

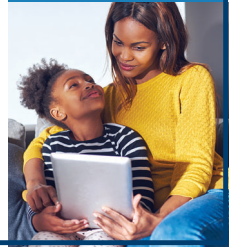


# FOCUS

**Newsletter of the  
Family Focused  
Treatment Association**

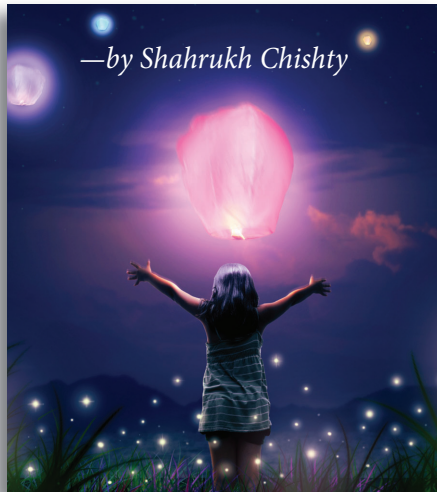


**Family  
Focused  
Treatment  
Association**



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## Hurting Deep...Healing Deep



—by *Shahrukh Chishty*

The bleeding of the punched lip, the anxiety of the coming of the night, or the triggering of hearing the name of a child's molester... all are forms of hurt, and all need healing.

Wouldn't it be wonderful to be able to heal our deeply traumatized children deeply and someday completely? Healing doesn't just mean cleaning up the lip, having a side light on at night, or avoiding being around a perpetrator. Healing is understanding the complexities of trauma and how all these factors combine to form deep wounds. In order to provide relief, a very specialized and unique approach is required based on the story of each child's heartache and pain.

Such was the endeavor that Aldea Children and Family Services set out to undertake along with OLE Health. OLE Health is a medical provider that supports person-centered, high-quality health care for residents of Napa and Solano Counties in California. Its teams of medical professionals work together

to provide patients with the range of services they need, when and where they need them, including women's health services, behavioral health specialists, dieticians, dental health, and more. At Aldea Children and Family Services, our hope is to empower families

and at-risk youth so they may reach their personal, academic, and occupational goals through critical mental health, Treatment Foster Care and adoption, and support services.

The partnership between OLE Health and Aldea Children and Family Services aims to ensure that county residents have access to the most comprehensive services available by utilizing an integrated model of care and innovative programs that place patients at the center of their own team of medical professionals. In particular (and the focus of this article), our partnership wanted to provide a true medical home for youth in foster care who have not had much stability in their lives. Evidence shows that coordinated

### INSIDE THIS ISSUE

#### A *FOCUS* on Medical Needs of Youth in Care

Hurting Deep...Healing Deep

Editor's Column

33 Days That  
Changed Everything

Public Policy Update

Vanderbilt's  
Psychopharmacology  
Oversight Program

Integrated Medical Care

care between providers increases the likelihood of better health outcomes for patients. The collaborative model of fully integrated health care was meant to be a break from the "business as usual" model and swiss cheese approach and aims for something that is meaningful, efficient, and respectful of the dignity and journey of each individual who needs assistance from both agencies. Patients have a dedicated treatment team that provides medical, dental, and behavioral health care in a single location.

continued on pg. 2