is three weeks in non-emergent cases.
- The money provided by CHI has helped FCSSC maintain the wait periods outlined in the MOU and has helped reduce the average number of clients on the wait list (January-June).

### The Impact

JG, age 12, was referred to the agency by her school due to academic underachievement, depression, and some behavioral issues. Her history included witnessing her biological father abusing her mother and then family abandonment when she was four, her biological father being jailed for drug charges, and recently her stepfather being arrested and jailed for sexual misconduct with a 14-year-old female (inappropriate text messages). JG has been involved in individual and some mother daughter sessions for 6 months. She has been able to openly discuss the traumas she has experienced; she is now significantly less depressed, doing better in school both academically and behaviorally.

GC is an 18-year-old male who was diagnosed with Asperger's Syndrome when he was five and diagnosed the same in later years. GC has never met his biological father who lives somewhere in Guatemala. GC's mother never remarried, though she had a couple of abusive relationships witnessed by GC. He was bullied regularly during his elementary, middle school and high school years. GC came to us at age 16, with a great deal of anxiety and depression. Early on in treatment he had a crisis in school, made statements about wanting to die, and was referred to Psychiatric Emergency Screening Services. They did not feel he needed to be hospitalized so he continued treatment in our agency. He was seen weekly by a therapist and seen by our consulting psychiatrist who prescribed him a Selective Serotonin Reuptake Inhibitors (SSRI) antidepressant. GC was also referred to a social skills group for special needs youth. GC was able to develop friendships during his last 2 years in high school. He also gained a good deal of insight into his difficulties. The medication helped lessen his anxieties and depressive symptoms and he was able to learn healthy coping strategies. GC also displayed strong creative and artistic abilities and with much encouragement, he focused much on these strengths. GC continues treatment meeting every other week with his clinician and once every two months with our consulting psychiatrist for ongoing psychiatric and medication assessment. GC now presents with much confidence and openly discusses and develops strategies to handle any stressors. GC is working part-time this summer and is enrolled to start Art College this fall.

ES is a 9-year-old male who was referred by his school. ES struggles academically in school, is overweight, and depressed. He has been bullied a good deal in the past 2 years and this has contributed to a great deal of self-consciousness and low self-esteem. ES's parents are divorced. Both parents had substance problems and ES witnessed his mother being regularly verbally abused by his father. His mother went into substance treatment and is now sober for 6 months. ES and his mother have both been seen individual therapists at the agency for approximately 8 months. During ES' weekly therapy, he has learned to understand the dynamics and impact of bullying, his school responds to any reports of him being bullied, he has learned to recognize his positive characteristic, he has become more active and health with mom's help, he has become much less self-conscious. In addition, his self-esteem has improved.



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## **Agreement Two**

### **Agency summary of events in 2018 (January through June)**

- Shantal Rybak started conducting groups at Community Middle School in February 2018.

### **2018 Outcomes for 2018 CHI Funds (January through June)**

- The groups at Community Middle School were implemented with the hope of identifying students with trauma prior to the students entering high school. This early identification can lead to more timely professional help when indicated and will ultimately improve the successful completion of high school.

### **The Impact**

JS is a student in Community Middle School and attended the trauma group sessions upon implementation. Initially, the student was very quiet in the group sessions. He frequently sat a bit outside the group gathering and primarily observed the group. He was not an active participant in the group conversations, despite many attempts to engage him in the group process. During each group session, JS had an opportunity to ask one question to one group member. This was done in order to encourage interaction with other students, become comfortable speaking in the group, and express some thoughts. During the fourth session, JS shared with the group how difficult it is for him, and his brothers, to live with a new family. He explained that his mother remarried and there are children from that marriage as well. JS told the group that he feels like he has no voice in his house because he does not know how to tell his Mom when things hurt him. JS continued participating in the group sessions and he continued to share. JS recently expressed that he finds the group sessions helpful because he is now able to speak to his mother and the group more openly. He says that the group sessions have given him more confidence speaking to both his family and the group.

Respectfully submitted,

*Richard W. Schumann*

