

# **BEBA**

*(Building and Enhancing Bonding and Attachment):*

## **A Center for Family Healing**

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### **Annual Report for 2002**

January 28, 2003

BEBA's project over the past year, as in years past, has been the BEBA family clinic where facilitators see families about once a week in sessions of approximately one hour. Families come for as long as it takes to resolve issues and traumatic imprinting and until they have effective parenting skills so that they can continue on their own with occasional support. Several families who brought their children in as babies have returned as the need arose for anywhere from one to a dozen sessions.

#### **Services**

During 2002, BEBA sessions provided 625 sessions. Those served included 36 children, 29 mothers, 21 fathers, for a total of 86 family members. Two couples were seen prenatally.

Between January 1993, when BEBA started and Dec 31, 2002, BEBA has served 80 families: 96 children and their parents.

#### **Clinical Staff**

The BEBA internship program continues to expand. The roles of the internship program are:

1. Facilitator who works with and trains assistants.
2. Facilitator
3. Co-facilitator
4. Assistant
5. Videographer

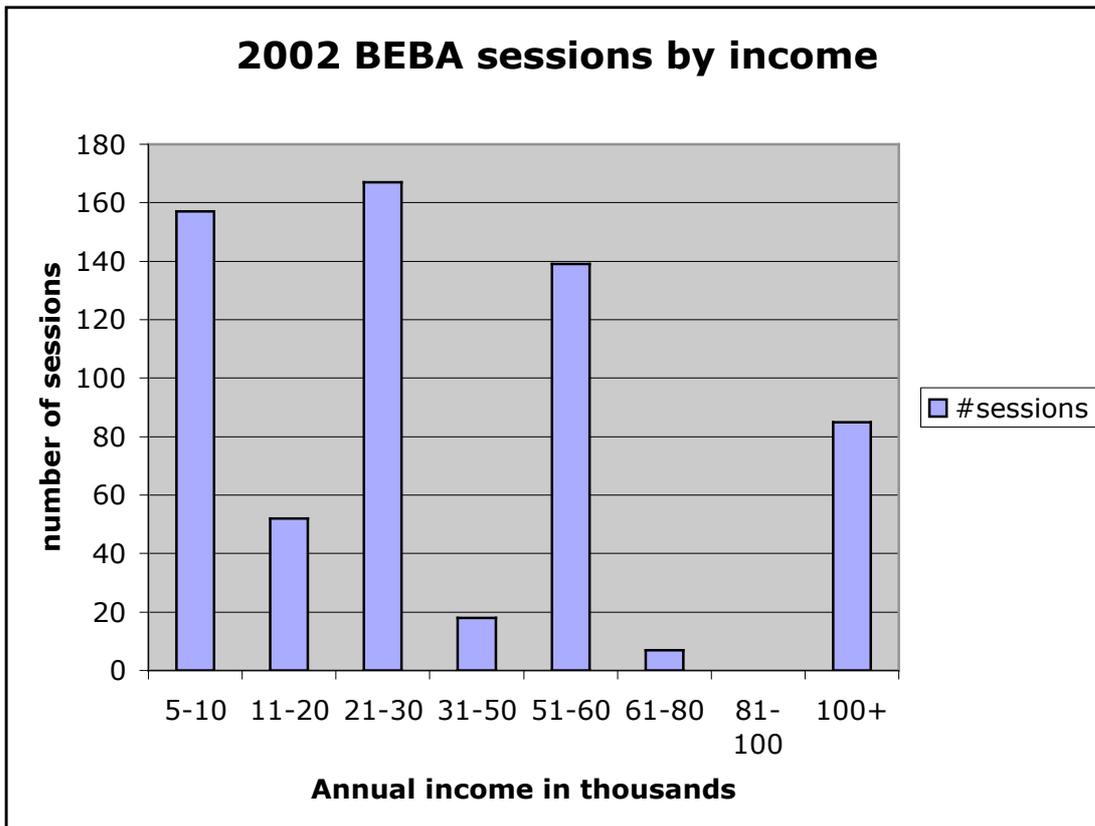
The clinical staff included 19 people: 3 facilitators, 1 assistant/co-facilitator, 9 videographers. Twelve observers participated in clinical training. Dr. Castellino, the Clinical Director, who provides supervision and facilitates sessions, continued to donate his time, 750 hours in 2002. The only paid clinical staff were two of the facilitators and the assistant/co-facilitator. All the videographers volunteered their time, 1000 hours in 2002. The observers paid BEBA \$15/20 a session for this educational experience.

### Demographics of Families

BEBA operates on a sliding scale based on income with per hour charge varying from 0 to \$150. Most of the current families pay between 0 and \$20/hour session.

The following is a breakdown of families seen in 2002 by annual income.

annual income	#families	#sessions for families in this income bracket
5-10,000	5	157
11-20,000	3	52
21-30,000	8	167
31-50,000	1	18
51-60,000	5	139
61-80,000	2	7
81-100,000	0	0
100+	5	85
Total	29	625



Gifts and grants have allowed BEBA to serve more low-income families than before, including 3 moms on AFDC as well as another single mom and several two-parent low-income families.

### Research in the Field

BEBA's program is attracting attention from top researchers in the field of Infant Mental Health and Pre and Peri-natal Psychology from around the world. In Southern

California, these include Allan Shore, Ph.D. from UCLA, author of *Affect Regulation and the Development of the Self*, and Constance Lillas, Ph.D. from Cedar Sinai Hospital. Their research shows that the nervous system is developed prenatally and during the first three years in relationship to the mother. Thus any breakdown in that relationship adversely affects the nervous system and therefore lifelong health, the immune system, coordination, learning ability, the ability to relate to others compassionately, self-esteem, etc. This is the scientific evidence which now delineates how attachment / bonding difficulties cause so many lifelong problems.

At BEBA we are demonstrating that early imprinting or bonding / attachment difficulties that adversely effect the child's nervous system development can be resolved.

Example: a baby boy who experienced a very difficult, long birth. The family began sessions 2 and 1/2 months after his birth. He presented with continual inconsolable crying, listlessness, low tone and concerns about developmental delay. Within 3 sessions he rarely cried without apparent cause and was readily consolable. After 12 clinical sessions, his muscle tone had improved dramatically, he engaged everyone in the room with eye contact and baby talk and demonstrated age-appropriate behavior of a securely attached infant.

### **Community Outreach / Education / Research**

Community and professional outreach continued. Dr. Raymond Castellino, the Clinical Director, and other facilitators have given talks about the BEBA work to parents and professionals in the Santa Barbara community and elsewhere. This includes several talks with local mother/infant groups and Dr. Castellino's "Healthy Babies, Healthy Families" presentation at a Santa Barbara conference sponsored by Adult Ed. for local professionals who serve families during the childbearing years. He also offered an inservice day for the local Head Start Child Development Community Action Commission. One facilitator developed and taught a course for professionals using BEBA videos in Neurobiology Findings Applied to Facilitating Movement with Children. Two other facilitators wrote papers on the work at BEBA, one of which will be published in the Journal of Prenatal & Perinatal Psychology & Health.

BEBA was featured as a "Santa Barbara Treasure" by KEYT TV in a program on Santa Barbara non-profits sponsored by a consortium of local foundations.

A major part of BEBA is providing clinical experience for professionals. Observers, who are all health care professionals trained by Dr. Castellino, come from all over the U.S., Canada and Europe to see BEBA sessions, then return home to serve families in their areas. Myrna Martin, M.N. wrote and received grants to fund a BEBA-style program in Nelson, B.C., Canada 4 days a week for a year that started this fall.

BEBA's videotapes are used by all the facilitators, to develop educational presentations for local parents and professionals. A Sony mini-DV camcorder is used to record all family sessions. This fall BEBA purchased a DVD burner that is used to

make backup copies of session tapes. Videotape review by facilitators assists in further development and refinement of therapeutic approaches.

Several of the clinical staff are doctoral students at Santa Barbara Graduate Institute's Pre and Peri-natal Psychology Program. They plan to use BEBA videotapes in the research necessary for their doctoral theses.

### **The Facility**

BEBA continued to meet at the Castellino home for a nominal rent two days a week, plus occasional other sessions. The BEBA session room is filled with gym mats, comfortable seating, toys, balls, tunnels, pillows, etc.

In addition BEBA has its own office room where facilitators met with videographers, assistants and observers before and after sessions, wrote and reviewed chart notes. Tapes of sessions were reviewed, stored and copied there. There is also a waiting room/reception area, and a separate viewing room with a hook-up via closed circuit TV where visiting professionals observed sessions from another room.

### **BEBA's Development Needs**

In 2002 the clinic served up to 12 families a week with profound life changing effects for the families involved. The staff who work at BEBA under Dr. Castellino's supervision are all deepening their capabilities to do the work and. They are taking on more and more responsibility and are now ready to serve more families. By the year 2005 BEBA will have 8 trained facilitators. More funding is needed to be able to allow them to provide services. Families have been on a waiting list for up to a year.

In 2001 the Board and staff identified the need for an Executive Director who can take on the responsibility for the overall development of the organization including community outreach, service expansion, publicity and fund-raising.

The Board identified the first step in fundraising as the creation of a professional brochure. Progress on a brochure and/or tri-fold is being made. The Board has also authorized the creation of a website, [www.beba.info](http://www.beba.info).

### **BEBA Goals for 2003**

- The immediate goal is to hire an Executive Director who can bring in enough funding to expand on several levels:
  - The number of families seen including the number of low income and Latino families who can be supported (expanding much beyond 2 days means being able to afford a facility for BEBA)
  - Community outreach
  - Creation of videos that can reach a wider audience.
  - Research projects including extracting data about the work already done.
- Presentations by BEBA facilitators in 2003 at the aTLC (Alliance for Transforming the Lives of Children) March Conference in Santa Barbara, at the APPPAH (Association of Pre & Perinatal Psychology & Health) International Congress in December in San Francisco and elsewhere.