Parenting Skills Program at Johns Hopkins Children’s Mental Health Center encourages parental problem solving

The Parenting Skills Program at Johns Hopkins Children’s Mental Health Center was brought to Baltimore by Dr. Deborah Gross, a professor of mental health and psychiatric nursing at Johns Hopkins. The Johns Hopkins program was developed from the Chicago Parent Program at Rush University in Illinois. Intended for parents of young children, the Chicago Parent Program was one of the first parenting skills programs developed as a collaboration specifically with African-American and Latino parents.

The cornerstone of the program is discussion and problem-solving in participant groups led by trained group facilitators. Parents watch brief, real-life clips of families in everyday situations. Following each clip, participants discuss how the parents featured in the video respond to the everyday challenges they are facing. For example, everyday challenges can include managing misbehavior outside of the home which is often precipitated by boredom, preparing for school in the morning or bedtime challenges. Many clips show parents responding well to the challenges, while other clips leave room for improvement. Good or bad, the participants of the Parenting Skills Program learn from the videos and are able to discuss the strengths and weaknesses of each situation while developing strategies to apply to their own household.

All of the strategies and principles taught in the program are supported by evidence, but the program is framed in ways that are most relevant to families who seek encouragement and support.

The program covers a range of topics related to children’s behavior, as well as managing parental stress, which often affects how one handles situations. The program is taught in 11 weekly meetings, followed by one “booster session” one month after the 11th meeting. Strong, positive results have been found in multiple studies showing that parents who participate in the program use more positive parenting strategies and their children have fewer behavior problems up to one year later. The Chicago Parent Program is currently being used in several agencies serving families and young children in Baltimore, and offered to families at the Children’s Mental Health Center at Johns Hopkins and the Family Center at Kennedy Krieger Institute.

Kindness of Strangers in 2011

2011 was one of the most generous years for giving by Johns Hopkins students, faculty and staff. Following incredibly successful clothing, food and toiletry drives in the first part of 2011, the kindness continued through the fall and winter’s book drive, Thanksgiving turkey and trimmings donations and Holiday Gift Giving programs.

Throughout the month of September, Johns Hopkins East Baltimore Community Affairs, a part of the Office of Government and Community Affairs, conducted the second annual Books for Baltimore! Book Drive for new and gently used books for all reading levels. The 2011 drive collected over 3,400 books that have been donated to area schools, communities and senior centers.

With the help of local middle school students at Highlandtown #237 School, Johns Hopkins was able to distribute 170 Thanksgiving turkeys and all of the trimmings to seniors at Parkview at Ashland Terrace and the Bea Gaddy Women and Children’s Center. The annual event allows families to join together to celebrate the Thanksgiving holiday while helping to reduce the burden of the ever increasing expenses of the holidays.

Finally, to close out 2011, once again the collection site for the annual Holiday Gift Giving program overflowed with gifts. Nearly 200 children and over 75 families benefited from the support of Johns Hopkins students, faculty, and staff. Donated gifts made their way to the Ark Preschool, the only accredited preschool for homeless children in Maryland, and the Caroline Center, a free trade school for women. As Sister Pat McLaughlin, executive director of The Caroline Center in East Baltimore noted, the beneficiaries of your generosity were overwhelmed with the “kindness of strangers”.

The kindness of strangers is a continuing theme of the Johns Hopkins community, one that we hope to continue through all of 2012.

Monument Street Merchant Association Annual Parade Celebrates East Baltimore, Holidays

The 15th annual Jingle Bell Parade, presented by the East Monument Street Main Street Association welcomed thousands of revelers to the retail center of East Baltimore. The Jingle Bell Parade is a partnership between the East Monument Street Main, the Monument Street Merchant Association and a promotions committee and was started by Barbara Hopkins, a former event coordinator at Historic East Baltimore Community Action Coalition.

Held annually on the second Saturday in December, the parade kicks off Baltimore City’s Miracle on Main Street holiday events. Community residents, business owners and neighbors participate in the parade to help spark the holiday spirit in East Baltimore and encourage the larger community to conduct their holiday shopping in the Monument Street business district.

The event regularly features over twenty local marching bands that show off their latest costumes and original routines to the people who line the streets and cheer for them as they make their approach to the viewing stage to perform for community members, business owners and elected officials.

Special performances, such as those by the Baltimore Ravens’ mascot, Poe, and the Baltimore Orioles Bird, make the attraction a must see for many East Baltimore residents. The Jingle Belle Parade closes with a visit from Mr. and Mrs. Santa Claus.

Community Action Poverty Simulation raises awareness of economic and social issues

Imagine living in poverty, just trying to survive every day. For over 45 million Americans living below the poverty line, this struggle is an everyday reality. Students in the Johns Hopkins University School of Nursing’s Patient-Centered Care course were able to experience the challenges many low-income families face through a one-hour simulation of what it is like to live one month below the poverty line. The 2011 Community Action Poverty Simulations event, hosted by SOURCE (Student Outreach Resource Center) and Patty Wilson, School of Nursing faculty member, with volunteers from Johns Hopkins and the Baltimore community, crammed all of the stress, heartache and chaos experienced by these members of society into just four, 15-minute sessions which represented a month in the simulation. The exercise is meant as a conversation starter for students as they learn about the correlation between poverty and health disparities.

Prior to starting the first simulated week, Mindi Levin, director of SOURCE, explained to students and volunteers, “This is not a game. You may be using fake money and have fun props, but this is reality for many Americans.”
More than two dozen people will be hired next year to document neighborhood resources in East Baltimore. This work is phase one of the Community Health Initiative’s “asset mapping,” which is a process used to understand a community’s existing resources. The goal of community asset mapping in East Baltimore is to promote connections and relationships between individuals, between organizations, and between individuals and organizations, and to identify where outside resources are needed.

The asset mapping team will interview East Baltimore residents (living within 21202, 21205, 21213, 21224, and 21231) to learn what they like about living in their neighborhood, how they contribute to the community, and which relationships help get things done. The team will also help to identify other kinds of community assets like churches, neighborhood associations, parks, schools, businesses, and service providers. Each member of the asset mapping team will receive special training after they are hired. Preference will be given to applicants who live within the five zip codes of the Community Health Initiative.

The Community Health Initiative is a collaborative effort to improve the health and well-being of residents of all ages who live in East Baltimore through sustainable health collaborations and specific health interventions. The first phase of the Initiative is a community health assessment of East Baltimore. Partners in the Community Health Initiative are individuals, community groups, and city government from East Baltimore and Johns Hopkins.

This information is provided by UHJH Newsletter, Winter 2012 Issue 14.

Update on the East Baltimore Community Health Initiative Community Health Initiative to Hire First Employees in 2012

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“ar the visioning that is the idea of being a physi- cian first developed, as a mechanism to pursue discovery in a way that might be more directly applicable to curing diseases.”

From there, Rothman, 53, has added new role after new role to his resume, culminating in his appointment in December to what he says is “my dream job.”

“I’m thrilled, humbled and honored to have been chosen,” said Rothman, currently dean of the Carver College of Medicine at the University of Iowa and leader of that university’s clinical practice plan.

Rothman, a rheumatologist and molecu- lar immunologist, will join Johns Hopkins on July 1, succeeding Edward D. Miller, who will retire after 15 years as both the School of Medicine’s 13th dean and the first CEO of Johns Hopkins Medicine.

Now, with that “dream job” at Johns Hopkins Medicine before him, Rothman is coming to an institution he has long admired and where he has many professional friends.

Johns Hopkins leads the world in research and discovery, and in innovations in teaching and in the delivery of health care,” he said. “It’s the leader because of the outstanding faculty, students and staff who work there. It has recruited the best and brightest from around the world for years and continues to do so. There’s a culture of collaboration and a culture of excellence in everything they do.”

Rothman also greatly admires Miller, who took Johns Hopkins Medicine from a mid- 1990s concept for joint governance of the School of Medicine and health system and turned it into a global health care brand name.

Rothman said of Miller, “He’s been an outstanding leader. I’m honored to be his successor. I hope I can be as successful as he has been.”

The man who made the appointment believes he can.

“Paul Rothman is a visionary leader with a deep and highly sophisticated understand- ing of the challenges facing health care and academic medicine today,” said Ronald J. Daniels, president of The Johns Hopkins University.

As dean, Rothman will lead a School of Medicine with more than 2,500 full-time faculty members, nearly 1,300 part-time faculty, more than 1,400 medical and gradu- ate students, and more federal research sup- port than any other U.S. medical school. As CEO, he also will govern—in partnership with Ronald R. Peterson, executive vice president of Johns Hopkins Medicine and executive vice president of the Johns Hopkins Hospital and Health System—a system of six hospitals in Maryland, Washington, D.C., and Florida.

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