

# ArkSTART's Model Clinic

## Pioneering a Design for Change

### EMDR changes Sean's life

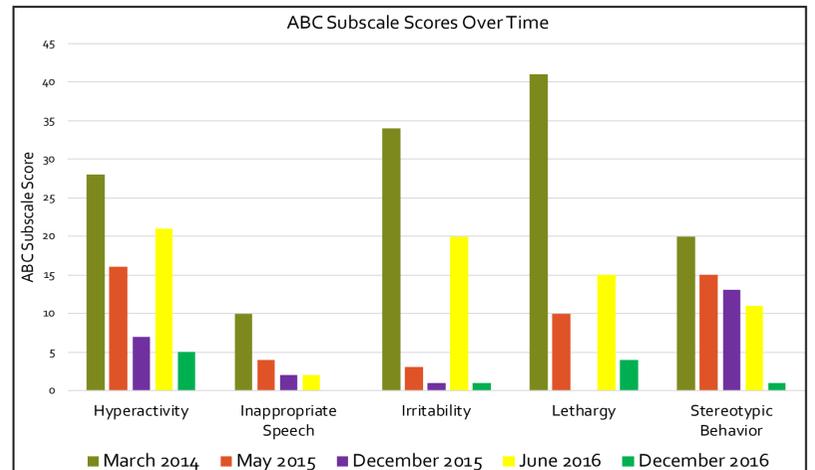
- Male, late 30s, enrolled in START services since 2012
- Varying periods of stability and times of needing extra support (both planned and emergency)

#### Exploring EMDR

- Effects of trauma were identified
- Consultation with the START clinical team, ArkSTART director, and ArkSTART clinical director produced a recommendation to pursue Eye Movement Desensitization and Reprocessing (EMDR) treatment

#### EMDR's effect

- Initial ABC scores in March of 2014 show significant distress across all five subscales.
- Over the course of the following year, the scores showed a tendency toward improvement, but in June of 2016, there was again a spike in Sean's distress and resulting disturbing behaviors.
- After EMDR was begun in June of 2016, a noticeable decrease in ABC scores was documented.



#### Why EMDR?

- EMDR is advocated as an efficacious and empirically validated treatment of trauma by several organizations, studies, and publications.
- In 2013, a publication by the World Health Organization stated that "trauma-focused CBT and EMDR are the only psychotherapies recommended for children, adolescents, and adults with PTSD."

### An Inspiration for Something Bigger

Sean's situation allowed us to put a face to the problem that we've known for a long time: mental health services in many parts of Arkansas are severely lacking.

Our approach to Sean's situation used the START Model incorporating evidence-based treatment processes to great success. We designed the ArkSTART Model Clinic to replicate these successes.

### How it Works

The Model Clinic was created to be a brief (10-12 session) application of a multi-modal approach to mental health service provision that could be replicated in the local community.

The START Coordinator ensures the referred individual's team remains involved and is prepared when it is time to transition back to local services.

### First Referrals

In early 2017, ArkSTART's Model Clinic was begun and featured counseling with an EMDR-trained clinician, pharmacologic services with ArkSTART's medical director, and START Coordination services.

In March of 2017, the Clinic saw its first intake, which also modeled START's concept of the whole team at the table. Those participating in the intake were the individual, family, clinician, START coordinator, and psychiatrist.

Two clients are currently participating in the clinic.

### Next Steps

ArkSTART has partnered with Beacon Health to develop and provide trainings to all mental health facilities in the state that are Medicaid providers.

With the prevalence of trauma experienced by the individuals we serve, we are hoping to show a model of service provision that includes empirically-based therapeutic interventions, psychotropic management as a supportive service, and systemic coordination and consultation provided by ArkSTART that can be replicated by local providers.

- Sources
- ArkSTART Annual Report (2016)
  - EMDR Institute, Inc. – The Efficacy of EMDR (2017).
  - Owen, James (2016). A Problem Unpleasant to Mention, Easy to Postpone: Mental Health Access in Arkansas. Hendrix College Arkansas Policy Program.
  - Mental Health in America – Access to Care Data (2017).
  - START Information and Reporting System (SIRS)

