



Behavioral Health Services Needs for Adolescents in the Primary Care Setting Community of Practice

Candice Russell, B.S., Facilitator

Joe Hyde, M.A., Facilitator

Katie Crowley, B.S., Co-Facilitator

Thursday, January 19, 2023

Vision: Healthy Communities, Healthy People





Session 1: CoP Orientation and Brief Content Overview

Welcome!

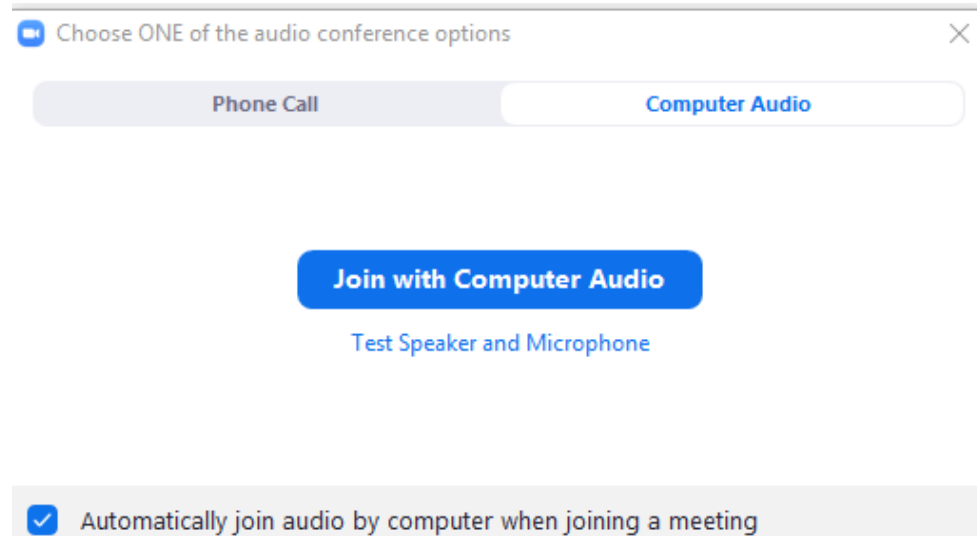
Vision: Healthy Communities, Healthy People



Connecting to Audio

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- Click **Join with Computer Audio**.



Choose ONE of the audio conference options

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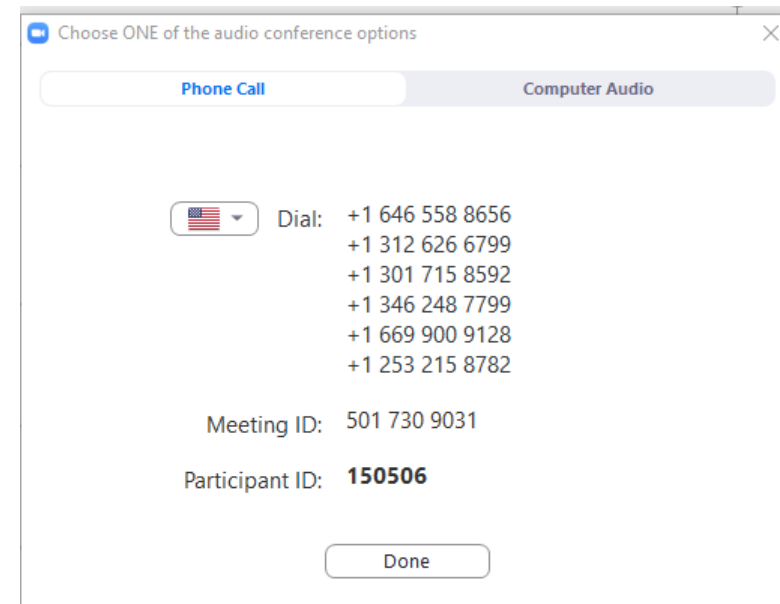
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By phone:

- Click the **Phone Call** tab, dial a listed phone number, and enter **Meeting ID** and **Participant ID**.



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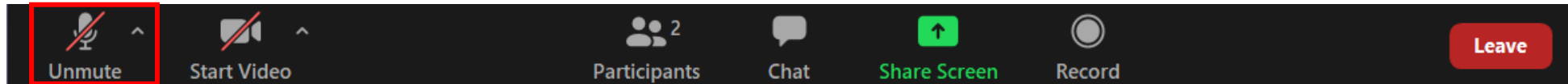
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Participant ID: **150506**

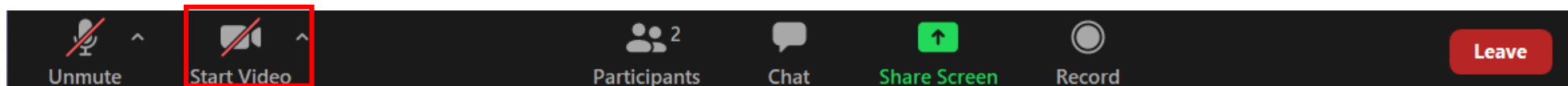
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Zoom Participation

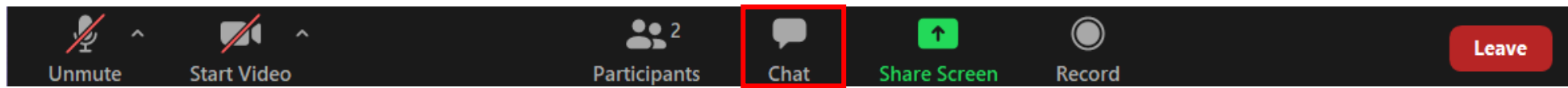
- You will begin muted. To **unmute/mute**, click the **microphone** icon located at the bottom left of your Zoom window.



- We encourage everyone to keep their video enabled. Click **Start Video** to join by webcam.



- To ask a question using the **Chat** feature, click the **Chat** icon located at the bottom center of your Zoom window.



CoP Facilitators



Facilitator:
Candice Russell, B.S.
Senior Program Associate I
Advocates for Human Potential, Inc.



Facilitator: Joseph Hyde, MA, LMHC, CAS
BHTA Project Director and
Senior Technical Expert Lead
JBS International, Inc.



Co-Facilitator:
Katie Crowley, B.S.
Program Associate
Advocates for Human Potential, Inc.

Agenda

- Participant Introductions
- CoP Roles & Structure
- Objectives
- CoP Agenda
- What to Expect
- Group Discussion
- Wrap Up/Next Steps



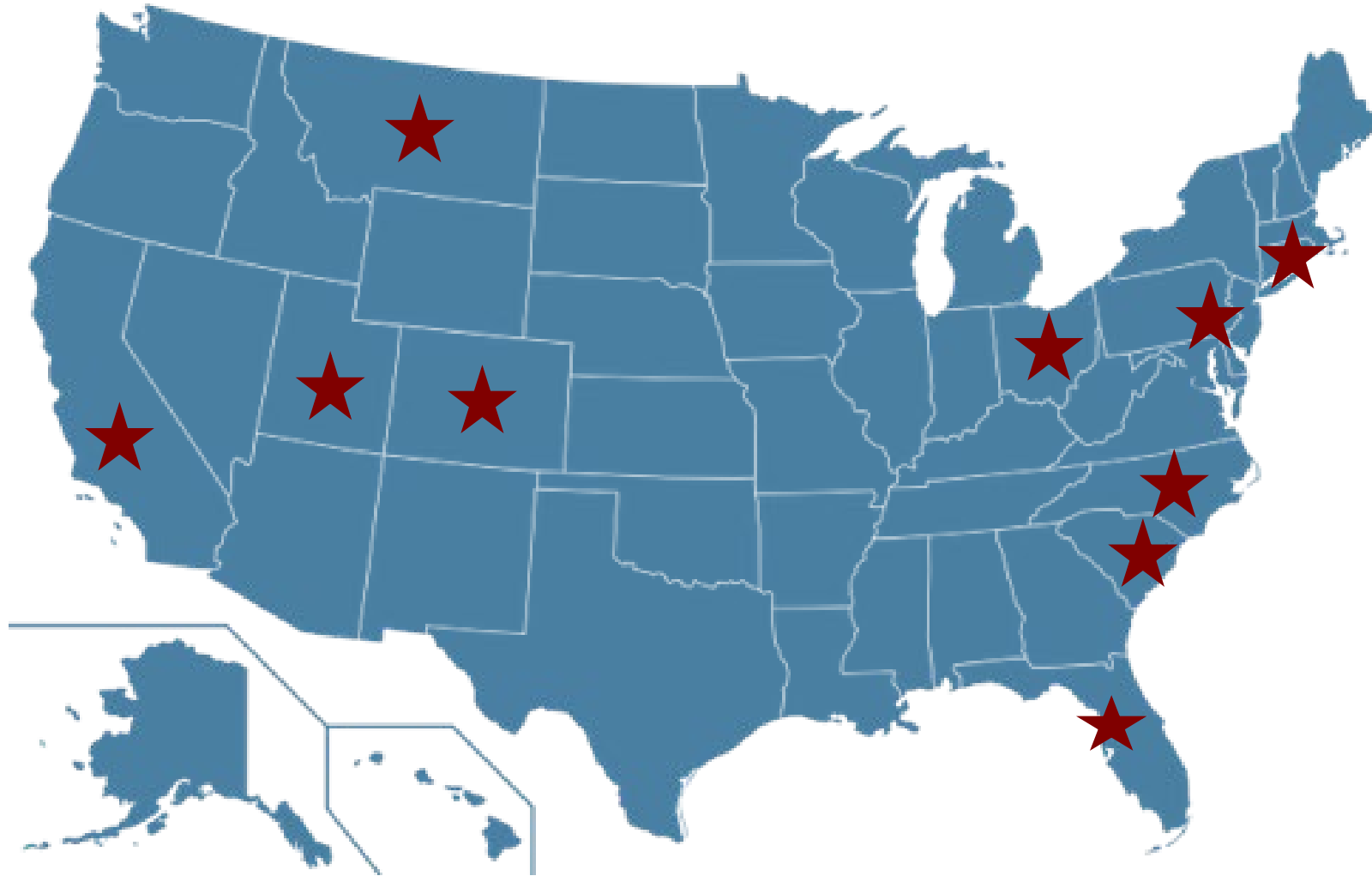
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Getting to Know Each Other



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CoP Participants



Participant Introductions

Brief Introductions:

(30 seconds):

Choose one spokesperson from your group, and please share the following:

- Your name(s)
- Organization name and location
- What is one thing you hope to learn regarding working with youth in transition?

Organization	Name	State
CommuniCare Health Centers	Kenna Cook	CA
CommuniCare Health Centers	Veronica Perez	CA
CommuniCare Health Centers	Janette Mejia Plaza	CA
CommuniCare Health Center	Akello Sladen	CA
KCS Inc.	Mina Pak	CA
UNHS	Heidi Riphenburg	UT
Community Car of North Carolina	Eric Christian	NC
Bond CHC	Juanita Thompson	FL
South Central Family Health Clinic	Oyira Akwa	CA
Genesis Community Health	Joseph Toste	FL
Connecticut Institute for Communities	Carrie McLaughlin	CT
Tepeyac Community Health Center	Juliana Vergaray	CO



Participant Introductions (cont'd)

Brief Introductions:

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Organization	Name	State
MetroHealth Medical Center	Elizabeth Nekoloff	OH
Communicare Health Centers	Jennifer Longan	CA
Communicare	Maria Bermudez	CA
CareSouth Carolina, Inc. - - Hartsville, SC	Amy Cook	SC
One Health Community Health Center	PJ Hill	MT
Roanoke Chowan Community Health Center	Chaquella Daughtry	NC
Genesis Community Health	Tierra Rushing	FL
Genesis Community Health	Kayla Sokolowski	FL
Community Care of NC	Patty Caldwell	NC
Connecticut Institute for Communities	Carrie McLaughlin	CT
FPCN	Alexis Lawless	PA

Participant Introductions (cont'd)

Brief Introductions:

(30 seconds):

Choose one spokesperson from your group, and please share the following:

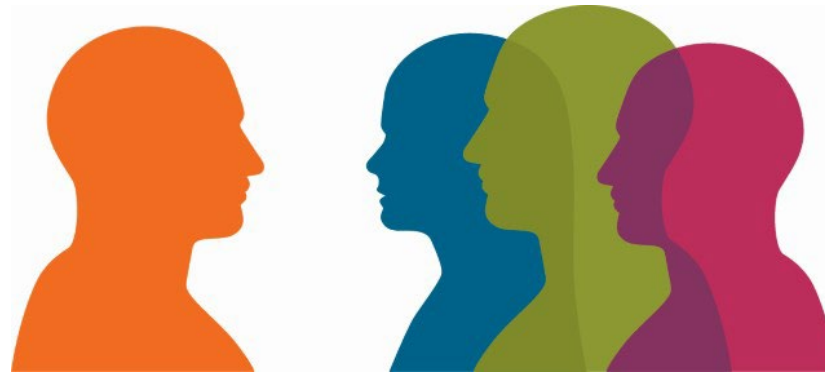
- Your name(s)
- Organization name and location
- What is one thing you hope to learn regarding working with youth in transition?

Organization	Name	State
CommuniCare	Allison Rodriguez	CA
Affinity Health Center	Brittney Stewart	SC
CareSouth Carolina	Jacqueline Anderson	SC

Today's Discussion Question

Later in the session, we will ask:

Based on your current services, do you find that your health center provides adequate services and supports for youth in transition?



Source: ThinkStock

CoP Roles and Structure



Expectations of Facilitators

- ✓ Assist with navigating CoP and session content.
- ✓ Facilitate group discussion and engagement.
- ✓ Coordinate and facilitate office hours.
- ✓ Collaborate with SMEs and ensure cohesion throughout CoP.
- ✓ Provide resources to facilitate learning and discussion.
- ✓ Provide reminders and encouragement throughout the process.

Expectations of Participants

- ✓ **Attend scheduled sessions and calls.**
- ✓ **Please try to be on camera throughout the sessions.**
- ✓ **Meet regularly with your team to debrief sessions and advance your action plan.**
- ✓ **Share your experiences, including progress and challenges.**
- ✓ **Actively engage in sessions and with other participants!**

These sessions are designed to be interactive—they are NOT webinars.

CoP Learning Objectives

At the end of this CoP, participants will be able to:

1. Describe the unique challenges that transition-aged youth face and the solutions that can be implemented to support them.
2. Design developmentally appropriate programming that is also trauma informed, equitable, and inclusive.
3. Develop effective strategies that will improve outreach to and engagement of transition-aged youth from specific populations (e.g., youth in foster care, LGBTQIA+ youth, youth and young adults who are pregnant/parenting).



Source: iStock

CoP Sessions Topic Areas



Source: iStock

Session 1 (January 19): Orientation

Session 2 (February 2): Effective Programming for Youth in Transition

Session 3 (February 16): Individual Factors Affecting Engagement, Resilience, and Well-Being

Session 4 (March 2): TAY, Substance Use, and SUD

Session 5 (March 16): Addressing Independent Living Needs

Session 6 (March 30): Supports for LGBTQIA+ Youth

Session 7 (April 13): Special Considerations: Pregnancy, Parenting, and Guardianship Among TAY

Session 8 (April 27): Participant Sharing

What to Expect

Reflecting on Today: Plus, Delta

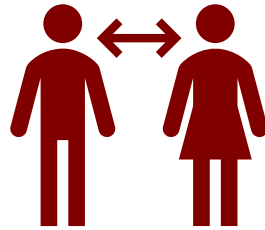
- + What worked for you today?
- Δ What would you change?



HRSA
Health Center Program

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Feedback



Interactivity

LIST THE STEPS NECESSARY TO ADVANCE YOUR WORK IN _____	PERSON RESPONSIBLE	BY WHEN	COMMENTS/ POTENTIAL BARRIERS/CONCERNS
1.			
2.			
3.			
4.			
5.			
6.			

Action Planning



Report Outs

Your Action Plan

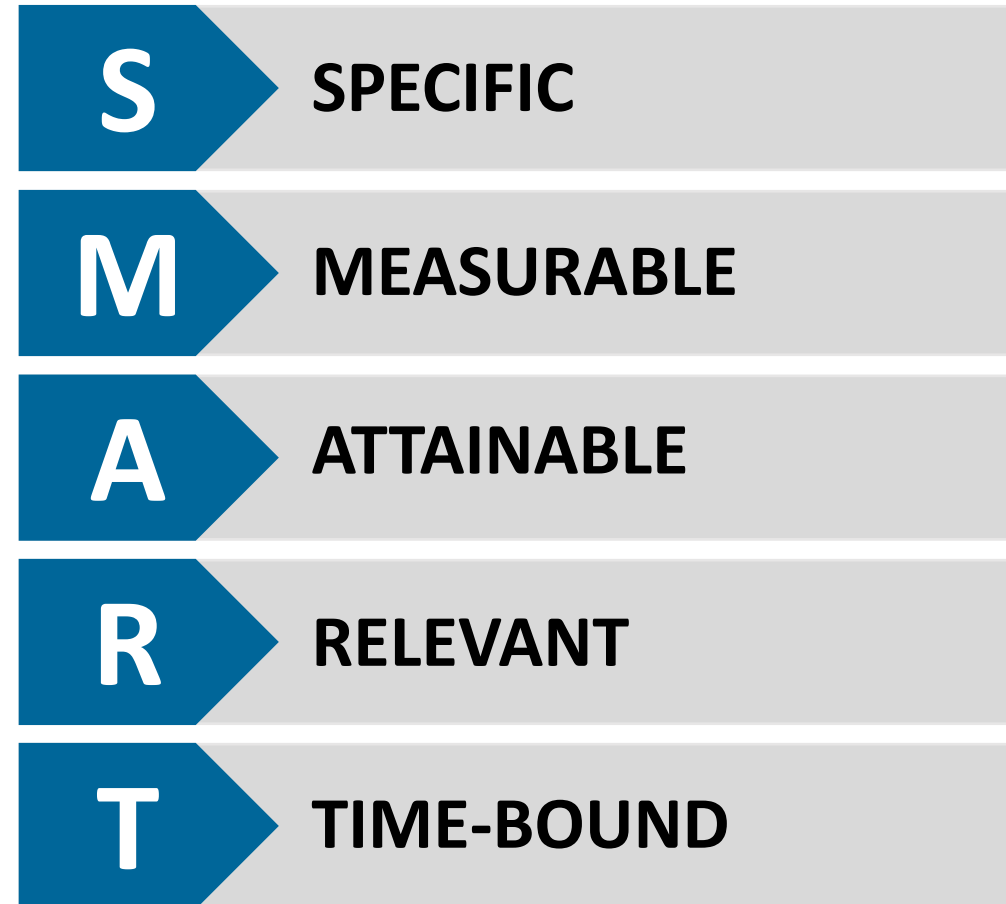


Integrated Behavioral Health and Value-Based Reimbursement: Two Sides of the Sustainability Coin Community of Practice (CoP)

LIST THE STEPS NECESSARY TO ADVANCE YOUR WORK IN _____	PERSON RESPONSIBLE	BY WHEN	COMMENTS/ POTENTIAL BARRIERS/CONCERNS
1.			
2.			
3.			
4.			
5.			
6.			

Change Takes Time—Set SMART Objectives

- SMART objectives are designed to be realistic and achievable.
- Use SMART objectives to inform your work plans and build toward desired change.



University of California. (2017). *SMART goals: A how to guide*.

https://www.ucop.edu/local-human-resources/_files/performance-appraisal/How%20to%20write%20SMART%20Goals%20v2.pdf

Leveraging Lessons Learned

- Creates a culture of a *learning organization*
- Views and addresses unplanned events, unplanned outcomes, and new information as “pearls” and “gold nuggets” to learn from, rather than “problems”
- Encourages individuals and teams to turn data into useful and actionable information
- Promotes value of and enthusiasm about process improvement
- Emphasizes measurable outcomes

Barriers to Leveraging Lessons Learned

- Resistance to change
- Short-term or crisis focus
- Limited resources
- Ignoring “the elephant in the room”
- Complexity of issue(s)
- Lacking measurable performance criteria
- Organizational barriers

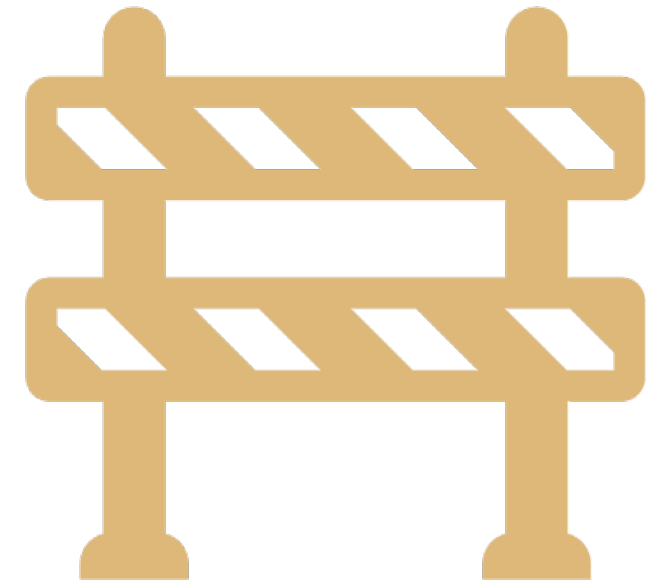
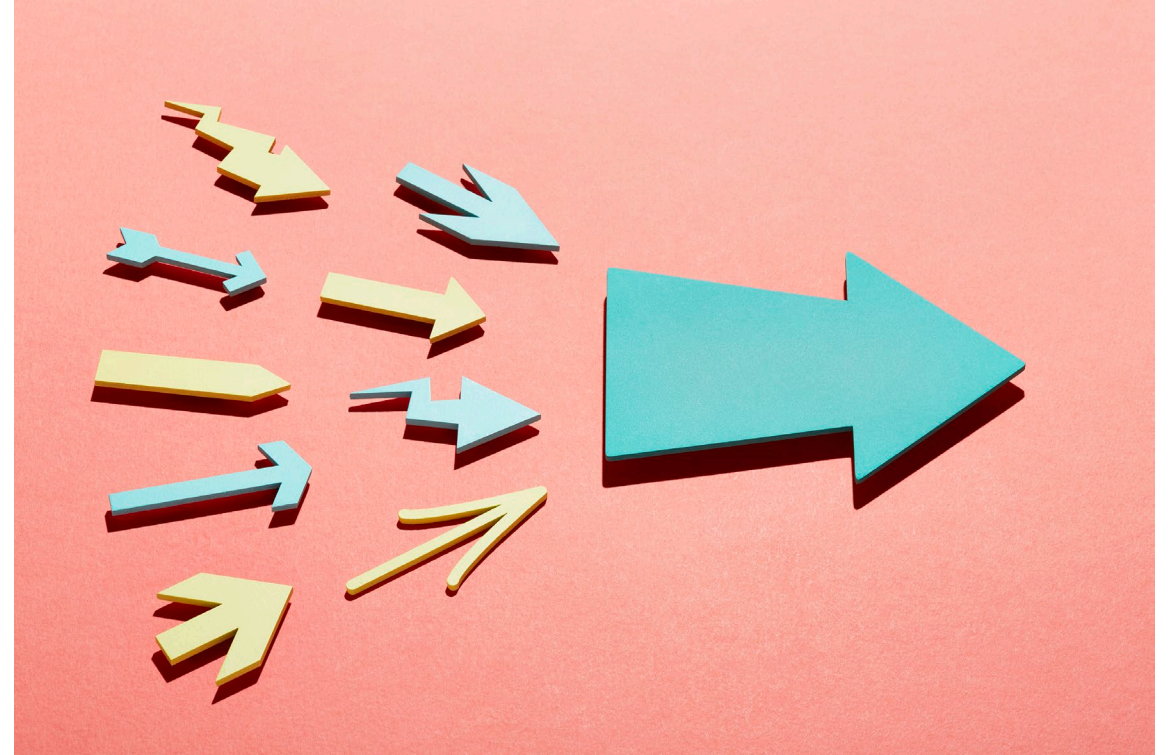


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Overview

Transition-aged youth (TAY) are a special population who

- Are transitioning from adolescence into early adulthood,
- May experience numerous challenges establishing independent living, and
- Are aging out of child-serving services and into adult-serving services.



Source: Microsoft® PowerPoint® for Microsoft 365.

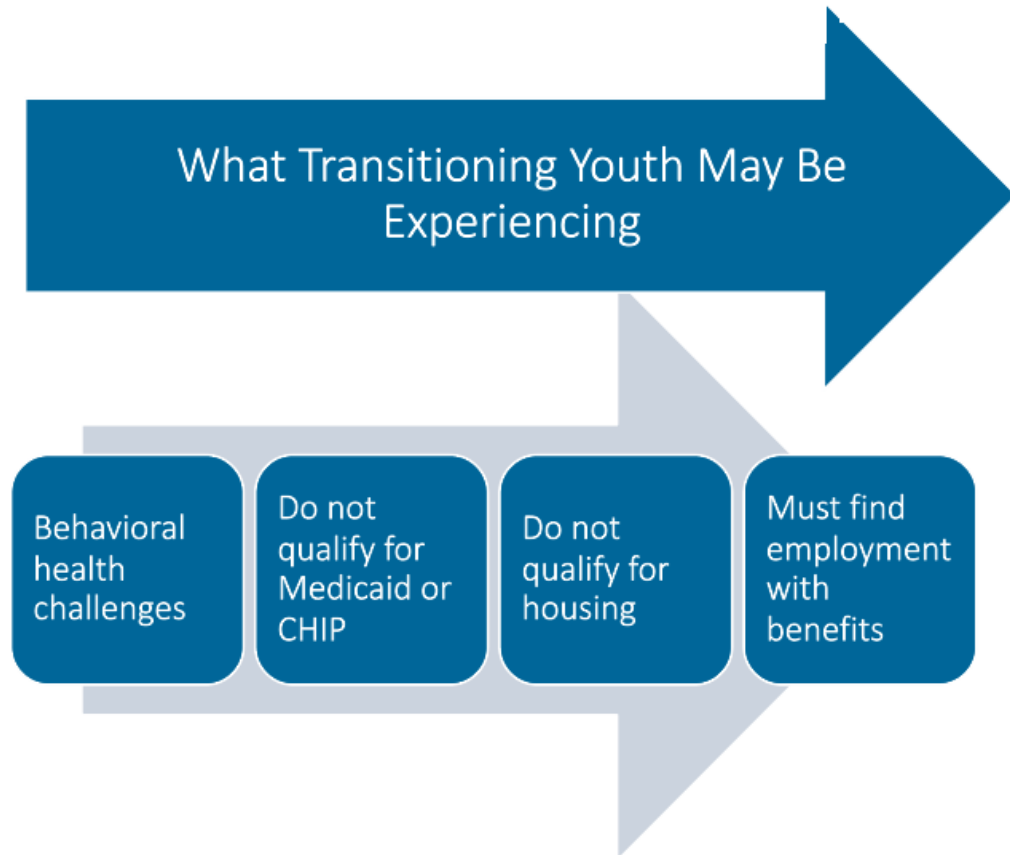
Shifting to Adulthood

- **Typically between 16 and 25 years of age**
 - Many psychological and social developments during this stage:
 - ✓ Developing a sense of identity
 - ✓ Solidifying bonds with friendships, chosen family
 - Moving from dependence on caregivers and toward independence and self-reliance
- **Chat Time: Think back to this period of your life**
 - What were your biggest worries?
 - What were your most important milestones or goals?



Source: Microsoft® PowerPoint® for Microsoft 365.

A Time of Uncertainty



- Youth in transition may experience several challenges trying to establish independent living.
- These challenges can be exacerbated for youth in transition who have run away from home, are leaving foster care, have a disability, or identify as a sexual/gender minority.

Behavioral Health Challenges

This transition period brings new or ongoing behavioral health challenges that need continuous care.

- Half of all adult psychiatric disorders start by 14 years of age.^{[1](#)}
- Diagnosis and treatment typically don't begin until 6-23 years after onset.^{[1](#)}

The highest rates of substance misuse are between 18-25 years, but youth may be experimenting at younger ages.

US High School Youth Risk Behavior Survey, 2019

Currently drink alcohol (past 30 days)	29.2%
Currently use marijuana (past 30 days)	21.7%
Ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (lifetime use)	14.3%
Ever used heroin (lifetime use)	1.8%
Ever used methamphetamines (lifetime use)	2.1%
Ever used ecstasy (lifetime use)	3.6%
Ever injected any illegal drug (lifetime use)	1.6% 2.

Challenges and Barriers



- Many youth involved in service systems have also experienced adverse events, including complex trauma.
- As they transition out of service systems, they may experience higher levels of mental health needs, homelessness, and worse educational and vocational outcomes.
- This can be a critical time of need, and youth in transition are at risk of falling through the gaps if they are not immediately engaged in developmentally appropriate services.

Service Considerations



- Youth in transition need services tailored to their specific needs.
- Adequate transition services would include:
 - Developmentally appropriate care
 - Inclusion of peer supports or mentors
 - Resources to support independence

Breakout Group Discussion Question

- *Do you believe that your health center currently provides adequate services and supports for youth in transition?*
 - *What are your roses? (a success, something going well)*
 - *What are your thorns? (a setback, where you need support)*

One person should be prepared to share the collective areas that can benefit from enhancements and the roses and thorns related to the work.

You will have 15 minutes.



Source: ThinkStock

Group Report Outs

- *Based off your current services, do you find that your health center provides adequate services and supports for youth in transition?*
 - *What are your roses?* (a success, something going well)
 - *What are your thorns?* (a setback, where you need support)



Food for Thought

Thorns are areas that can be worked on as part of your action planning!



Next Steps

- Identify the “thorns” that you will tackle as part of your action planning.
- Remember Friday Office Hours.
- Coaching Calls – individualized assistance on developing your plan



Source: iStock by Getty Images

Biweekly Office Hours

- **Thursdays** (after the session) 3:30–4:30 p.m. ET
- **Fridays** 1:00 –2:00 p.m. ET
- Designed to discuss progress and/or challenges related to
 - Your team's action plan
 - The session topic
- Meet colleagues from other health centers

Access TA on Integrated Care via the BPHC-BH Portal

<https://bphc-ta.jbsinternational.com/>

- Request TA
- Access Learning Management System (LMS) modules
- Learn more about BH TA options
 - One-on-One Coaching
 - E-learning Webinars
 - Virtual Site Visits to Improve Outcomes
 - Oral Health & Behavioral Health Learning Collaborative
 - Virtual Brown Bag Lunches



Coming In February

Oral Health and Behavioral Health Services Integration Learning Collaborative

6 Didactic Sessions (1 CMEs per session)

2/8/2023, 1:00 – 2:00 PM ET *“The Role of Dental Fear and Anxiety In Oral Behavioral Health”*

REGISTER: https://us06web.zoom.us/meeting/register/tZcudOqgrzwpHdUCY64ea_iSNKjhCH-dHko4

Virtual Brown Bag Lunch Office Hours

8 Sessions for **Health Center Staff Only** (1 CE per session)

2/1/2023, 1:00 – 2:00 PM ET *“Reentry Recovery Services to Improve Health and Reduce Recidivism and Overdoses Among Formerly Incarcerated Individuals”*

REGISTER: <https://bphc-ta.jbsinternational.com/event-calendar/reentry-recovery-services-improve-health-and-reduce-recidivism-and-overdoses-among-0>

Micro-Webinar (30 minutes)

2/15/2023, 1:00- 1:30 PM ET *“Addressing Racial and Ethnic Disparities in Pediatric Mental Health in an Integrated Care Setting”*

REGISTER: <https://bphc-ta.jbsinternational.com/event-calendar/addressing-racial-and-ethnic-disparities-pediatric-mental-health-integrated-care>



Continuing Education & Satisfaction Assessment

- We will be offering **1.5 CE credit per session** attended for a maximum of 12 CEs for participation in all 8 CoP sessions.
- You **must** complete the Health Center Satisfaction Assessment after **each** session for which you plan on receiving CEs.
 - Follow the link provided in the chat here, or:
 - Use the link in the follow-up email request from “Alchemer”
- **CE credits will be distributed within two weeks of the CoP session**



This course has been approved by JBS International, Inc. as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #86832, JBS international, Inc. is responsible for all aspects of their programming.



JBS International, Inc. has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6442. Programs that do not qualify for NBCC credit are clearly identified. JBS International, Inc. is solely responsible for all aspects of the programs.



Thank You!

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Endnotes

1. Mental Health Disorders in Adolescents - <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2017/07/mental-health-disorders-in-adolescents>
2. Centers for Disease Control, Youth Online - <https://nccd.cdc.gov/Youthonline/App/Default.aspx>

References

- Centers for Disease Control and Prevention. (n.d.). High school YRBS. Centers for Disease Control and Prevention. Retrieved January 17, 2023, from <https://nccd.cdc.gov/Youthonline/App/Default.aspx>
- Manuel, J. I., Munson, M. R., Dino, M., Villodas, M. L., Barba, A., & Panzer, P. G. (2018). Aging out or continuing on? Exploring strategies to prepare marginalized youth for a transition to recovery in adulthood. *Psychiatric Rehabilitation Journal*, 41(4), 258–265. <https://doi.org/10.1037/prj0000332>
- “Mental Health Disorders in Adolescents.” ACOG, <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2017/07/mental-health-disorders-in-adolescents>.
- Pottick KJ, Bilder S, Vander Stoep A, Warner LA, Alvarez MF. US patterns of mental health service utilization for transition-age youth and young adults. *J Behav Health Serv Res*. 2008 Oct;35(4):373-89. doi: 10.1007/s11414-007-9080-4. Epub 2007 Nov 17. PMID: 18026842.