

## **James Thomas Rast**

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### **EDUCATION AND CREDENTIALS**

#### **Degrees**

University of North Carolina  
Chapel Hill, North Carolina  
BA Psychology, December 1973

University of Florida  
Gainesville, Florida  
MA Psychology (Equivalency) 1981  
Ph.D. Experimental Analysis of Behavior, August 1984

### **OCCUPATIONAL EXPERIENCE**

#### **2005 – Present Associate Professor University of Colorado Health Sciences Center at Denver Department of Psychiatry**

This is a research position conducting research to examine the efficacy of wraparound service coordination for young children and examining factors that impact and facilitate implementation of high fidelity evidenced-based practices in clinical and community-based settings.

#### **2000 - Present CEO and Research Director, Vroon VanDenBerg, LLP**

Vroon VanDenBerg (VVDB) is an international training, evaluation, and consulting company committed to supporting states and communities in systems reform and implementation of effective family-centered and collaborative processes for supporting children and families. These processes can be individualized to provide value-based services for children and families ranging from alternatives to long-term residential or institutional placements and to early intervention for children before problems become severe. VVDB supports system change through assessment and evaluation of current and demonstration programs, strategic planning and financing reform to facilitate system change at both the state and community level, and capacity building through hands-on training, coaching, and mentoring by experienced staff and consultants. Vroon VanDenBerg was formally configured as a Colorado registered Limited Liability Partnership (LLP) in late 2000 with the merger of Vroon Associates and VanDenBerg Consulting.

#### **1994 - 2000 Principal Investigator Kan Focus and Related Grants**

Coordinated the formation of a 13 county rural collaborative to plan a system of care for families including a child with a severe emotional or behavioral disturbance. Principal Investigator for \$14.3 million SAMSHA grant through CMHS to implement the above system of care. In this capacity was responsible for overall project direction and integrated program evaluation. Also wrote and was principal investigator for early intervention supplement for four counties. In 1997 worked with state administrative and legislative staff to write and get funded a children's mental health initiative, HCBS waiver for SED children, and early intervention plan to

sustain these projects and take them statewide. Provided statewide training in the waiver process and lead an effort to implement a collaborative prevention program. During 1997 and 1998 also worked with efforts to implement family resources centers and integrated programs within schools. From 1998 through 2000 was principal investigator for two Department of Education grants that are creating universal summer and after school programs and curriculum change to set higher expectations for advanced education of children within one of the Kan Focus counties.

**1985 - 2000**

**Systems Design, Evaluation, and Mental Health Services Consultant**

Vroon Associates, Parsons, Kansas

This has been an evolving business for the past fifteen years. The following list describes some of the key activities but is not inclusive.

**1995 - 2000** As a system design consultant have worked with programs in nine states to design and develop systems of care. Work has focused on financial strategies, integration of federal initiatives within evolving systems of care (ASFA, OJJDP, SSSC, CSAP), service design, program evaluation, personnel recruitment and management, staff training, and quality improvement. Several of the specific projects include designing and implementing a statewide assessment of the systems of care for child welfare, juvenile justice, and mental health for Florida; developing a statewide quality improvement system for Michigan wraparound, and developing an 1115 interagency waiver for services for children with Severe emotional disturbances in North Dakota. Wrote grant and had funded for family preservation and family support to create local family resource center and CASSP grant to develop local wrap around team.

**1991 - 2000** Provide direct community based psychological services for children and adults with mental retardation, mental illness, and behavior disorders and their families, training for the staff who provide services for these individuals, and consultation for management staff. These services specialize outcome based evaluations of services, psychological and functional analysis and evaluations for individuals, the development of positive behavior change programs, improving staff-client interactions, managing psychotropic medication plans, and assisting managers to develop and improve the systems and environments for service delivery.

**1986 - 1991** As a system design consultant to the state of Utah. Developed policies and procedures to bring ICF/MR institution in American Forks into compliance with Medicaid standards. This included staff training and implementation of a computerized Continuous Quality Improvement System to ensure compliance after the initial recertification. Once the center was recertified, I worked with state administration to develop policies and procedures for community based case management and social services staff. Also provided similar though abbreviated versions of this for Idaho and Georgia.

**1993 - 1996**

**Director of Children's Community Based Services**

Labette Center for Mental Health Services (Parsons, Kansas)

**1987 - 1992**

**Program Associate**

Bureau of Child Research, University of Kansas (Parsons, Kansas)

**1987**

**Coordinator of Psychological Services**

Gracewood State School and Hospital (Gracewood, Georgia)

- 1985 - 1987**      **Director of Resident Services**  
Grafton State School (Grafton, North Dakota)
- 1984 - 1985**      **Psychologist - Program Area Team 2**  
Fircrest School (Seattle, Washington)
- 1977 - 1984**      **Sunland Center - Gainesville**  
Gainesville, Florida
- 1976 - 1977**      **Psychiatric Assistant**  
Highland Hospital (Duke University Teaching Facility) Asheville, North Carolina

## **TEACHING EXPERIENCE**

- 2000 – 2007**      **Wraparound Facilitation, Coaching and Supervision**  
Performance-based courses for wraparound facilitation, coaching and supervision. Each course includes classroom course work and performance based practicum assignments and demonstration.
- 1997**              **HCBS - SED Waiver**  
Developed and taught statewide course in implementing the HCBS SED waiver.
- 1995 - 1998**      **An Introduction to Case Management**  
This is a thirty-two hour course that is required for all children's mental health case managers in Kansas. Served on the committee to develop the curriculum and assisted in teaching two of the first three courses.
- 1990 - 1995**      **An Introduction to Developmental Disabilities**  
This is a five credit hour community college class to introduce people to providing services for Individuals with Developmental Disabilities through a person centered planning system that utilizes positive approaches to get people involved and integrated in their community. Taught six courses for instructors and three for non-instructor students.
- 1976 - 1977**      **Behavioral Psychology in School Setting**  
This was an advanced undergraduate course for education majors at Western Carolina University and Southwestern University (Kansas). The course covered cognitive, social, and emotional development and the use of behavior analysis in the classroom.
- 1988**
- 1982 - 1983**      **Literature in Applied Behavior Analysis**  
This was an advanced undergraduate course for psychology students at the University of Florida. The course covered a broad look at the literature and research strategies for the major areas of Applied Behavior Analysis.
- 1980 - 1987**      **Research Practica in Behavioral Psychology**  
For 12 consecutive semesters I supervised 16 students in doing research practica and honors thesis in Behavioral Psychology at Sunland Center. Later supervised practicum assignments for two graduate students from the University of Washington

while at Fircrest, two graduate students from the University of North Dakota while at Grafton, and one graduate student from Auburn University while at Gracewood.

## **PUBLICATIONS**

Rast, J., VanDenBerg, J., and Peterson, C. (in preparation). Wraparound Fidelity as a Function of Coaching.

Rast, J., and VanDenBerg, J. (in preparation). Fidelity in Wraparound – How the Theory of Change Supports Fidelity.

Rast, J., Bruns, E., Brown, E., and Peterson, C. (submitted). Wraparound for Youth in Child Custody: Results of a Matched Comparison Study. Social Work Research.

Rast, J., (2007). Document Review Measure Manual and Toolkit. . University of Washington, Wraparound Evaluation and Research Team.

Rast, J., VanDenBerg, J., and Schick, C. (2007). Wraparound Facilitator Credentialing Manual. Parker, Colorado, Vroon VanDenBerg, LLP

Bruns, E., Rast, J., Walker, J., Bosworth, J., and Peterson, C., (2006). Spreadsheets, service providers and the statehouse: Using data and the wraparound process to reform systems for children and families. American Journal of Community Psychology.

Rast, J. (2005). Assessment of Behavioral Health Spending by the State of Oklahoma for Children. Oklahoma Partnership for Behavioral Health for Children. Oklahoma City, Oklahoma.

Rast, J. O’Day, K., and Rider, F. (2005). A Post Hoc Comparison of Child and Family Outcomes to Fidelity of the Wraparound Process for Project MATCH. In Newman, C., Liberton, C.J., Kutash, K. & Freidman, R.M, (Eds.), The 17<sup>th</sup> Annual Research Conference Proceedings, A System of Care for Children’s Mental Health: Expanding the Research Base. Tampa: University of South Florida, The Louis de la Parte Florida Mental Health Institute, Research and Training Center for Children’s Mental Health.

Walker, J.S., Bruns, E.J., VanDenBerg, J.D., Rast, J., Osher, T.W., Miles, P., Adams, J., & National Wraparound Initiative Advisory Group (2004). *Phases and activities of the wraparound process*. Portland, OR: National Wraparound Initiative, Research and Training Center on Family Support and Children’s Mental Health, Portland State University.

Bruns, E.J., Walker, J.S., Adams, J., Miles, P., Osher, T.W., Rast, J., VanDenBerg, J.D. & National Wraparound Initiative Advisory Group (2004). *Ten principles of the wraparound process*. Portland, OR: National Wraparound Initiative, Research and Training Center on Family Support and Children’s Mental Health, Portland State University.

Rast, J., Peterson, C., Earnest, L. & Mears, S. (2004). Service Process as a Determinant of Treatment Effect – the Importance of Fidelity. In Newman, C., Liberton, C.J., Kutash, K. & Freidman, R.M, (Eds.), The 16<sup>th</sup> Annual Research Conference Proceedings, A System of Care for Children’s Mental Health: Expanding the Research Base. Tampa: University of South

Florida, The Louis de la Parte Florida Mental Health Institute, Research and Training Center for Children's Mental Health.

Rast, J. VanDenBerg, J. & Dalder, G. (2004). *Coaching and Supervision Tools for Wraparound*. Vroon VanDenBerg: Englewood, CO.

Rast, J., & Bruns, E. (2003). Ensuring fidelity to the Wraparound process. *Focal Point*, 17(2), 21-24.

Rast, J. (2003). Quality Management and Continuous Quality Improvement. Processes to support wraparound and System of Care Development. Ohio Department of Mental Health and Substance Abuse. Columbus, Ohio.

Rast, J. (2003). Oklahoma County Financing Assessment: strategies for funding the System of Care. Oklahoma Commission on Children and Youth. Oklahoma City, Oklahoma.

Lechtenberger, D., Davis, T., Rast, J., and Sokol, P.T. (2002). Building a Better Tomorrow: A Blueprint for Improving Children's Mental Health Services. Texas Integrated Funding Initiative. Texas Health and Human Services Commission. Austin, Texas.

Rast, J. Peterson, C., Earnest, L., and Mears, S. (2003). Treatment Effectiveness: Comparing Service Process Between Wraparound Process and Traditional Mental Health Services. 16<sup>th</sup> Annual Research Conference Proceedings. Tampa, Florida.

Rast, J. (2002) Consultants report on the Development of the Three System of Care Consortia and Summary of the First Annual Plans. Nevada Legislature. Carson City, Nevada.

Rast, J. (2001). Lessons Learned Implementing The Arizona Plan for Statewide Systems of Care and Individualized Services. Arizona Department of Behavioral Health. Phoenix Arizona.

Rast, J. (1999) Family Safety and Preservation Privatization and Children's Behavioral Health: How to effectively/efficiently integrate children's behavioral health services into Florida's current child welfare privatization efforts. Tallahassee, Florida. Department of Child and Family Services

Rast, J. (1999). 1115 Medicaid Waiver for Children's Mental Health Services: Developing the Structure and Financing of Collaborative Community-Based Systems of Care for Children with Emotional and Behavioral Disorders. Bismarck, North Dakota. Department of Human Services.

Rast, J. (1999) Promising Practices in Children's Mental Health, Systems of Care 1999 Series, Volume VII. NRN (Eds.) in Integrated Evaluation and the Development of Systems of Care. Washington, D.C.: Center for Effective Collaboration and Practice, American Institutes for Research.

Rast, J. (1997) A System of Care for Children's Mental Health: Expanding the Research Base. Lessons from the Village: Early Intervention and Prevention. 10<sup>th</sup> Annual Research Conference Proceedings. Tampa, Florida

Rast, J. (1997) Methodology in an Evolving System of Care for Young Children and their Families. Building the System of Care - Service Delivery Best Practices. KanFocus. Parsons, Kansas

Rast, J. (1997) Lessons From the Village. KanFocus. Parsons, Kansas

Rast, J. (1992). Rumination. In E.A. Konarski, J.E. Favell, & J.E. Favell (Eds.), Manual for the assessment and treatment of the behavior disorders of people with mental retardation (Tab BD 6, pp. 1-9). Morganton, NC: Western Carolina Foundation.

Rast, J., and Jack, S. (1992). Mouthing. In E.A. Konarski, J.E. Favell, & J.E. Favell (Eds.), Manual for the assessment and treatment of the behavior disorders of people with mental retardation (Tab BD 5, pp. 1-11). Morganton, NC: Western Carolina Foundation.

Rast, J., Olsen, K., Beegle, G., and Ramburg, J. (1992): An Introduction to Developmental Disabilities, Bureau of Child Research: Lawrence, Kansas. (6 volumes)

Saunders, R. R., Rast, J., and Saunders, M. (1988): A Handbook for Scenario-Based Active Treatment, Bureau of Child Research: Lawrence, Kansas. 282 pages.