

2015

**Missouri Prevention Center:
Annual Report**



205 London Hall
Educational, School, & Counseling Psychology
University of Missouri

Missouri Prevention Center: 2015 Annual Report

The Missouri Prevention Center (MPC) is part of the Department of Educational, School and Counseling Psychology (ESCP) within the College of Education at the University of Missouri-Columbia (MU).

The Center was established in 2007.

Vision Statement

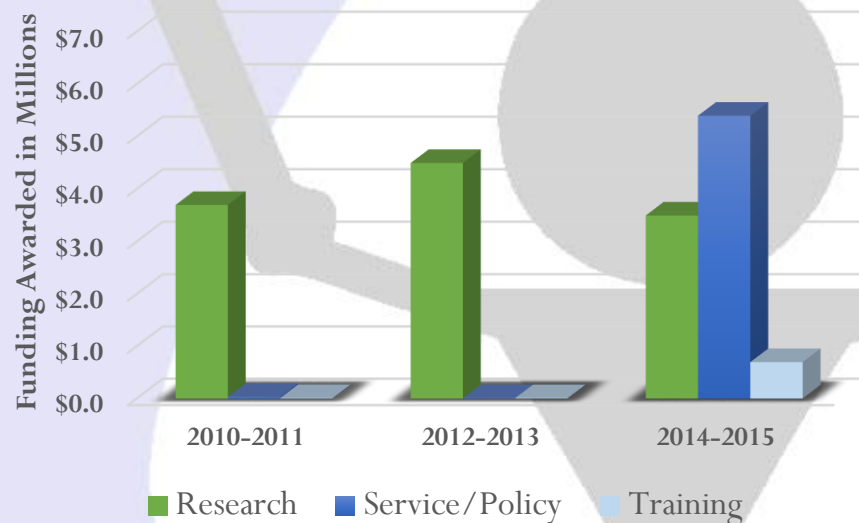
All children will live in positive and effective environments that foster healthy development and well-being.

Mission Statement

The Missouri Prevention Center was founded to develop, implement, evaluate, and disseminate best practices for reducing the prevalence and societal burden of depression and aggression through prevention science methods.

Executive Summary

Eight years ago, the Missouri Prevention Center (MPC) set forth an ambitious agenda to improve the lives of children and families through four overlapping activities: research, service, training, and policy. Starting out as a volunteer project, MPC gradually grew into a major research enterprise. In 2015, we achieved a longstanding goal to have funding balanced across all four activities that have defined our logic model and mission from the start.



Since 2010, the MPC has received over \$17 million dollars in funding, garnering nearly \$12 million in federal research grants from the Institute for Education Sciences (IES; the research arm of the U.S. Department of Education) and the National Institute of Mental Health; a \$700,000 postdoctoral training grant from IES; and \$5.5 million from the Boone County Children's Services Fund to support youth mental health through service, training, policy, and research.

In 2015, MPC faculty continued to disseminate their research findings through books, chapters, conference presentations, websites, and journal articles at a prolific rate. They also provided a numerous professional development trainings to school professionals and mental health practitioners. Additionally, this past year, MPC hosted four internationally renowned experts who gave talks and trainings to Mizzou students and faculty as well as to community providers.

These accomplishments and activities helped cement MPC's local, national, and international reputation as a leader in applying prevention science to foster youth, family, school, and community well-being on a grand scale.

A Brief History:

In 2007, a group of graduate students and faculty met to develop the vision, mission, and goals of MPC. We began with a shared commitment to using prevention science as a framework for improving youth outcomes and identified **ASSUMPTIONS** that guided our efforts:

- Depression and aggression pose a major burden for children and society
- Prevention science and public health methods can help reduce the societal prevalence and burden of depression and aggression
- Ecological/contextual theories inform effective research and practice
- Evidenced-based practices are preferred over untested or ineffective practices
- Community-based participatory research and partnerships are necessary to create culturally-specific practices that are sustainable
- Social environments at home and school play a critical role in the development of child well-being and/or psychopathology
- All children deserve healthy and safe social environments
- Adults are responsible for providing healthy and safe environments at school and home
- Governments share responsibility for ensuring that all children have access to healthy and safe environments

Who We Are

Thirty faculty members from a dozen disciplines participate in MPC training, research, and outreach. Additionally, MPC has funded 15 full-time faculty and staff. Over 300 Mizzou students have participated in MPC training, research, or outreach activities; roughly 200 of them were funded by MPC to help assist with its mission.

What Do We Do

Early outreach and training focused on supporting students in delivering evidence-based interventions such as Incredible Years and the Family Check Up in local schools and Head Start settings. More recently, students have participated in all aspects of our large scale school- and community-based research. Outreach, training, consultation, research, and problem solving define our current activities:

- We provide year-round Prevention Science training for students, faculty, and staff on the methods and practices of prevention science including advanced methodologies, grant-writing, interventions, and implementation science.
- We conduct sophisticated, large scale randomized trials to evaluate the efficacy of school, classroom, family, and individual student interventions.
- We develop, evaluate, and disseminate innovative interventions, services, and policies to improve school and family environments for youth.
- We consult with national experts, community leaders, parents, and school professionals to improve services and outcomes for youth.

Science Summary

Three federally funded research projects were the foundation of MPC science initiatives in 2015: CHAMPS, CCU, and STARS. Although the focus of each project is on conducting rigorous **RESEARCH** it is important to note that all MPC projects intersect with two or more of our targeted activities. For instance, all three of these projects also offer specific and needed **SERVICES** to schools, students, and teachers and **TRAINING** to Mizzou graduate and undergraduate students.

CHAMPS

CHAMPS is an IES-funded (#R305A130143) group randomized trial to evaluate the CHAMPS classroom management program in middle schools. In Fall 2015, we recruited our third cohort of teachers and students in partnership with Hazelwood School District (HSD) in north St. Louis County. To date, over 80 teachers and 1,200 students have participated in the project. Faculty, staff, and graduate students assist with all aspects of CHAMPS including collecting baseline, end of year, and one year follow-up surveys, achievement tests, and direct observations. Teachers are supported in implementing effective classroom practices by a CHAMPS trainer and a coach who meets with them throughout the year. Plans are in place to support the District in continuing the trainings after the project ends.

STARS

STARS is a randomized trial funded by IES to evaluate the efficacy of a Tier 2 self-monitoring intervention for fifth graders showing early signs of disruptive behaviors. About 100 youth were randomly assigned to receive STARS or another intervention this year. Students will be followed into middle school to determine the lasting benefit of the intervention. Over 300 youth will participate in the project by the end of the trial.

Classroom Check-Up (CCU)

The CCU is a research development project funded by IES (#R305A130375) to create and evaluate a web-based version of the CCU. The CCU is an empirically supported consultation model for supporting teacher implementation of effective classroom practices. The CCU team has developed a website for training coaches and teachers in the model. The feasibility of the website is being evaluated with many local teachers. In the coming year, a large pilot will determine the effectiveness and promise of the website.

SERVICE AND POLICY SUMMARY

Although Service and Policy have always been primary MPC activities, 2015 was the first year we garnered sizable funding to support these activities. The core service and policy projects are the Boone County Schools Mental Health Coalition and the Family Access Center for Excellence. Both projects represent a broad coalition of partners working to improve youth mental health on a grand scale. Measurement and evaluation are fundamental aspects of the projects. Funding is provided by the Boone County Children's Services Fund.

Boone County Schools Mental Health Coalition

Boone County Schools Mental Health Coalition is a multidisciplinary collaboration among Boone County's six independent school districts, Mizzou's College of Education (COE) and Department of Educational, School, and Counseling Psychology (ESCP), the Missouri Prevention Center, and the School of Social Work (SSW). The Coalition is implementing an innovative program to support school personnel deliver programs and practices to school-age youth proven to promote mental health and well-being. The foundation of the program is a web-based dashboard that allows schools to quickly gather data on the risk factors experienced by every student in a building multiple times per year (≈25,000 students across the district). The system



provides feedback to schools about areas of need at the building, grade, classroom, and student levels. School based teams are supported by a group of regional coordinators as they use the system to make decisions about improving services and supports for students and teachers. The Coalition expects the project will serve as a model for a national response to reducing the prevalence of youth mental health problems. The project was funded **\$1,190,865** for the first year with an opportunity for renewal.

FAMILY ACCESS CENTER FOR EXCELLENCE (FACE)

FACE was recently funded to address the problems of access to quality mental health services in Boone County and the disproportional juvenile detention experienced by youth of color in the County. FACE will serve as a point of access to services for any caregiver in the County with mental health concerns about a child aged 0-19. Families and youth will receive an evaluation followed by detailed feedback using motivational interviewing to connect families to ongoing services. We will monitor the effects of referrals and treatments the youth receives to provide ongoing feedback about improving our processes and the quality of care in the community. We will also work with community providers to deliver ongoing training and support in delivering evidence-based interventions. Funding is **\$4.2 million** for three years with an opportunity for renewal.

Both Boone County Schools Mental Health Coalition and FACE are heavily involved in **ADVANCING POLICY** related to youth mental health. The Coalition Board includes all six Superintendents from county school districts and a representative from the private schools. The FACE Board is composed of key leaders throughout Boone County including representatives from the police department, juvenile justice, public schools, faith leaders, and community members. These leaders help influence school, community, and state policies related to improving services and outcomes for youth.



TRAINING SUMMARY

We achieved a major milestone when we received funding from IES to support postdoctoral training in the education sciences. The successful application provided evidence that MPC is viewed as a national leader in training the next generation of prevention and education scientists. Two IES funded postdoctoral fellows will join us in the coming year. Three additional clinical and research postdoctoral fellows will also join the MPC team.

In addition to postdoctoral training, the MPC supported the first Prevention Science pre-doctoral intern, Sarah Owens. Next year, in addition to the incoming postdoctoral fellows we will also have another pre-doctoral intern.

MPC also co-sponsored the 7th Annual ESCP Conference. Our Keynote speaker this year was **Dr. Karen Bierman** a renowned prevention scientist from Penn State University. Dr. Bierman presented a talk on her groundbreaking research to improve quality of care in Head Start settings. She met with many faculty members and students throughout her two day visit to share her wisdom and to network with Mizzou colleagues.



Additionally, MPC hosted three other distinguished youth experts. **Dr. Randy Sprick**, the founder of *Safe and Civil Schools*, visited in February and provided a training in effective classroom management. He met with many MU faculty and state leaders to offer his expertise in guiding effective school policies and practices. Dr. Sprick also worked with a subgroup of faculty who developed an IES proposal to evaluate his principal leadership training program.

Dr. Catherine Bradshaw, Associate Dean for Research at the U of Virginia, joined us in May to consult with our group about our IES projects, the Boone County Schools Mental Health Coalition, and ideas for building research infrastructure.

Dr. Carolyn Webster-Stratton visited our group in the Spring as well. Dr. Webster-Stratton is the developer of the Incredible Years Series and is widely regarded as one of the most influential child psychologists in the world. She gave a talk to students, faculty, and community members and met with local childcare representatives to offer her expertise in supporting their practices.

The Team

Obviously, people are the driving force behind the success of MPC. We have been joined in our efforts by an endless group of amazing students, staff, and faculty members over the years. The list of MPC participants has grown too long to publish each year. Here we list the faculty members who provided training or were Co-Investigators on MPC grants and graduate students and staff funded by MPC in 2015. Many other students, faculty, and administrators contribute to the annual success of our work.

Name	Title	Discipline Area
Keith Herman, Ph.D.	Co-Director	Counseling Psychology
Wendy Reinke, Ph.D.	Co-Director	School Psychology
Aaron Thompson, Ph.D.	Associate Director	Social Work
Francis Huang, Ph.D.	Co-Director Methodology Branch	Statistics, Evaluation, Measurement
Nianbo Dong, Ph.D.	Co-Director Methodology Branch	Statistics, Evaluation, Measurement
Chris Riley-Tillman, Ph.D.	Director, Measurement & Assessment	School Psychology
Melissa Stormont, Ph.D.	Research Scientist	Special Education
Kelly Schieltz, Ph.D.	Research Scientist	School Psychology
Erica Lembke, Ph.D.	Research Scientist	Special Education
Brad Curs, Ph.D.	Research Scientist	Educational Leadership
Kristin Hawley, Ph.D.	Research Scientist	Clinical Psychology
Steve Kilgus, Ph.D.	Research Scientist	School Psychology
James Sebastian, Ph.D.	Research Scientist	Educational Leadership
Lori Newcomer, Ph.D.	Research Scientist	School Psychology
Gail Fitzgerald, Ph.D.	Research Scientist	Education Technology
Lou Ann Tanner-Jones, Ph.D.	Executive Director Coalition	School Psychology
Wei Li, Ph.D.	Postdoc Fellow	Statistics, Evaluation, Measurement
Crystal Lewis, MA	Research Associate	Public Policy
Marcus Petree	Research Specialist 2	Secondary Education
Anne Stinson, MSW	Research Associate	Social Work
Rebecca Williams, MSW	Regional Coordinator	Social Work
Cindy Kelly, MSW	Regional Coordinator	Social Work
Jane Piester, MSW	Regional Coordinator	Social Work
Lindsay Oetker, MSW	Regional Coordinator	Social Work
Chelsea Clark, EdS	Regional Coordinator	School Psychology
Sarah Owens, MS	Pre-doctoral Intern	School Psychology
Daniel Cohen, MPH	Graduate Student	School Psychology
Lauren Henry	Graduate Student	School Psychology
Caroline Grossman	Graduate Student	School Psychology
Colleen Eddy, MS	Graduate Student	Counseling Psychology
Wei Chou	Graduate Student	Journalism
Christian Cepel	Website Development	
Will Spiller	Computer Scientist	