



ACAPNJ

973-629-1001

301 So. Livingston Ave
Livingston, NJ 07039

IMPACT:

In Year I, *Joining Forces* provided training for 25 workers from 7 agencies

In Year I, *Joining Forces* provided outreach to 9 locations. 350 contacts were made to inform and introduce workers to modern psychoanalytic methods

By training workers who have established relationships with people in their own communities and settings, *Joining Forces* has not only had an impact on 25 workers but potentially impacted the 5,583 children they serve.

In year II, by assisting workers in the proposed train the trainer program to work with others at their sites, we can multiply this effect in potentially reaching the 14,466 children served at each agency or school.

Joining Forces is a proven model to help in the reduction of stress of healthcare workers. It has impacted the disparity of stress on the job in workers in the Greater Newark Area. This model can be applied to a variety of settings and populations.

Administratively, ACAP now offers scholarships and consideration of Income levels for ALL students

Academically, the ACAP curriculum has been impacted through increased awareness of cultural diversity in teaching modern psychoanalytic principals

The Multiplier Effect
ACAP's philosophy in training others is that impact is often greater in training others rather than through direct service ourselves.

Joining Forces

Year I

July 6, 2007

Joining Forces is a Training Program developed through a partnership between
The Academy of Clinical and Applied Psychoanalysis
And the Healthcare Foundation of New Jersey

Joining Forces provides training to Mental Health Workers and Teachers
Who Serve Multi-Challenged Families
Experiencing Problems with Mental Health and Substance Abuse

Joining Forces is a program developed by The Academy of Clinical and Applied Psychoanalysis (ACAP), to provide administrators, mental health center workers and teachers with assistance in serving their most challenging situations, clients, supervisees and students. By joining together to explore intervention strategies that can be effective with our most difficult daily experiences, we can enhance our skills in working with people in many different settings..

Joining Forces has allowed 25 people from varied settings such as juvenile justice, human resources, schools, DYFS and therapy offices to participate in training that enhances their understanding of human motivation and has been shown to decrease stress levels. This is what one agency's supervisor said about ACAP training:

"Modern Psychoanalytic supervision and training allows me to step back and study more. Then I understand the client and intervene in a way that meets them where they are in their current situation. I'm more patient with myself and my workers and more effective overall."

Joining Forces training entails three courses over one year of study at ACAP. Participants are eligible to enroll in one course each semester such as: Psychopathology, Modern Psychoanalytic Methods, and Maturation in Adolescence. In addition, participants are part of a small group supervision every other week for one year where they can discuss application of the method to their own specific work and life situations and hear about the experiences of applications in various other populations and settings.

Corporations, schools, mental health agencies, and social service providers may find it helpful to sponsor an in-house worker or make a scholarship available to an important person in their own community. You are welcome to make a donation of a scholarship in support of a worker or current student in need. In addition to the tuition scholarship, CE credits are available for many professions.

Joining Forces

was made possible by a generous pilot program grant funded by the Healthcare Foundation of New Jersey
(★ The Healthcare Foundation of New Jersey was founded by the Jewish Community)

***Joining Forces* Students are matriculated into courses Such as Psychopathology, Modern Psychoanalytic Concepts, And Small Group Supervisions. Below are students participating in a Spring 2007 course.**





Meet the Students



Jorel Dort

“I have learned that exploring a student’s point of view can diffuse a crisis situation”

I have been good at making referrals but now I am more effective in working with people myself’

-Program Participant
East Orange
General



Janice Orten-Stein
Youth Consultation
Service
East Orange

Jorel Dort, The Bridge

Jorel is a site supervisor at University Middle School in Irvington. He has contact with over 300 of the 800 children at the school. He finds building relationships with the students essential but difficult when working to prevent school drop out and the use of substances, available a few feet from school property. He said this about his year of ACAP training “Now I take the time to step back and consider the situation rather than just react. I explore and pay more attention to feelings rather than behavior. I no longer take cursing personally, but appreciate the frustrating feelings behind it. I know it takes time to change the mindset.”

Loetia Ross, DYFS

Loetia is a court liaison employed by DYFS. She supervises six case managers and is responsible for 40 cases. Ninety-Five percent of her families are both experiencing substance abuse and mental health problems. She states “discussing on the job situations created more effective communication, better supervision and improved the overall quality of service”. This student added “they are better able to follow through when they make their own choices”. The techniques of joining and mirroring that were taught in courses assisted the staff to think through the many possible courses of action and to help their own staff do the same, rather than giving a command or advice.

Yvonne Montemurro, YCS

Yvonne, an administrator at Youth Consultation Service is managing and training over 1600 staff and runs a group for the difficult aging-out foster care and group home children, aged 18-21. She states, “I am more of a coach manager rather than a directing manager now.” She observes that she has been able to become less afraid of joining some of the negative experiences. This enables her to address and assist her staff and clients in facing the daunting task of moving from the child to adult mental health system, with their limited familial supports.

Program Participants



Essecare Rehabilitation, Inc.
Orange, NJ
Evidenced Based
Study
Control Group

Training Participants

East Orange General Hospital, East Orange, 11 participants in 5 programs
The Bridge, Irvington, 2 participants in 2 programs
Newark Public Schools, Newark, 1 art therapist, 1 social worker, in 2 schools
Youth Consultation Service, East Orange, 2 administrators
Violence Prevention Institute, East Orange, 1 supervisor
DYFS, Greater Newark, 4 case supervisors, 2 case managers, 3 sites

“With one case, I was able to concentrate on the positive. If they are late, now I notice what they are doing right rather than becoming negative. I find this improves the overall attendance.”

Some Participant Facts

Participant Demographics, Year I

Racial:

14 Black, 11 Caucasion

Geographic:

East Orange/Orange, 14 participants
 Newark, 7 participants
 Irvington, 2 participants

Gender: 17 female, 8 male

Position: 14 supervisors, 11 direct care workers

Year I Course Offerings

Character Psychopathology
 Development: 0-3
 Narcissism, Aggression and Pre-Oedipal Conditions
 Attachment
 Modern Psychoanalytic Theory
 Anxiety and Defense
 Psychopathology through Literature
 Nurturing the Emotional Resilient Child
 Human Development: Mid to Later years

Year II Fall 07 Course Offerings

Human Development:
 Adolescence-Adult
 Drive Theory: What Motivates us to be Civilized?
 History of Psychoanalysis:
 The Beginnings
 How to Think Like an Analyst
 Character Psychopathology
 Group Dynamics and the Mechanisms of the Family

Community Outreach

Prospective, Year II

Year II Control Group
 The Bridge to Recovery, Lincoln Park
 La Cura, Newark
 Essex County Hospital Center
 Irvington General Hospital
 Newark Beth Israel Hospital
 Project Live
 UMDNJ

Established, Year I

The Bridge
East Orange General Hospital
Essecare Rehabilitation, Inc.
The Division of Youth and Family Services
Juvenile Justice
The Mental Health Association of Essex County
The National Association of Social Workers, NJ
Newark Public Schools
Saint James Hospital
Youth Consultation Service
Violence Prevention Institute



Annette Vaccaro
Outreach Coordinator

VISIT ACAP ON THE WEB AT:
WWW.ACAPNJ.ORG

Modern psychoanalytic interventions are most effectively taught when linking the concepts to everyday dilemmas. Immediately, students can increase their effectiveness on the job while learning the modern psychoanalytic method. Having the Small Group Supervision in addition to a more didactic class is essential in this process. Workers need a setting where they can describe their most difficult situations in a spontaneous and emotionally safe space, which is not always afforded at one's own setting.

March '07 Focus Group

In March 2007, a focus group was held to assess progress, needs and planning for the continuation of the program and its goals. Participants included: five program participants, seven agency administrators, a representative from the MICA task force from the Mental Health Association of Essex County (consulting on areas of need in Essex County) and Dr. Fred Andes, our research consultant. This meeting pointed out the need to continue this program by:

1. Supporting those who are already participating through methods that help students to apply their learning on the job
2. Helping workers to train and supervise others
3. Responding to the greater need for the newest workers to be trained.

In March 2008, ACAP anticipates a focus group with emphasis on sustainability.



ACAP DIRECTORS (Left to Right)

Vicki Granet Semel, Executive Director
 Patricia Harte Bratt, Director of Development
 Maurice Lovell, Administrative Director
 Sheila Zaretsky, Director of Curriculum

Joining Forces, YEAR II

Long Distance Learning Initiative

In response to the need to help Workers apply their ACAP Training on the Job, YEAR II of **Joining Forces**

Includes a Long Distance Learning Initiative.



Participants in the Train the Trainer Program Would be eligible to receive Remote Consultation at their site By ACAP Faculty through Computer Learning Equipment Applying a Skype Communication System

Six new applicants are already wait-listed to enter the program for the Fall of 2007.

Ten to Fifteen former participants are expected to return

For the Train the Trainer Program in the Fall of 07.



Below is a Summer 2007 SmallGroup Supervision led by Dr. Maurice Lovell

ACAP FACULTY

Dr. Patricia Bratt
 Dr. Demitria DeLia
 Dr. Alina Enista
 Dr. Gerald Fishbein
 Ms. Diana Ladden
 Rabbi Ellen Lewis
 Dr. Maurice Lovell
 Ms. Pat Mahoney
 Dr. Vicki Granet Semel
 Dr. Lisa Piemont
 Dr. Charles Pumilia
 Mrs. Marcia Pumilia
 Mrs. Alice Weintraub
 Dr. Sheila Zaretsky

"I was facing an out of control group of 8th graders one day and found myself saying, I have a lot of projects but what can I do differently when we are working together. They became my partners in planning their own sessions."

-Laura Salley, Newark Public School



"I understand now how important I am in the relationship with my clients."



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