

IFCI Quarterly Magazette

January 2023 | Vol 1. Issue. 1

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But First, Who are We?

Welcome to the Institute of Family and Community Impact's first Quarterly Newsletter! We are so **glad** you are here. First, we would like to kindly **reintroduce** IFCI's **purpose, mission, and vision!**

The **Institute of Family and Community Impact** is OhioGuidestone's Center of Excellence for **research, clinical training and innovation, and advocacy**. The Institute, or IFCI, was born out of OhioGuidestone's strategic plans for growing our innovation and research in 2017. IFCI continues to grow and has **expanded** our purpose mission and vision.

IFCI's Purpose

The Institute's purpose is to spread OhioGuidestone's impact on whole person health by **leveraging innovation, research, and advocacy** to empower **families and communities**, and to **equip professionals**.

IFCI's Mission

Our **mission** at the Institute of Family and Community Impact is to **enhance lives** and **build stronger communities** for individuals at all stages of life through **innovation, research, and evaluation, professional training and development, and advocacy**.

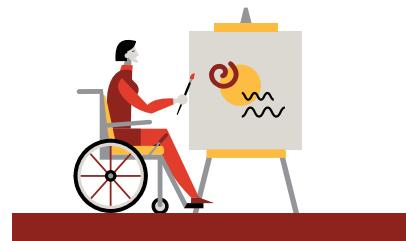
IFCI's Vision

We at IFCI envision **science and evidence-driven decision making** by people, programs, and policy makers that contribute to communities full of **resilient and healthy children, families and adults** with limited **adversity and abundant positive and benevolent experiences**.

THE INSTITUTE'S INNOVATIONS

What is it that we do and for who?

In this Quarterly Newsletter, we want to take you through the journey of the Institute of Family and Community Impact's Innovations. Below we will list the transformative innovations that were developed alongside the communities OhioGuidestone's Institute of Family and Community Impact is a part of. We believe in **working with** the communities we serve, **not on** the communities we serve. Now, let's explore our innovations! Click the hyperlinks of the underlined innovations to learn more, and learn more about the rest of our innovations by following us on social media and reading our monthly newsletter releases.

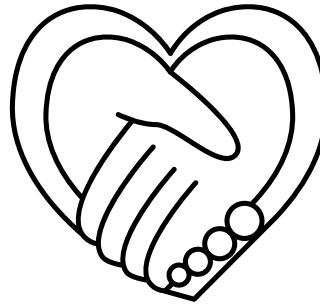


[**Maternal Vitality Study**](#)

[**Father's Feelings**](#)

[**Joyful Together**](#)

[**Nar-ART-ives**](#)



[**Joyful Together
Early Childhood
Education**](#)

[**Cognitive Behavioral
Therapy Plus \(CBT Plus\)**](#)

[**Story Building
Therapy \(SBT\)**](#)

[**Joyful Together for
Pediatric Practices**](#)

We recognize social moderators and the impact of both 'nature and nurture' on one's wellbeing. Therefore, the Institute adopts an interpersonal psychological and neurobiological approach to mental health care delivery. IFCI is very concerned with treating and preventing trauma and toxic stress from early childhood through adult life by focusing on building resiliency through co-regulatory processes and interventions.

IFCI ADVOCACY WORK, TRAININGS & HOW TO PARTNER WITH US!

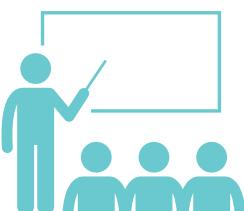
Summary of IFCI's Advocacy Work

The Institute of Family and Community Impact is devoted to promoting [sound public policy](#) grounded in [research](#), addressing a multitude of issues related to [building more resilient individuals, families, and communities](#). This is inclusive of policies impacting [behavioral health](#), [substance use disorders](#), [access to quality care](#), [preventing and mitigating the impact of trauma and toxic stress](#), and [improving the conditions](#) of the community in which families [live, work, and play](#).



Our [nonpartisan advocacy](#) work is rooted in our support of [science and evidence-driven decision making](#), and [our core belief that, by working together](#), we can build a [stronger](#) and [safer](#) future for our communities. In future releases, we will explore specific [advocacy work](#) from IFCI. For now, stay tuned by visiting our [website](#), [social media platforms](#), and by reading our [Monthly and Quarterly Newsletters](#). Let's change society together, and move toward more equitable, community- and family-centered solutions!

Summary of Trainings

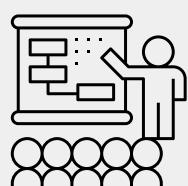


The Institute of Family and Community Impact is all about us & we. This is why we offer [customizable trainings](#) and [professional development opportunities](#) as resources to [YOU!](#) Our [trainings and consultations](#) are available for [community leaders, educators, parents, mental and behavioral health professionals, and MORE!](#) You may be asking-- but what are the topics of these trainings, consultations, and professional development opportunities? We offer a wide-range of training topics including: [Fatherhood Mental Health & Paternal Equity](#), [Community of Learners & Practitioners Certificate Programs & Development](#), [Complex Trauma, Toxic Stress and ACEs](#), [Resiliency and Relational Health](#), [School-based Behavioral Health](#), [Incorporating Neurobiology into Practice](#), [Integrated Care](#), [Culturally Responsive Care](#), [Health Equity in Early Childhood](#), [Trauma Informed Care Certification](#), [Trauma Informed School Environments](#), [Trauma Informed Work Settings](#), [Strategies to Prevent Maternal & Infant Mortality & Morbidity](#), and [Supporting Parents and Families Across Community Settings](#)

How to Partner with the Institute of Family and Community Impact



Fund IFCI



Go to a training, or become a trainer



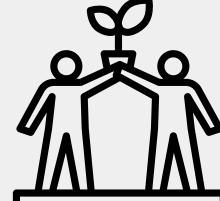
Build an innovation



Become an OGS Associate Fellow



Participate in Research



Advocate with us for a community- and resiliency-centered society

Reach out to ifci@ohioguidestone.org today or call 440-260-8865 for more information on partnering with IFCI or for general inquiries for trainings/consultations/other professional development opportunities!

IFCI OPEN PROJECT RECRUITMENT AND ENROLLMENT

Joyful Together Ohio Children's Trust Fund and Father's Feelings

Joyful Together- Ohio Children's Trust Fund (JT-OCTF)

Eligibility Requirements:

- Have a child 3 months-10 years old
- Reside in Summit, Medina, or Lorain counties
- Can not be receiving government home-visiting services (Ex. Help Me Grow)
- Can not have any open or substantiated child abuse or neglect cases.



Scan the QR code
or click [here](#) to join!

About: Joyful Together-OCTF is an evidenced-based program that limits toxic stress in children while enhancing childhood resiliency and adding positive childhood experiences. You are probably asking "okay.... nice, but how?" Joyful Together strengthens caregiver and child relationships through joyful play using easy-to-do activities. The program coaches caregivers to infuse joyful play with young children into everyday routines to create stronger bonds and lower stress.

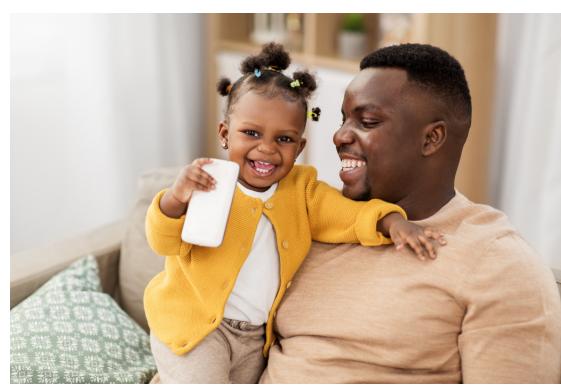
How this program is completed: This program can be completed from the comfort of your own home through a total of six 60-minute virtual play sessions, ending with more fun with your kids and gift cards to Amazon (\$10 per child for every session attended). During the study, you'll meet with a research assistant and learn how to do Joyful Together activities with your child(ren), as well as fill out questionnaires through our simple, easy-to-use research portal website.

Father's Feelings Study

Eligibility Requirements:

- Must be a male father 18 years of age (Teen fathers 14-17 years can participate with parent/guardian permission)
- You must be expecting a child or have a child that is younger than 12 months
- Must reside in Ohio
 - If you reside in Stark & Summit counties you must be a Black father or a father of a Black child (including bi/multiracial Black identity)

About: Father's Feelings provides fathers with clinical paternal depression screening, brief coaching and intervention, and warm hand-off referrals to clinical and other social and community outlets to fathers in the perinatal phase. The Father's Feelings program helps identify and respond to mental health barriers experienced by men, support paternal engagement and attachment with their baby, and increase awareness and access to father specific resources.



Scan the QR code
or click [here](#) to join!

IFCI OPEN PROJECT RECRUITMENT AND ENROLLMENT

Maternal Vitality Study & Research Outside of IFCI

Maternal Vitality Study

Eligibility Requirements:

- Be a resident of Cuyahoga County
- Be an African American Female
- Must have been pregnant within the last 12 months regardless of how the pregnancy ended

About: The Maternal Vitality Study is a 15-session cognitive behavioral therapy (CBT) based intervention protocol to treat depression in pregnant Black mothers residing in Cuyahoga County. This study invites Black mothers to work alongside Black women therapists to contribute strategies that will combat maternal depression and identify race related stressors that may arise during therapy, with hopes of increasing healthcare options that focus on cross-generational thriving instead of simply surviving. The Maternal Vitality Study will empower Black mothers with more than just survival by equipping them with the resources to thrive mentally and physically.



[Scan the QR code
or click here to join!](#)

RESEARCH OPPORTUNITIES OUTSIDE OF IFCI

Factors that Predict Working Alliance in Non-College-Going Emerging Adults within the Counseling Relationship

Eligibility Requirements:

- Be a counselor with an LPC, LPCC, or LPCC-S license

About: Non-college-going emerging adults are individuals aged 18-25 who have not completed a 2- or 4-year post-secondary educational degree. Little research has been done to understand these individuals' and their mental health as well as how to structure effective treatment options for them. This research study, which takes 10-15 minutes to complete, will begin to lay the groundwork for helping therapists at OhioGuidestone better understand the mental health of our clients who have not obtained a degree/have never attended college. Participation in this quick research study will go a long way in helping to improve our counselors' work with our clients at OhioGuidestone who have not obtained a college degree or who have not gone to college.



[Scan the QR code
or click here to join!](#)

**Do you have a research opportunity
you want featured in our
Newsletters? Reach out to
Research@ohioguidestone.org or
call us at 440-260-8865**

JANUARY READING CORNER

For our first Quarterly release, the Institute of Family and Community Impact is sharing our White Papers which serve to communicate research, theories, and our position on particular topics that are connected to our mission and vision, with the intent to educate, inform, and influence. Click the titles to read these White Papers!



"Humble Before the Culture: The Power of Immersive, Ongoing Multicultural Learning for Behavioral Health Professionals"

"Cultural humility-- whether seen as the foundation of cultural competence or the garden in which cross-cultural relationships grow -- is necessary for all behavioral health providers. It is closely entwined with trauma-informed care and therapeutic alliance, as vital keys to unlocking the best possible patient outcomes"

"An Evolution of Substance Use and Mental Health Treatment: The Post-Pandemic Need for Technological Change"

"Substance Use Disorder and mental health treatment via telehealth has abruptly become a necessary means of health care delivery during the COVID-19 pandemic. In order to respond adequately to the need for Substance Use Disorder treatment, telehealth options are a must for clients. While the technological ability for providers to reach clients remotely can potentially make an extreme impact moving forward, clients need reliable and consistent access to the internet for telehealth to work effectively"



"The Danger of Misusing Prevention Data: Resisting Pathologization and Hypersurveillance in Behavioral Health Screenings Through Trauma-Informed, Community-Centered Prevention Strategies"



"Behavioral health screenings, such as for adverse childhood experiences, are important data for identifying individuals and communities at risk of long-term ill health effects. However, without a framework that centers the desires and needs of the people who are screened and a trauma-informed lens, we risk pathologizing people and subjecting them to surveillance that can be harmful and intrusive. By carefully using prevention data to empower people to make decisions for themselves and their communities, we can enhance our care and public health through mutuality and collaboration"

FEATURED JANUARY WHITE PAPER: "PREVENTING HARM AND DEATHS FROM RACISM AND POVERTY"

"Racism and poverty are two major drivers of toxic stress, which harms families and communities across the United States. This stress can lead to a large number of adverse health effects and outcomes, particularly in children, causing long-term health issues and even reducing life expectancy. As one of Ohio's largest behavioral health agencies, OhioGuidestone recognizes our commitment to the families and communities we serve and the need to eliminate sources of toxic stress in their lives as a preventative public health goal. We call on health providers and public policymakers in all fields to address the interconnected systemic inequities and injustices of racism and poverty that harm the people we are dedicated to serve. For health and wellness to flourish, racism and poverty both must be eliminated"



Meet the faces behind IFCI's drive for a more equitable society!

This month you will meet some of our Institute Fellows! Stay tuned for the April Quarterly to meet more of IFCI's fellows!



Brittany R. Pope is a proud wife, mother, multidisciplinary leader, adult educator, and life-long learner frequently sought out for consensus building and rallying stakeholders. She is often recognized for her communication skills and advocacy for family and community respect and engagement to support critical childhood developmental and opportunities to impact and improve education, family & community functioning. She has fifteen plus years' experience within, and affinity with urban settings, collaborating with community members and various professionals led by servant leadership, racial and social justice, healing centered engagement, and people-first principles.

Brittany currently facilitates and leads applied science & research operations and fund development for OhioGuidestone's Institute of Family & Community Impact with an interdisciplinary and cross departmental spirit of collaboration to execute strategic planning, elevates innovation, bolsters equity and justice centered practices, and leads with grace and inclusion.

Brittany's critical interest areas revolve around early childhood as a critical childhood development period that also offers the opportunity to impact and improve maternal health and birth outcomes, fatherhood and men's health, family & community functioning, and education. She has co-created, and demonstrated the evidence base of several evidence based practices for early childhood and parenting health.



Reinhild Boehme is a full-time lecturer at the Department of Social Work at Cleveland State University and clinical fellow at the OhioGuidestone's Institute of Family and Community Impact. Regarded as an expert in Trauma-Informed Care and community-based mental health, Reinhild brings substantial experience in clinical practice with diverse populations and the supervision of multi-disciplinary staff. Significant contributions include authoring the Institute of Family and Community Impact's clinical treatment and intervention manuals, adapting evidence-based practices to the community mental health setting, as well as the creation of the innovative CBT Plus model. A skilled and experienced trainer and public speaker, Reinhild developed a Trauma Informed Care Training and Certification program for community mental health providers and is frequently requested as a speaker on issues of mental health treatment. Further accomplishments include contributions to the literature on the use of imagery in mental health treatment. Both her work and her worldview are significantly informed by her experience as a mother and as a proud immigrant, negotiating and navigating two cultural identities. As such, she is passionate about amplifying the voices and experience of migrant and immigrant people in mental health treatment and evidence-based practices. Reinhild received her Master's Degree in Social Work from Widener University and her Master's Degree in Religion from Temple University and is a Licensed Independent Social Worker with supervisory endorsement.



Holli Ritzenthaler is the Regional Vice President of Operations at OhioGuidestone where she manages all child, adolescent, and adult community counseling programs in Cuyahoga, Stark, Summit and Medina Counties. Holli also leads the highly specialized Early Childhood Mental Health program, which incorporates cutting edge research and innovation into work with children birth to 6 years old and their families that have been impacted by trauma and toxic stress. Holli further contributes her 18 years of clinical and 12 years of leadership experience as a clinical fellow with OhioGuidestone's Institute of Family and Community Impact. As a clinical fellow she is a co-investigator on research protocols evaluating programs and tools that directly impact childhood and family outcomes, and co-author of a neuroscience-based intervention to increase childhood resilience and improve relationships in families. She also serves as the Chair of the Northeast Chapter of the Ohio Association for Infant Mental Health. Holli earned her Master of Science in Social Administration degree from Case Western Reserve University and Bachelor of Arts in Psychology from the College of Wooster.

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[Kristina Ryan](#) is an Associate Fellow with the Institute of Family & Community Impact. She is a member of the Joyful Together Training Team and works on most of its affiliated contracts. Kristina is an LISW-S with almost 8 years of experience in the field. The majority of her direct practice has been with the birth to six population. Kristina is a Certified Play Project Consultation and Rostered Child Parent Psychotherapist. She has a passion for sensory inclusive interventions, the long-term impacts of pre-verbal trauma on brain development, and the importance of healthy co-regulatory relationships in the formative years. She enjoys creating and facilitating trainings. Kristina has a growing interest in macro level work including program development, process improvement, performance optimization, and project management.



[Cristian Shofar, LPCC-S](#), is a supervisor of Outpatient Counseling Services within the Cuyahoga County Community Counseling department at OhioGuidestone and a clinical fellow with the Institute of Family and Community Impact (IFCI). Cristian is a graduate of The Ohio State University with a Master's of Arts in Counseling Education: Clinical Specialty. He is the project manager for Story Building Therapy at IFCI, as well as co-facilitates training and consultation for Story Building Therapy. As a practicing licensed professional clinical counselor since 2007, Cristian has completed certified specialized training in Eye Movement Desensitization and Reprocessing (EMDR), Trauma-Focused Cognitive Behavioral Therapy (TFCBT), as well as Multisystemic Therapy.



[Trinity Hinton](#) is the Web/Application Developer at OhioGuidestone and a key member of the Strategic & Development Team for the Institute of Family and Community Impact. With over 20 years' experience in full-stack development, she manages all the OhioGuidestone family of websites and applications, leads new development projects, and creates technical solutions to problems. She has a passion for the user-experience, accessibility for all, SEO (Search Engine Optimization), and Web Best Practices. When she's not writing code, Trinity can often be found performing for crowds as a Pirate and Mermaid Entertainer at charity and community events, parties, and festivals throughout Ohio. She is also involved in Independent Film, both behind and in front of, the camera. Trinity is happily married to her high school sweetheart and together they have 1 grown daughter and 2 amazing grandchildren.



[Jamie Saunt](#) has been working for OhioGuidestone as an Early Childhood Mental Health Therapist for ten years. Her primary population is very young children who have experienced trauma. She provides education and therapeutic support to children and families, as well as advocacy and mediation between multiple systems, including biological parents, foster parents and the Department of Children and Family Services. She has spent several years working as the ECMH professional on the interdisciplinary early intervention Bright Beginnings teams through the Board of Development Disabilities, providing a trauma focused perspective to the other team members regarding how trauma can impact development and providing ECMH services as part of early intervention. Jamie is part of the Joyful Together training team, offering trainings across the state of Ohio to educate other early interventionists on the impact of trauma and toxic stress on early development and how to combat that impact through interventions that build resilience and connection. Jamie is looking forward to participating in the Father's Feelings research project as a research assessor, combining her interest in research with her clinical experience. She is also a full-time PhD student at Case Western Reserve University, where she focuses on the impact of trauma in the child welfare system.

COMMUNITY PARTNERSHIPS



The Institute of Family and Community Impact partners with community organizations, and people who collaboratively work to build more equitable and resilient communities, families, and children! Take a look at a couple of our community partners below, but also stay tuned in future months to learn more! Click each title to learn more about each community partner!



OHIO DEPARTMENT OF HEALTH (ODH)

The Institute of Family and Community Impact partners with the Ohio Department of Health to build a community that is resiliency and equity-centered. ODH provides funding for our Black Maternal and Infant Mortality and Morbidity project which addresses access to and understanding of health services among Black mothers, and fathers while providing clinical consultation sessions, parenting education and supports for pregnant and newly parenting women, fatherhood education and father-serving community building for new fathers. ODH also funds a branch of our Joyful Together project which trains home visiting professionals to use Joyful Together, our attachment, play-based model that seeks to build resiliency in children, caregivers, and families by infusing joy throughout everyday activities.



OHIO CHILDREN'S TRUST FUND (OCTF)

The Institute partners with Ohio Children's Trust Fund (OCTF) to provide families with tools to build resiliency and joy by prioritizing the parent/caregiver-child relationship. Alongside of OCTF, we believe that positive childhood experiences are built when parents and caregivers have the resources and tools they need for success. Our partner, Ohio Children's Trust Fund provides funding for our Father's Feelings and Joyful Together programs which both seek to eradicate adverse childhood and family experiences while building family-resiliency. These two projects provide mothers, fathers, and families with the tools they need to

Stay tuned for our Monthly and Quarterly releases to see what else IFCI is up to!

IFCI AT EVENTS & OHIOGUIDESTONE AGENCY-WIDE ANNOUNCEMENTS



Joyful Together builds on strengths and materials that parents already have, but might not quickly think about when dealing with the daily important tasks of taking care for young children and everything else they are facing in life. This is why Joyful Together gives ready-to-use activities that can be done almost anywhere, any time, and do not require special tools or trainings: just a safe and caring adult increasing joyful play with their child! Joyful Together helps adults remember and understand the power of play and positive effects on health and learning, even during tough or stressful times.

THE INSTITUTE OF FAMILY AND COMMUNITY IMPACT WAS AT OHIO CHAPTER AMERICAN ACADEMY OF PEDIATRICS (OHIO AAP'S) RECENT STATE CONFERENCE



IFCI was at the Ohio AAP Conference where we set up an exhibitor booth- conference attendees including medical students, pediatricians, and other exhibitors stopped by to learn about Joyful Together and received a copy of the Joyful Together parent book with them. We made a connection with Action for Children in Columbus who explored the expansion of the Father's Feelings initiative and linked us with Early Intervention Home Visitors in the Central Ohio area. As a result of the Ohio AAP conference, CeraVe has made two product donations to our residential campus in Berea totaling over \$1,000 in value. CeraVe and a brand partner are exploring continued collaboration and on-going partnerships with OhioGuidestone.



ASSISTANT VICE PRESIDENT OF IFCI SPOTLIGHTS JOYFUL TOGETHER AT UNITED HOSPITAL FUND OF NEW YORK, PEDS LEARNING NETWORK WEBINAR

This Webinar explored programs that are working to ensure caregivers have the tools to build emotionally responsive relationships, and toddlers. Read more here: <https://uhfnyc.org/news/article/parents-have-power-uhf-webinar-highlights-benefits-emotionally-responsive-relationships/>

Read the 2022 OGS Annual Report by scanning here



Read the 2022 Annual Report by clicking this link:
<https://issuu.com/ohioguidestone/docs/2022annualreport>

WHAT'S NEXT AND FEEDBACK



Quarterly Newsletter

The Institute of Family and Community Impact will be releasing **monthly and quarterly newsletters** like this one to communicate our projects, innovations, and other happenings while strengthening our relationship with the community in an **accessible** manner. These newsletters will aid in our **ongoing communication** with the community and **strengthen** our bond as we seek to **serve, advocate and partner** with you.

Feedback

Thank you for reading our first Quarterly Newsletter from the Institute of Family and Community Impact! This was our **first series release**, and we would love to hear from **YOU**—the reader! What would you like to see? If you are reading this as a participant in our **research** and you would like to be featured in an **upcoming Monthly or Quarterly newsletter** to share your story, please email us at Research@ohioguidestone.org.

The Institute of Family and Community Impact, an OhioGuidestone initiative believes in building strengths in individuals and communities by addressing the barriers individuals, families and communities face. We do research, while offering trainings, developing innovations, advocating for trauma-informed policies, translating science, and publishing products! We work with communities whose voices have been historically silenced by forced marginalization. To support our vision of building resilient communities, follow the steps to donate below! Continue reading our monthly and quarterly newsletters to see the impact of your donation!

CONTACT US!



Phone: 440.260.8865

Facebook:

@InstituteFamilyCommunityImpact

Twitter: @ifci_research

Email: IFCI@ohioguidestone.org

Donation Steps:

Scan this QR code or click [here](#) to donate virtually.



Click the amount you would like to donate or specify an amount of your choosing.

Direct your donation by using the dropdown menu. To direct your donation to the Institute of Family and Community Impact, click "IFCI" in the dropdown menu.

Type in your personal and additional information.

Click "Make Donation"