

Net Works

CARING FOR THE WHOLE PERSON

March/April 2003



Make an Investment – in a Child

Several years ago, Dr. Von Keairns, Executive Director of Arsenal Family & Children's Center and child psychologist, was contacted by a State Senator to help a young child. The child, who we'll call Alex, was put up for sale - for drug money - by his mother for \$30,000. With the help of Alex's grandparents, he was rescued and his mother was incarcerated. But at just 3-years old, Alex was left in a depressed, hyper-vigilant state. Dr. Keairns held sessions with him for 4 weeks, and not once would he speak, make eye contact, or even take off his coat. Then one day when he came to her office, which was in the educational unit of a local church, he looked up at her and said "Was Jesus here?" Overjoyed with his initiative, Dr. Keairns looked him in the eye and said "Of course he was." Alex replied back, "Well...where is he?" Without hesitation, she found the custodian of the church, retrieved a flashlight, led Alex into the dark sanctuary, shined the flashlight onto a stained glass window and said "There he is." Alex didn't say a word. He just reached for her hand, walked with her back to the office, took off his coat, and talked with her for the first time. "It was a transforming moment that I will never forget," says Keairns. "Children are very concrete. They need to see things for themselves, but they also need someone that they can trust and with whom they can share their world."

Arsenal Family & Children's Center aims to see that each child has at least one adult who is willing to make a profound, emotional investment in that child's life. "If every child knew they had such a person, it could make all the difference to that child's life," says Keairns. Whether a child is unwanted, abused or just experiencing a normal life where the parents get caught-up in the needs of the family and deprive themselves of quality time with the child, the effects of these behaviors are lasting and deep. ADHD (Attention Deficit Hyperactivity Disorder) is often misdiagnosed in children with depression for this reason. Many children are placed on medications that are not necessarily a cure and often haven't been tested on children. "A quality relationship helps a child moderate aggression and focus on the world around them. This can be fundamental to who they can become," says Keairns.

Arsenal's Supervised Parenting and Play and Parent/ Child Mentoring programs foster and enhance the parent/child relationship so that the

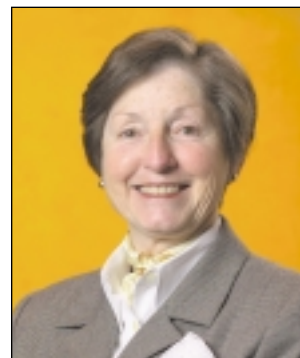
parent can focus on making the emotional investment Keairns describes. Staff members work with parents on improving communication and understanding child development as well as learning to use effective parenting techniques and to build trust. "We are not attempting to change parenting styles, but rather to build upon the parent's strengths and help the parents take into account and appreciate the needs of the child; To see the world from the child's point of view and allow the child to take the lead for a short period of time in the play sessions," says Keairns.

Arsenal hopes to increase the number of children served through these special programs. Currently, Coordinated Care Network member agencies Salvation Army, East Liberty Family Health Care Center and North Side Christian Health Center refer children to Arsenal for these services as well as their Infant, Toddler, Preschool and Teen Parenting programs. However, Dr. Keairns is hoping to have more interaction with member agencies through the Network's centralized Case Management Team in order to meet the needs of the children in the Network. "It is our bottom-line goal to serve more children in the Network," says Keairns, "and I am personally committed to participating in case conferences for all Network children – not just those from Arsenal."

Founded by one of the most trusted pediatricians and best-selling authors of all time, Dr. Benjamin Spock, Arsenal Family & Children's Center is celebrating its 50th Anniversary this year. A generous gift from an anonymous donor enabled Arsenal to ring-in their golden year with a new facility on South Aiken Avenue in Friendship – moving their flagship site in Lawrenceville. Formerly a day care center, the new site is "quiet and safe, with spacious, light-filled classrooms," says Keairns. "We couldn't be happier."

With 26 highly trained teachers and mentors offering seven programs at two sites (the 2nd in Clairton), Dr. Keairns

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BOARD OF DIRECTOR'S DOSSIER

Name: Yvonne E. Keairns, Ph.D.

Occupation: Executive Director of Arsenal Family & Children's Center

Offices Held: State Board of Psychology, Board of Trustees-Earlham School of Religion, Advisory Board-Guilda's Club, Board of Advisors-Urban Mountain Gathering Place, Vice Chair of the Board of Directors-Coordinated Care Network, Board of Directors-Quaker United Nations, and Co-Clerk for the 2003 National Conference of Quakers.

Hometown: Allison Park; but currently residing in Squirrel Hill.

Education: BA from Baldwin Wallace College in Berea, OH; Masters Degree from the School of Medicine at the University of Pittsburgh; Ph.D. from Duquesne University's Psychology Dept.; and two post-doctoral courses from Harvard University.

Family: Husband-Dale, and son-Carter, a professor of geology.

Biggest Challenge:

Overcoming a serious, debilitating, 2-year-long illness when I was in my thirties and my son was just 3-years-old.

Greatest Accomplishment:

Being Executive Director of Arsenal for over 20 years, and the head researcher for a Girl Child Soldier Project [a 2-year research project for the Quaker United Nations which focused on listening to the voices of girl child soldiers in order to understand their demobilization and reintegration needs].

Mission in Life: Living life fully.

If you could change anything in the world, what would it be?

The enforcement of the International Convention on the Rights of the Child in every country of the world.

What Do You Enjoy Doing in Your Spare Time: Golfing, biking, gardening, reading, traveling, fishing, going to our cabin in Ligonier and spending time with my husband and son.

Favorite Film and/or Book: *The Hours* for film and *Elegy for Iris* by John Bayley is just one of my favorite books. I love anything by Simone De Beauvoir, Virginia Wolf, May Sarton and Deepak Chopra.

Favorite Food: Chocolate

Where Have You Always Wanted to Travel:

Tibet, with my son and husband.

What don't people know about you?

I spend a lot of time in silence.

Make an Investment – in a Child *(continuation)*

commitment to children is evident and strong. What an amazing impact it would make if every adult would play a profound role in the life of just one child the way she has taught so many to do in her 21 years at Arsenal.

Alex's extended family is thankful, according to Dr. Keairns who hears from them periodically. He is now a proud member of the Honor Roll and participates in many social activities.

Disease Prevention/Management – Health Facts

Education on how to identify the risk factors for disease, and what to do to address them in order to improve the health of our community.

COPD (Chronic Obstructive Pulmonary Disease)

Definition: The name for a group of related lung diseases that are long term and act on the lungs by making it difficult for air to get to the air sacs. Emphysema (a disease of the air sacs) and bronchitis (inflammation of the airways) are the two most common forms.

Facts:

- COPD is the fourth leading cause of death, both nationally¹ and in Allegheny County².
- COPD is a risk factor for lung cancer and often causes heart problems.
- COPD is highly preventable because the primary cause is smoking.
- The difference between COPD and asthma is that the inflammation of asthma is reversible, but the inflammation of COPD is caused by permanent damage that is not reversible.

What to look for / Common Symptoms

- Wheezing/shortness of breath
- Heavy cough, resulting in coughing up mucous from the lungs
- Reduced ability to push air out (exhale)

What to look for / Primary Prevention Risk Factors:

- Smoking (cause of 80-90% of the cases of COPD).
- Exposure to harmful substances in the workplace.

What to do / Primary Prevention Interventions:

- Tell the person about your concern and encourage them to schedule an appointment with their doctor for a general health check-up.
- Identify and assist with any barriers to seeing a doctor (transportation, financing).
- Ask if the person is willing to address one or more of the risk factors.
- If the person demonstrates willingness, present program options where possible with the Coordinated Care Network Program Manual.
- Contact the Coordinated Care Network Case Management Department by filling out a Referral Coordination Form (RCF) and faxing it to 412/349-6316.

He or she will be screened for enrollment in the Disease Prevention/Management program, and referred to the appropriate Network program(s).

¹ National Heart, Lung and Blood Institute, 1997.

² Allegheny County Health Department, 1996.

CALENDAR OF EVENTS – March/April 2003

WHEN	WHAT	WHERE
Tues., March 18, 11:30am-1pm	Disease Prevention/ Management Committee Meeting	Community Human Services Corporation
Thurs., March 20, 8-9am	Network Relations Meeting	Pittsburgh Pastoral Institute
Sun.-Wed., March 23-26	National Association of Community Health Centers' 2003 Annual Policy & Issues Forum	Washington, DC
Thurs., April 3, 10-11am	Executive Committee Meeting	East Liberty Presbyterian Church (ELPC), Session Room
Thurs., April 3, 11am-12pm	Executive Directors' Meeting	ELPC, Session Room
Thurs., April 3, 12-1:30pm	Board of Director's Meeting	ELPC, Room 234
Tues., April 15, 11:30am-1pm	Disease Prevention/ Management Committee Meeting	Community Human Services Corporation
Thurs., April 17, 8-9am	Network Relations Meeting	Pittsburgh Pastoral Institute

In The News

A New Member to our Team –

We are pleased to welcome Barb Pullet to the Coordinated Care Network staff. Barb joins us as Assistant to the President and CEO after a 10-year tenure with UPMC where she most recently worked as a Project Management Specialist in the Information Services Division.

A Champion for Children –

Sister Liguori Rossner, Executive Director of member agency Jubilee Association, Inc., was honored by the Homeless Children's Education Fund at their Fourth Annual Champions for Children Benefit on March 3rd for her distinguished service on behalf of all children.

Cover the Uninsured Week –

In a major effort to establish the issue of the uninsured as a top national priority and to encourage our nation to seek solutions for the more than 41 million Americans who have no health insurance, Coordinated Care Network partnered with the Jewish Healthcare Foundation and Consumer Health Coalition to organize local events March 10-16. In addition to Dr. Todd Wahrenberger's participation as a panelist during the Town Hall Meeting kick-off event, member agencies Metro Family Practice, Focus on Renewal, East Liberty Family Health Care Center, Alma Illery and North Side Christian Health Center showed their support by sponsoring satellite Health Fairs.

COORDINATED CARE NETWORK STAFF

Jeffrey Palmer – President & CEO

Barbara Pullet – Assistant to the President & CEO

Thomas Pollack – Vice President & CFO

Holly Trimbur – Marketing & Communications Director

Larry Bursick, R.Ph. – Pharmacy Director

Lori Hunt – Case Management Director

Lisa Stevenson – Case Manager

Nadine Emmel – Case Manager

Fred Grasser – Information Systems Analyst

Debbie LeJohn – Accounting Assistant

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