

# BEBA

*(Building and Enhancing Bonding and Attachment):*

## **A Center for Family Healing**

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## Annual Report for 2003

February 26, 2004

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 2003, the BEBA Clinic provided 626 sessions. Those served included 51 children, 41 mothers, 34 fathers, for a total of 126 family members across 41 families.

Between January 1993, when BEBA started and Dec 31, 2003, BEBA has served 98 families: 120 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 28 people: 4 facilitators, 1 assistant/co-facilitator, 8 videographers. Fifteen observers participated in clinical training. Dr. Castellino, the Clinical Director, who provides supervision and facilitates sessions, continued to donate his time, 750 hours in 2003. The only paid clinical staff were the three other facilitators. All the videographers volunteered their time, 984 hours in 2003. 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. The average price of a session this year was \$60.10.

The following is a breakdown of families seen in 2003 by annual income.

| annual income | #families | #sessions for families in this income bracket |
|---------------|-----------|---|
| < 10,000      | 3         | 50  |
| 10-20,000     | 5         | 181   |
| 20-30,000     | 4         | 31  |
| 30-50,000     | 3         | 40  |
| 40-50,000     | 5         | 51  |
| 50-60,000     | 3         | 53  |
| 60-70,000     | 6         | 96  |
| 70-100,000    | 0         | 0   |
| 100+          | 12        | 124   |
| Total         | 29        | 625   |

### **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 at international conferences.

- Several of BEBA’s staff, former staff and associates, including Dr Castellino, gave presentations on Bonding and Attachment at the international Congress of the Association for Pre and Perinatal Psychology and Health (APPPAH, [birthpsychology.com](http://birthpsychology.com)), “Birth Brain and Bonding: The Psychology and Science of Attachment”.
- Dr. Castellino, assisted by BEBA staff, taught an evening workshop for parents, “Healthy Babies, Healthy Families” at Lou Grant, a local preschool run by Santa Barbara City College.
- One facilitator wrote and published a booklet “How to Make a Difference if Your Baby’s Birth Was Traumatic” in both English and Spanish. She donated the English version to BEBA so all proceeds from the sale go to BEBA.
- An advisor to BEBA wrote a paper on “Strengthening Attachment” on her work at a clinic she started in British Columbia modeled after BEBA
- Dr Castellino was the co-chair for an invitational summit “Bonding and Attachment in the Family: Addressing the Root Causes of Social Problems at the Earliest Stages of Life” sponsored by aTLC (Alliance for Transforming the Lives of Children, [atlc.org](http://atlc.org)). Many of BEBA’s staff worked on the summit, which was held in March, 2003 in Santa Barbara.

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.

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. BEBA owns a DVD burner that is used to make backup copies of session tapes. This year we received a \$4000 anonymous grant for use in purchasing the materials (discs, etc) needed to make these backups. 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 to two and a half 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, and 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 2003 the clinic served up to 14 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. They are taking on more and more responsibility and are now ready to serve more families. By the year 2005, BEBA will have 7 trained facilitators. More funding is needed to be able to allow them to provide services. An executive director with fund raising and grant writing is a goal identified by the Board. The brochure, and website were steps toward that goal. The next step is fund-raising.

### **BEBA's Growth Administratively**

BEBA continued to lay the groundwork for solid administrative support for the clinic

1. A Trifold brochure was created and published
2. A website, *beba.org* was created
3. A Filemaker database was created to contain all the scheduling, payments and clinic notes.
4. Funds were obtained to purchase DVDs to make backups for all videotapes through 2004. The funding was for materials only. We need volunteers to help or donations to cover the cost of an administrator.