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Foundation Announces New Directions in Services Research, Policy Analysis

The Hogg Foundation for Mental Health has announced a significant restructuring of its mission, goals, and funding priorities in an effort to affect improvements in the quality of mental health services, research, policy and education throughout Texas and the nation.

At an event unveiling the new directions on Feb. 24, Hogg Foundation for Mental Health Executive Director Dr. King Davis said the changes were driven by a desire to address serious contemporary mental health needs while remaining true to the Hogg Family's intentions when creating the Foundation more than six decades ago.

"The clear intent of the Hogg family in establishing the Foundation at The University of Texas was to use multiple approaches to lessen the burden/problem of mental illness by identifying and supporting the most effective mental health services and care for persons with mental illness," Davis said told the audience of nonprofit organizations, foundations, and faculty who gathered for the event on The University of Texas at Austin campus.

"As far-sighted as their vision was, they could not have anticipated the changes in our knowledge and our approaches to mental health six decades later," Davis said. "The effects of stigma, population growth, and sci-

entific advances in neurobiology and effective clinical services have made major improvements in our knowledge base and the mix of services, policies, research, strategies, and human resources required to address the needs of those with a mental illness."

Davis cited numerous reports—particularly the recent reports from the President's New Freedom Commission on Mental Health and the U.S. Surgeon's Report on Mental Health—which describe the U.S. mental health care system as being fragmented, cumbersome, culturally inaccessible, and lacking in evidence-based services.

"At a moment of such serious deficiencies, it is incumbent upon organizations like the Hogg Foundation to revise their priorities and improve their capacities to address the issues confronting mental health in the United States in a clear and effective manner," Davis said.

The Hogg Foundation's new mission will go beyond the traditional financial support of mental health services by establishing four priority areas: Mental Health Services Research, Mental Health Policy and Law, Public Outreach and Education, and Academic and Professional Training.

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Associate Directors Named for Policy & Law and Services Research

The Hogg Foundation for Mental Health has announced the appointment of two new associate directors who will help advance the Foundation's expanding role in mental health law and policy and clinical services research.

"We are indeed fortunate to have been able to entice two such stellar professionals to come to the Hogg Foundation and The University of Texas at Austin," said King Davis, executive director of the Hogg Foundation for Mental Health. "It is an exciting time of growth and challenge at the Foundation, and I know that both will help guide us in the directions we are undertaking."

Lynda Frost, Ph.D., J.D., assumed the post of Associate Director for Mental Health Policy and Law, effective Nov. 24, 2003. Frost comes to the Hogg Foundation from San Antonio, where she had her own law practice focusing on mediation, family law, and representation of special education students.



Lynda Frost

Frost's position is new to the Hogg Foundation. The Associate Director of Mental Health Policy and Law will direct major initiatives and grants programs, seek external financial resources to support public policy research and analysis conducted by the Hogg Foundation, stay

current on public mental health laws and policies, and consult with legislative groups, nonprofit organizations, consumers, and family advocacy organizations on key public mental health policy issues.

Frost previously held academic positions as an assistant professor at the University of Virginia Schools of Law and Medicine and as director of the Forensic Training and Research Center at the Institute of Law, Psychiatry & Public Policy. Prior to that, Frost served as a visiting professor at the University of Richmond School of Law. She has published numerous articles and was the co-editor of *The Evolution of Mental Health Law* (2001), with Richard Bonnie. Frost received her Ph.D. in Educational Administration and J.D. from the University of Iowa.

Arthur L. Whaley, Ph.D., Dr. P.H., has been named as the new Associate Director for Mental Health Services Research, effective Dec. 15, 2003. Since 2001, Whaley had served as a medical professor in the Department of Community Health and Social Medicine at the Sophie Davis School of Biomedical Education at the City University of New York Medical School.



Arthur L. Whaley

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The *Hogg Foundation News* is a quarterly newsletter of the Hogg Foundation for Mental Health.

Since 1940, the Hogg Foundation for Mental Health has responded to its mandate "to develop and conduct . . . a broad mental health program of great benefit to the people of Texas" (Miss Ima Hogg, 1939), by funding grants for both mental health service projects and research efforts throughout the state. The Hogg Foundation defines mental health broadly to encompass those psychological, biological, and social factors that may affect one's overall mental well-being, but affords particular interest to proposals that address its priority areas of mental health research, services, policy, and education

The Foundation is an administrative unit of The University of Texas at Austin and has accomplished its mandate through public education and grantmaking to mental health service and research projects in the state of Texas.

The Hogg Foundation also fulfills its benefactors' mandate by "operating" its own programs—including public education, convening, and program evaluation—to the benefit and enrichment of organizations and communities statewide.

For more information about the Hogg Foundation and its programs, please visit the Foundation's web site at www.hogg.utexas.edu.

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The University of Texas at Austin
Hogg Foundation for Mental Health
ATTN: Grants Management
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Austin, TX 78713-7998

Faith, Community and Mental Health

Dallas Conference Explores Intersection of Spirituality and Mental Health

Growing recognition of the role of religious institutions as a source of solace and counseling for those experiencing a mental disorder has raised a number of issues for both the faith-based and mental health communities. In many instances, those who turn to their churches or synagogues for help for mental disorders for themselves or family members require a range of services and supports that the clergy may not have the training or resources to provide.

To address these issues, the Hogg Foundation for Mental Health joined with the Mental Health Association of Greater Dallas to host a "Care for the People: Mental Health and the Faith-Based Communities" conference at The University of Texas Southwestern Medical Center on Dec. 2.

The conference sought to build upon the work that religious institutions in Dallas County have long undertaken to care for many who do not have access to health insurance, or those unable to receive mental health services in a timely manner. The one-day conference was attended by 45 representatives of both mental health professions and religious organizations to identify and exchange information on the community resources and programs available for individuals in need of mental health services.

"There is no question that religious institutions are powerful forces for both individuals and communities," said Carolyn Young, executive associate for the Hogg Foundation for Mental Health. "Individuals often turn to their faith community when faced with suffering, and pastors are finding that they need to be prepared, both educationally and emotionally, to deal with a crisis when a person has a mental illness just as they would if someone is suffering from a medical or spiritual problem."

"Our hope in cosponsoring this conference is that we facilitate a stronger communicative relationship among both the mental health and pastoral communities for the benefit of those needing mental health services," Young said.

The keynote speaker for the conference was Texas state Rep. Yvonne Davis, who, along with Dr. Joel Feiner, discussed how recent legislative and system changes will impact the Dallas community and the challenges and opportunities for churches and synagogues to aid their congregations. Rev. Tony Campbell, President of the Institute for Educational Partnerships, spoke about the evidenced-based practices in assessing spiritual counseling.

In the session, *Families in Crisis: The Church Stigma of Mental Illness*, Carole Harrell, Carol Kelly, Maria del Carmen Uceda and Denise Humphrey addressed the ways that families deal with loved ones who have mental illness and how the church community can help. Dallas-area psychotherapist Clare Buie Chaney, Ph.D. followed with a session entitled, *Women's Mental Health: No Cookie Cutter Care*, which discussed concerns in addressing women's mental health needs. The wrap-up speaker for the conference was psychiatrist Paula Dobbs-Wiggins, M.D., Th.D., associate professor of pastoral care at the Perkins School of Theology at Southern Methodist University.

The conference ended with a mini-training seminar in grant writing in which participants were provided with the basics of grant writing and the resources that may be available for establishing innovative collaborative partnerships between faith-based organizations and mental health professionals.



No One's Priority Seminar Hosts Texas Journalists

Collaboration with UT School of Journalism Helps Reporters Conceptualize Changes, Challenges Facing Children's Mental Health Services in Texas

Although funding for mental health services through the Children's Health Insurance Program (CHIP) is in the process of being restored, there still remains a gap in coverage and services. The need for additional funding and related concerns were discussed at the *No One's Priority: What Reporters Should Know About Youth Mental Health Services in Texas* journalism seminar hosted by the Hogg Foundation for Mental Health and The University of Texas at Austin's School of Journalism on Oct. 12-13.

Sixteen journalists representing newspapers and television stations in Texas listened to 14 speakers at the one-and-a-half day seminar. Presenters included David Springer, The University of Texas School of Social Work; Phyllis Jack Moore, I Am Your Child-Texas; Melanie Gantt, Mental Health Association in Texas; Monica Thyssen, Advocacy Inc.; Kay Lambert, Advocacy Inc.; Debbie Berndt, Texas Department of Mental Health and Mental Retardation; Vickie Spriggs, Texas Juvenile Probation Commission; Tom Little, Texas Youth Commission; Skip Hollandsworth, Texas Monthly Magazine; Barbara Whitestack, Pittsburgh Post-Gazette; Patti Derr, Texas Federation of Families for Children's Mental Health; Connie Almeida, Texana Mental Health and Mental Retardation Center; Laurie Alexander, The University of Texas at Austin School of Journalism; and Lynn Sidney, parent.

The presenters from these organizations provided information describing the services they offer and the challenges they face. They described how communities throughout Texas will have to find ways to make their funds stretch to cover the mental health needs of as many children as possible. A personal story from Mrs. Sidney, who has been dealing with this reality, gave the attendees a glimpse of her family life with a child with mental illness.

Reporters in attendance represented the *Austin American Statesman*, KEYE News, *San Angelo Standard Times*, *Lufkin Daily News*, Eastland Callahan Newspapers, *Brownsville Herald*, *Houston Chronicle*, *Kingwood Observer*, *Waxahachie Daily Light*, *Taylor Daily Press*, *Dallas Morning News*, *San Antonio Express News*, Fox 7 News-Austin, and the *Killeen Daily Herald*. The reporters received current information on the state of children's mental health services in Texas, learned of the implications of sweeping changes enacted by the recent Texas Legislature, and discovered the best ways to access resources and identify local stories.

"News media are a powerful source for educating the public and government policymakers about the issues involving children's mental health, but the daily pressure of story deadlines and reporting often means that reporters and editors sometimes miss the larger systemic and structural complexities that affect families and communities," said Jeffery R. Patterson, communications director for the Hogg Foundation.

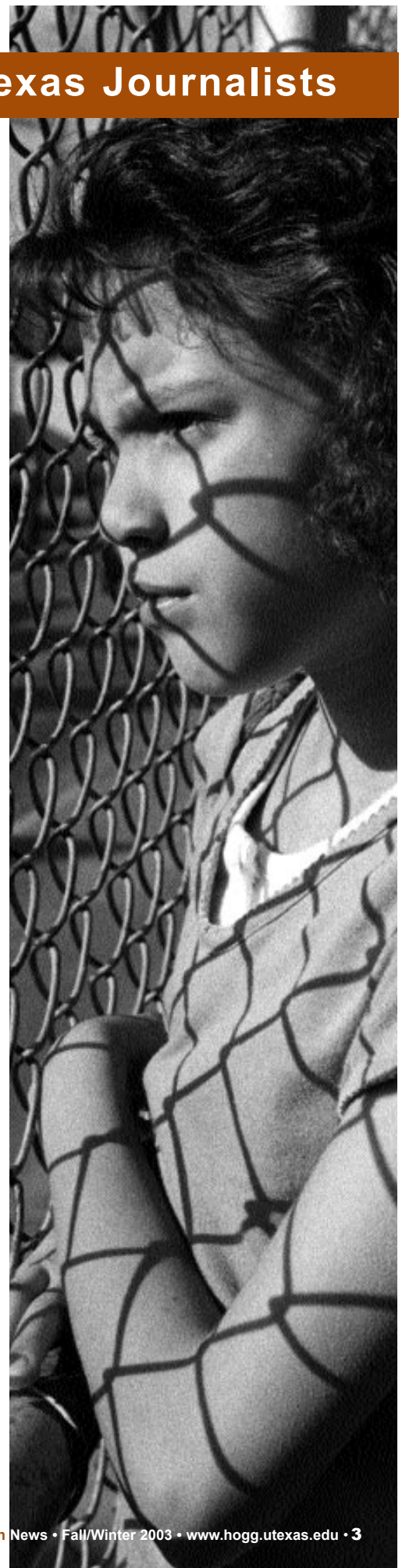
"This seminar was developed as a way to increase the attention given to children with mental health disorders and the impact the issue has not only upon families, but on communities," Patterson said.

The seminar focused upon the systems of care for children, ranging from evidenced-based service models, to common ways of accessing services through schools, criminal justice, or public health systems. Much of the seminar focused upon changes enacted by the Texas Legislature last spring, including reductions in funding and stricter eligibility standards for the Children's Health Insurance Program.

Although this was the first journalism seminar, the Hogg Foundation and The University of Texas at Austin's School of Journalism plan to have several similar seminars in the near future. A seminar dedicated to managing editors is being planned for 2004 in response to requests from several of the reporters in attendance.

In recognition for exemplary mental health reporting, Jeff Patterson, communications director of the Hogg Foundation for Mental Health, announced that the Hogg Foundation would be giving an award for excellence in mental health journalism in Texas beginning in 2004.

—Sara Gutierrez



New Directions in Services Research, Public Policy established for Hogg Foundation for Mental Health

From Page One

The Services Research Program Area will both internally conduct and provide external grant support to research initiatives that evaluate promising community-based service approaches and clinical models aimed at broadening our understanding of evidence-based mental health services for children and adults.

The Public Policy and Law Program Area will engage in objective policy analysis and consultation on critical and emerging issues involving the structure, financing, and delivery of clinical mental health services, which will be of significant value to policymakers, state agencies, and advocacy groups by providing objective research findings and policy recommendations.

The Public Education and Outreach Program Area seeks to improve access to quality mental health services and to help eradicate stigma through a variety of public information initiatives, public dialogues, publications, and electronic communication tools. The educational emphasis will maximize the impact of Hogg Foundation-funded programs on the quality and delivery of mental health services and public awareness of mental health issues by communicating with consumers and their families, health care professionals, policymakers, communities, and the news media.

The Academic and Professional Development Program Area will work with professional mental health service provider training programs

to develop pre-service education, in-service training, and recruitment initiatives. The area will also seek to establish communication linkages to keep consumers and providers updated on the latest research and innovative service models.

Within these new programmatic directions, Davis said that the Foundation has chosen specific priority areas upon which it will focus its attention: families and consumers with severe mental illness or severe emotional disorders; disparities in services for underserved populations; mental health system transformation; academic professional training; transferring scientific research to clinical practice; public education; criminal justice and mental health; the interaction of physical health with mental health; religion and mental illness; and , economics and mental illness.

An example of the new priorities is the recent announcement of a collaboration between the Hogg Foundation and the Texas Department of Mental Health and Mental Retardation (TDMHMR) to collaborate on a new Center for Excellence in Mental Health devoted to improving the quality of mental health services and systems.

The unique partnership is designed to conduct and disseminate academic research, design new service models, and conduct public and professional educational outreach for the purpose of connecting the best in research, service design, and systems analysis to policy decisions and service delivery.

"This partnership promises a number of exciting opportunities for improving knowledge about the best ways to treat mental illnesses and to structure services," said King Davis, Ph.D., executive director of the Hogg Foundation.

"Drawing upon the expertise, resources, and energy of both the agency and foundation has the potential for dramatically improving the treatment and services available to those in Texas who have been diagnosed as having a mental illness."

"The new center offers an exciting opportunity for public-academic collaboration that can serve to design and disseminate better service delivery models that will improve the quality of mental health care for the citizens of Texas," said Steven Shon, M.D., medical director of TDMHMR.

Located within the Hogg Foundation for Mental Health at The University of Texas at Austin, the Center will be organized into seven primary activities:

- **Public Policy Analysis and Development.** The Center will help inform policymakers in the design of mental health systems and the allocation of state resources by developing and analyzing reports, research studies, and policy initiatives focused upon mental health needs and opportunities across the state.
- **Public Information and Education.** The Center will seek to improve public understanding of the causes and treatment of mental illnesses by developing a number of public information and outreach efforts to reduce stigma and encourage access to services.
- **Research and Evaluation.** The Center will conduct and/or fund research evaluations of various service models/systems to determine their effectiveness and applicability to the state of Texas and to improve both public and academic knowledge about the best ways to treat mental illness and deliver services.
- **Knowledge Development and Dissemination.** The Center will seek

Hogg Foundation's New Directions

OUR VISION

To honor the intent of the Hogg Family by eliminating the burden of mental illness, stigma, and disparities in access to services in Texas.

OUR MISSION

To develop, support, evaluate, and promote culturally relevant mental health services, research, public policies, and education.

OUR GOALS

Improve the quality, scope and delivery of culturally appropriate mental health services;

—

Advance scientific knowledge related to mental health;

—

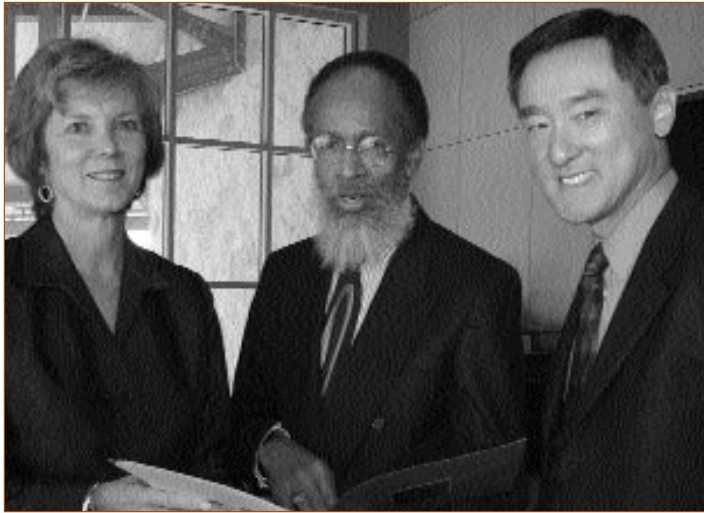
Increase public understanding of contemporary mental health issues;

—

Advance education and training in mental health;

—

Exemplify the highest standards of organized philanthropy.



TDMHMR Commissioner Karen Hale, Hogg Foundation Executive Director Dr. King Davis and TDMHMR Medical Director Dr. Steve Shon review a new memorandum of understanding which is designed to conduct and disseminate academic research, design new service models, and conduct public and professional educational outreach for the purpose of connecting the best in research, service design, and systems analysis to policy decisions and service delivery.

to incorporate evidence-based research into clinical services by developing and disseminating practice models and tools to help service providers improve treatment, reduce disparities, and promote recovery among clients.

- **Training and Technical Assistance.** The Center will provide training and technical assistance through a variety of channels (e.g., forums, teleconferences, web-based trainings, etc.) to help mental health service providers gain the necessary skills to deliver evidence-based practices.
- **Systems Design.** The Center will develop new system delivery models to update current systems of mental health care into newer, more effective designs that take advantage of advances in evidence-based services.
- **Organizational Collaboration.** The Center will develop a number of collaborative relationships with public and private organizations that focus upon substance abuse, co-occurring disorders, health disparities, ethics, communication, and physical disabilities.

One possible example of the Center's impact could be an independent evaluation of the Department of Mental Health Services' new design of mental health service benefits and the financing methodology for community mental health services across the state. Enacted by the Texas Legislature during its last session, the Resiliency and Disease Management Model of services will shift mental health care service delivery to proactively identify populations with chronic conditions, emphasizes prevention of acute relapse and complications, utilizes evidence-based practice guidelines, and relies on patient empowerment strategies.

Officials with TDMHMR and the Hogg Foundation are discussing a potential contract to conduct an evaluation of the clinical and financial effects, as well as the cost-effectiveness, of Resiliency and Disease Management changes versus the previous design of service systems.

"It is important that the Foundation support innovative programs, services and approaches that show us how to solve the pressing problems that have been so vexing to the mental health system in the United States," Davis said. "I believe that the Hogg Family would welcome our efforts to eliminate the burden of mental illness, stigma, and disparities in access to services in Texas," said Davis.

What Else is Changing?

For More Information . . .

For further information about the Hogg Foundation for Mental Health's changes in vision, goals and priorities, visit the Hogg Foundation's web site at www.hogg.utexas.edu. The web site provides a fuller description of the changes being undertaken, links to sites that share the foundation vision for improving mental health services and research, and outlines the changes to the procedures for applying for grant support.

A New Look . . .

In keeping with the changes in its goals, direction and priorities, the Hogg Foundation has also undergone a modification of its image, with a new logo and identity mark. Designed with the assistance of The University of Texas at Austin's Office of Creative Services, the new design changes the Foundation's color scheme to a warmer rust and updates the logo mark to a more modern design.



Grantmaking Changes . . .

The Hogg Foundation has revised its grantmaking procedures to make them more compatible to its new priorities. All applicants must complete a Grant Proposal Application before being considered for support.

The application asks a series of questions concerning the proposed project's objectives, methodology, organizational capacity, and tangible implications for mental health services and research.

The application form can be downloaded via the Hogg Foundation for Mental Health web site (www.hogg.utexas.edu) or can be obtained by calling the Hogg Foundation offices at 512-471-5041 for more information.

New Associate Directors

From Page One

Whaley's position is also new to the Foundation and will focus on gathering, evaluating, and publishing current studies on the need for public mental health care, utilization of services, quality of services, impact of technology, outcomes of service use, and related topics. The Associate Director for Mental Health Services Research will also be responsible for the Internal Review Board activities to insure that Hogg Foundation grants comply with all federal and state requirements on human subjects' protection and to consult with legislative groups, non-profit organizations, and university faculty on key public mental health services research.

Whaley has previously held positions as a research scientist with the Department of Social Psychiatry at the New York State Psychiatric Institute and the Division of Epidemiology at the Columbia University School of Public Health (1992-2001). He was also an assistant professor in the Department of School Psychology at Rutgers University (1987-1990). He has authored or co-authored 34 professional articles focusing primarily on sociocultural factors in the etiology, diagnosis, and treatment of severe mental disorders in African Americans. Whaley received his Ph.D. in clinical psychology from Rutgers University and his Dr. P.H. in Epidemiology from Columbia University.

Fourth Quarter Grants 2003

Since 1940, the Hogg Foundation for Mental Health has responded to its mandate by funding service projects and research efforts throughout the state. The Hogg Foundation for Mental Health invites proposals dealing with any aspect of mental health and mental illness. The following are grants awarded in the third quarter of 2003.

► **Peer-Led Support Capacity Building: Creative Approaches to Mental Health Intervention**

People in Partnership

Houston

This two-year award supports the development and implementation of peer-designed projects to address community mental health needs.

\$100,000

► **Infant/Toddler Mental Health Initiative**

Camp Fire USA First Texas Council

Austin

This grant supports the development of an initiative that will provide parents and early childhood educators with training on preventive infant-toddler mental health strategies and on improving the quality of relationships between caregivers, parents and children.

\$47,965

► **Dallas County Separate Wheel Project**

Texas Appleseed

Dallas

This one-year grant supports a program which will train a special cadre of public defenders who can be appointed to represent indigent defendants with mental illness in Dallas County.

\$70,980

► **Replication of Family Connection Model for Homeless Children and Their Families**

Families Under Urban and Social Attack

Houston

This two-year grant provides matching funds with the Hasbro Children's Foundation to replicate Family Connection, a community-based service program that provides coordinated social services for homeless children and their families living in emergency shelters and transitional housing settings.

\$50,000

► **African-American Family Support Group and Conference**

Austin/Travis County Mental Health and Mental Retardation Center

Austin

This one-time grant supports the Fourth Annual Central Texas African-American Family Support Conference and the development of a formal family support group model for African-American families and consumers in East Austin.

\$30,425

► **Manhood Development Program: Mental and Moral Challenge Component**

Pro-Vision, Inc.

Houston

This two-year grant supports the development of a psychological services component—including counseling, parent education, and referrals to advanced mental health services—as part of the Pro-Vision Manhood Development Program.

\$90,000

► **Understanding the Role of Cognitive and Interpersonal Factors in Depression**

Department of Educational Psychology

The University of Texas at Austin

Austin

This one-time grant supports research into the causes and correlates of depression, specifically self-views of depression-vulnerable individuals and negative attitudes communicated by their spouses.

\$31,058

► **Juvenile Offenders With Mental Illness: Back on Track**

Bexar County Juvenile Probation Department

San Antonio

This grant supports development of collaborative partnerships within the community of San Antonio to address the needs of juvenile offenders and provide wrap-around services for this population and their families.

\$60,000

► **Life Coach Mentor Program**

Central Dallas Ministries

Dallas

This one-time grant supports the Life Coach Mentor Program in training mentors in a broad-based collaboration of service providers in North Texas to serve emancipated youth from the foster care system who have been identified as having mental health issues.

\$50,000

► **Georgetown Community Resource Center**

The Georgetown Project

Georgetown

This one-time grant supports the development of a team approach of care involving the child, family, and community.

\$40,000

► **Bipolar and ADHD Family Training Program**

Austin Harvard School, Inc.

Austin

This one-time grant supports the implementation of a program of assessment and home behavioral planning for the Austin Harvard School, the only school in the country designed to serve children with bipolar and ADHD.

\$25,250

► **Adventure Camp—Helping Children Help the Elderly Golden Age Home**

San Marcos

This one-time supplemental grant supports a program of interaction and activity for residents of the Golden Age Home and the children and grandchildren of employees of the home.

\$4,620

► **Care for the People: Mental Health and the Faith-Based Community Seminar**

Mental Health Association of Greater Dallas

Dallas

This one-time grant supported a program seeking to facilitate cooperation and collaboration between the faith-based community and mental health professionals in the Greater Dallas area to improve the assessment, treatment and recovery of persons diagnosed with a mental illness.

\$6,750

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Grants Management
Hogg Foundation for Mental Health
The University of Texas at Austin
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“...to develop and conduct...a broad mental health program of great benefit to the people of Texas.” —Miss Ima Hogg, 1939

Healthy Steps for Young Children

Developmental Specialists in Pediatric Practices Improve Child Well-Being, Parental Involvement say Johns Hopkins Researchers in JAMA study

Researchers evaluating the Healthy Steps for Young Children project—a national pilot to expand pediatric care to include mental and developmental well-being as much as physical health—have found that families experienced significant improvements in the quality and access to appropriate services, according to the Dec. 17 issue of the *Journal of the American Medical Association*.

Healthy Steps is an unique intervention model that uses the medical setting (i.e., pediatric and family medicine practices, hospital and community clinics, HMOs, and residency training programs) to promote a universal, team-based approach to addressing families' needs and delivering patient care. Participating pediatric practices hired two childhood development specialists to monitor behavioral development, promote good health practices, make home visits, and respond to parental concerns about infant and toddler development.

In addition, participating families receive a variety of program components, including in-home visits with Healthy Steps specialists trained in child development and the psychosocial aspects of care, a telephone hotline to address parents' developmental concerns, developmental assessments, educational materials, parental support groups, and referral to community resources.

Researchers with the Johns Hopkins Bloomberg School of Public Health in Baltimore conducted a controlled clinical trial of the project between September 1996 and November 1998 at 15 random Healthy Steps sites nationwide. The study followed 3,737 (67.2 percent) of enrolled families of children from birth up through age 3, conducting follow-up interviews with those families at 33 months.

The researchers found that improved delivery of developmental and behavioral services to young children in the pediatric practice setting led to enhanced quality of care, broadened communications between pediatricians and parents, and helped children receive appropriate preventive services. Specifically, participating families were far more likely to:

- Discuss concerns with someone in the practice about a variety of issues such as the importance of routines, discipline, reading to children, language development, child's temperament, and sleeping patterns;
- Be highly satisfied with care because someone in the practice went out of their way for them;
- Receive timely well-child visits and vaccinations;
- Remain at the practice for at least 20 months; children who received Healthy Steps also had increased odds of having a visit after 20 months.

In addition, evaluators found that parents who participated in the intervention were less likely to use severe discipline on their child, such as spanking with an object, yelling, or slapping in the face; and, mothers considered at high-risk for depression who participated in the Healthy Steps program were more likely to discuss their feelings of sadness with someone in the practice.

"For all children, not just those at high-risk, the quality of pediatric

care in the first three years of life was dramatically improved because of this intervention," says lead evaluator Cynthia Minkovitz, MD, MPP, associate professor in the Department of Population and Family Health Sciences at Johns Hopkins. "In addition, it has produced more favorable disciplinary practices and helped parents better understand children's behavior and development."

Initiated in 1996 with a \$4.5 million grant from The Commonwealth Fund of New York, Healthy Steps is being conducted at 36 sites nationwide. The Hogg Foundation for Mental Health joined the project in 1997 and helped secure other local funders in order to locate four Healthy Steps sites in Texas: the Fort Bend Family Health Center in Richmond, Healthcare Professional Associates in Amarillo, Texas Children's Hospital in Houston, and the private practice of Dr. Daniel Trevino in San Antonio. The Hogg Foundation committed more than \$700,000 in funding and technical assistance to the sites. In the end, Texas accounted for roughly 600 of the 3,700 families participating in the project nationally.

From the start, the Healthy Steps for Young Children Program was designed to meet two interrelated needs: those of families regarding their young children's early development and behavior and those of pediatric clinicians who are frustrated that they lack the time required to help parents better understand how to care for their young children.

The project was conceptually based upon extensive scientific research indicating that children's physical and cognitive development is most important during the first three years, when they mature from wholly dependent infants into walking, talking, reasoning toddlers. Healthy Steps argues that if parents can be educated about their child's development—on everything from well-baby checkups to early learning—and can foster a closer relationship with their pediatrician, then the health and well-being of their child can be improved.

Given the growing evidence of deficiencies in the quality of health care for children (e.g., low rates of preventive services, persistent disparities in health status, and lack of a usual source of care among ethnic and racial minorities and children in low-income families), it is hoped that the data will help convince practitioners, funders, and other stakeholders of the benefits of the Healthy Steps approach in improving the health and development of their young patients and reduce long-term health costs.

"Healthy Steps was developed in response to the needs and expectations of parents, who say they want information on their children's development," said Karen Davis, president of The Commonwealth Fund, which is based in New York. "Pediatric practices provide unique opportunities to favorably influence health care for young children, increase parents' satisfaction, and influence parental practices to improve child development and behavior."

"Having a developmental specialist as a team member should be a standard way of practice for pediatricians," says Barry Zuckerman, MD, chief of the Pediatrics Department at Boston Medical Center and the architect of the Healthy Steps concept. "Physicians say they are more effective when they have a colleague with the necessary skills in behavior and development who can take the time to address parent's concerns."



**HEALTHY STEPS
FOR YOUNG CHILDREN**

Holtzman Announces Departure After Four Decades with Hogg Foundation

Dr. Wayne H. Holtzman has stepped down as a special consultant to the Hogg Foundation for Mental Health effective in August of 2003. Holtzman, who is a former president of the Hogg Foundation, had retired nearly 10 years previous, but maintained a part-time position as special counsel to the executive director and Hogg Professor Emeritus of Psychology and Education at The University of Texas at Austin.

He had three other careers at the University as professor, dean, and administrator beginning in 1949 when he joined the psychology faculty. Dr. Holtzman was the second president and first executive director of the Hogg Foundation, succeeding the founding director and first president, Robert L. Sutherland.

Prior to joining the Hogg Foundation, Holtzman had served as Dean of the College of Education at The University of Texas from 1964-1970. In 1962, his research in the field of inkblot perception and personality was recognized by the Helen D. Sargent Memorial Award from



Dr. Wayne Holtzman

the Menninger Foundation. In 1962-63, he was awarded a fellowship at the Center for Advanced Study in the Behavioral Sciences, Stanford, California. In 1979 he was appointed "Professor Honorario" at the Universidad San Martin de Porres in Lima, Peru; and in 1980, he received the Doctor of Humanities degree from Southwestern University in Georgetown, Texas.

The Society for Personality Assessment presented Dr. Holtzman with the 1988 Bruno Klopfer Award for Distinguished Contributions to Personality Assessment. In 1992 he received the Centennial Citation for International Advancement of Psychology in Education from the American Psychological Association. And in 1996 the APA gave him an award for distinguished international contributions to psychology.

An author of over 212 articles in scientific journals, he served as editor of the *Journal of Educational Psychology* (1966-72). Among his books are *Inkblot Perception and Personality*; *Tomorrow's Parents*; *Computer-Assisted Instruction, Testing and Guidance*; *Personality Development in Two Cultures*; *Introduction to Psychology*; *Mental Health of Immigrants and Refugees*; and *School of the Future*.