



# Community of Practice: Transition-Aged Youth Integrating Primary Care and Behavioral Health Services

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**Katie Crowley, B.S., Co-Facilitator**

**Tuesday, February 2, 2023**

**Vision: Healthy Communities, Healthy People**





## Session 2: Effective Outreach and Engagement Strategies for Youth in Transition (TAY)

Tuesday, February 2, 2023

**Vision: Healthy Communities, Healthy People**





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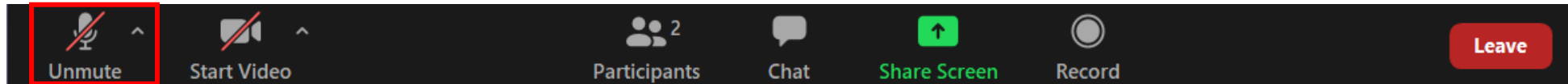
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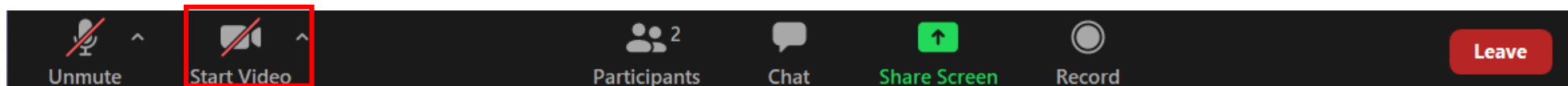


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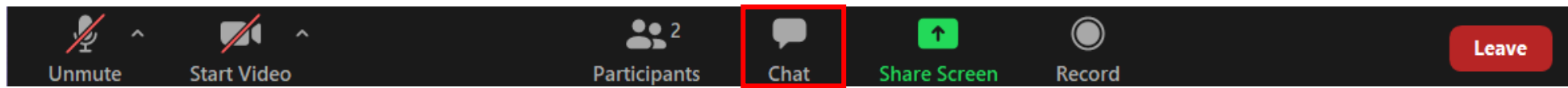
- You will begin muted. To **unmute/mute**, click the **microphone** icon located at the bottom left of your Zoom window.



- 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, M.A., LMHC, CAS  
BHTA Project Director and  
Senior Technical Expert Lead  
JBS International, Inc.

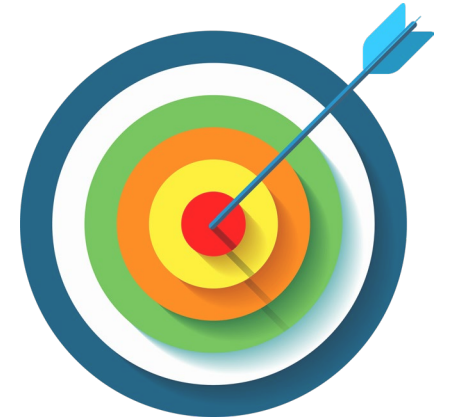


Co-Facilitator:  
Katie Crowley, B.S.  
Program Associate  
Advocates for Human Potential, Inc.

# CoP Learning Objectives

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

1. Describe the unique challenges that transition aged youth (TAY) face and the solutions that can be implemented in integrated settings 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 TAY from specific populations (e.g., youth in foster care, LGBTQIA+ youth, youth and young adults who are pregnant/parenting).



Source: iStock



# Agenda

- Check-in and attendance
- Outreach strategies
- Engagement strategies
- Collaboration strategies
- Participant Q&A
- Session wrap-up & intersession learning assignment



Source: iStock

# Check-In and Attendance





# 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
- On a scale of 1-5, with 5 being highly effective, how effective is your health center's engagement of TAY?

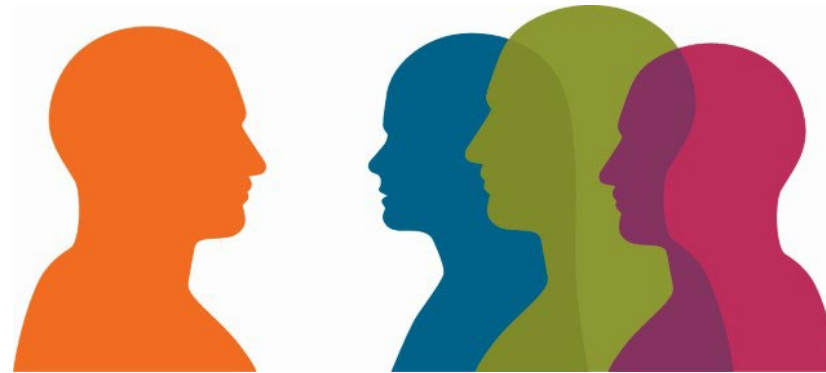
Organization	Name	State

# Today's Discussion Question

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## Later in the session, we will ask:

Consider the vision that your health center would like to realize regarding integrated behavioral health services for transition aged youth. What would success look like?



Source: ThinkStock

# CoP Sessions 1-8 Topic Areas



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**Session 1 (January 19):** Orientation

**Session 2 (February 2):** Effective Outreach and Engagement Strategies 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

# Factors That Negatively Impact Youth's Transition into Adulthood

- Experiencing "adverse childhood experiences" (ACE)
- Criminal Justice system involvement
- Impact of Social Determinants of Health (SDoH) on primary and behavioral health care
- Growing up in the child welfare system
- Diagnosis of mood and/or personality disorder
- Diagnosis for having a substance use disorder (SUD)
- Inadequate system of social supports
- Having a physical or intellectual disability



Source: Microsoft® PowerPoint® for Microsoft 365.





# Poll Question #1

What are three (3) factors you think would make this transition most difficult? Check all that apply.

- a) Experiencing "adverse childhood experiences" (ACE)
- b) Criminal Justice system involvement
- c) Impact of Social Determinants of Health (SDoH) on primary and behavioral health care
- d) Growing up in the child welfare system
- e) Diagnosis of mood and/or personality disorder
- f) Diagnosis for having a substance use disorder (SUD)
- g) Inadequate system of social supports
- h) Having a physical or intellectual disability

# Barriers to Help-Seeking Among Youth in Transition

- High self-reliance, few social supports
- Limited ability to establish trusting relationships
- Gaps in education, for example illiteracy
- Minimal self-awareness
- Not understanding the seriousness of an issue
- Lack of access to appropriate helpers
- Negative experiences when seeking help
- Unstable income and/or employment
- Inability to appropriately express emotion
- Fear of being stigmatized



Source: Microsoft® PowerPoint® for Microsoft 365.



# Poll Question #2

What are the three (3) issues that you believe would be the most challenging barriers to address? Check all that apply.

- a. High self-reliance, few social supports
- b. Limited ability to establish trusting relationships
- c. Gaps in education, for example illiteracy
- d. Minimal self-awareness
- e. Not understanding the seriousness of an issue
- f. Lack of access to appropriate helpers
- g. Negative experiences when seeking help
- h. Unstable income and/or employment
- i. Inability to appropriately express emotion
- j. Fear of being stigmatized



# Outreach Strategies



# What Is Outreach?

**Outreach can be thought of as . . .**

A temporary, mobile project that involves the collaboration of a community to undertake its purposeful health intervention of reaching a population facing health risks.<sup>2.</sup>

***What are other ways that you and your health center would define “outreach?”***



Source: Microsoft® PowerPoint® for Microsoft 365.



# Outreach Strategy: Developing an Outreach Plan

Health centers can improve their outreach by developing an outreach plan. An outreach plan can look like:

- Conducting self-inventory on what is being done well
- Identifying and defining outcomes to be reached
- Making a list of areas where TAY can be found and engaged
- Creating an emailing list that can be used to send information about services and supports to TAY
- Planning outreach events and educational campaigns



3. Source: Microsoft® PowerPoint® for Microsoft 365.

# Outreach Strategy: Using Social Media

When conducting outreach, social media can be used as a tool to:

- Share educational campaigns and PSAs about mental health and substance use disorders
- Share strategies on how to engage in harm reduction
- Engage and support TAY to reach out to their peers and support networks
- Inform and connect TAY to clinic services



Source: Microsoft® PowerPoint® for Microsoft 365.

# Engagement Strategies



# What Is Engagement?

**Engagement can be thought of as . . .**

"The process of initiating and sustaining the client's participation in the ongoing treatment process."<sup>4</sup>

***What are other ways that you and your health center would define “engagement?”***



Source: Microsoft® PowerPoint® for Microsoft 365.

# Engagement Strategy: Involving TAY in Program Development

Involving TAY in decision-making can help programs in several different ways:

- Can promote a sense of purpose in TAY through direct participation in what the program offers
- Time spent engaged with the program may feel more worthwhile by promoting a sense of ownership
- TAY participation can enhance developmentally appropriate interventions <sup>5.</sup>



Source: Microsoft® PowerPoint® for Microsoft 365.



# Engagement Strategy: Developing Peer Leaders

Health centers can increase their engagement of TAY by incorporating peer advocates:

- Incorporating peer advocates with common backgrounds can help TAY overcome barriers that may exist between them and case managers.
- Case managers and peer advocates can work together to prevent TAY from falling through the cracks.
- Peer advocates can also be utilized as mentors to aid at-risk youth.



Source: Microsoft® PowerPoint® for Microsoft 365.

# Collaboration Strategies



# What is Collaboration?

- The action of working with TAY to produce or create something
- Collaboration creates bridges for TAY to seek assistance for other issues, including medical issues and behavioral health concerns

***What are other ways that you and your health center would define “collaboration?”***



Source: Microsoft® PowerPoint® for Microsoft 365.



# Collaboration Strategy: Moving into the Adult World

Working with the TAY and with Community Resources to support transition to adulthood, focusing on:

- Adequate housing
- Stable relationships
- Basic life skills
- Stable identity
- Emotional wellness
- Education or occupational skills
- Purposefulness

6.



# Collaboration Strategy: Community Partnerships

Health centers can facilitate community partnerships and build referral systems by collaborating with:

- Community advisory boards
- Local Criminal Justice offices (juvenile courts, county systems, sheriff's offices)
- County Child Welfare offices
- Community Mental Health and Substance Use Disorder Treatment providers
- Other Health Centers<sup>6.</sup>



Source: Microsoft® PowerPoint® for Microsoft 365.



# Collaboration with Community Advisory Boards

## Community Advisory Board (CAB)

- Collective of community members who provide community information and assistance on how to develop best practices that would be effective for the target population.

## Transition Aged Youth CAB

- A CAB that is discussing Transition-Aged Youth would include members that are similar in developmental age that is being served by the organization.





# Community Advisory Boards for TAY

Provide a safe  
space

Be  
accommodating

Support time  
management  
skills

Provide  
incentives that  
are relevant to  
TAY

Include culturally &  
developmentally  
appropriate  
activities

Center and  
respect the  
voices of the  
members

A CAB can be used to provide opportunities for TAY to:

- Plan and implement prevention interventions that are developmentally-appropriate, and
- develop leadership skills as they are trained and utilized as peer leaders.



# Collaboration with Community Behavioral Health

## Collaboration with community behavioral health services can:

- Reduce duplication
- Fill gaps in services
- Assist with navigation of complicated systems
- Improve equitable access of services
- Address needs spanning different sectors
- Increase leveraging of funds to pay for existing or additional services
- Build capacity and support the continuum of care
- Improve health outcomes and quality of life<sup>8.</sup>



Source: Microsoft® PowerPoint® for Microsoft 365.

# Key Takeaway – Developing a Three-Part Strategy

## Outreach

- Self-inventory
- Identified outcomes
- Where/how to find TAY
- Events, campaigns
- Social media

## Engagement

- Involvement in Program Development
- Develop Peer Leaders

## Collaboration

- Develop resources foundational to transitioning to adulthood
- Cultivate partnerships with community resources
- Leverage behavioral health care tools like Motivational Interviewing and Brief Intervention



Source: Microsoft® PowerPoint® for Microsoft 365.

# Breakout Group Discussion

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## Developing a three-part strategy:

**Q: Which of the three-parts to a strategy are in place at your organization and can be built upon now or in the immediate future?**

**Q: Which of the three-parts to a strategy are not in place or not strong enough to build on yet?**



Source: Microsoft® PowerPoint® for Microsoft 365.

# Realizing the Vision

**Strategic Plans are driven by a vision for success!**

As part of your action planning, begin to develop a three-part strategy that would ensure equitable access to behavioral health care services and supports from primary care services for TAY.

*Particular focus should be on TAY that come from population that may be typically underserved (i.e., ethnic and/or gender minorities, part of the foster care system, etc.).*



Source: ThinkStock

# Next Steps

- Identify the challenges you will tackle as part of your action planning.
- Remember, Thursday and Friday Office Hours.
- Coaching Calls are available—*please reach out to schedule a coaching call if you need additional assistance.*



Source: iStock by Getty Images



# Biweekly Office Hours

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- **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

# BPHC-BH TA 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
  - Intensive On-site Technical Assistance
  - Brown Bag Lunches
  - Oral and Behavioral Health Learning Collaborative



# Upcoming TA Events

## Oral Health and Behavioral Health Services Integration Learning Collaborative

6 Didactic Sessions (1.5 CMEs per session)

1:00 – 2:30 PM ET, Wednesdays as scheduled

3/8/2023 Session 2 "*Tobacco, Vaping and Cannabis: Implications for Patients and Getting Them Help to Quit*"

**REGISTER** <https://us06web.zoom.us/meeting/register/tZAuceyorTkrHta9eDN58p3T71uq8ADHNRGJ>

## Virtual Brown Bag Lunch Office Hours

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

As scheduled

2/8/2023 Discussion on Brown Bag 3 "*Reentry Recovery Services to Improve Health and Reduce Recidivism and Overdoses Among Formerly Incarcerated Individuals - Office Hours*"

**VIEW RECORDING:** <https://bphc-ta.jbsinternational.com/technical-assistance-resources>

**REGISTER FOR OFFICE HOURS DISCUSSION:** <https://us06web.zoom.us/meeting/register/tZlucuyppj4pE9GEqsfflu2fcU8tTA8-lje->

Coming in April "*How School-Based Health Centers Support Behavioral Health*"



# Continuing Education

- We are 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.
- There are two ways to navigate to the online assessment:
  1. Follow the link provided in the chat here.
  2. You will be emailed a link from us via Alchemer, our survey platform.



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.

# Endnotes

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5. Youth.gov. (n.d.). <https://youth.gov/youth-topics/effective-programs-transition-age-youth>
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7. Community Advisory Boards. (n.d.). <https://wvctsi.org/media/1491/community-advisory-boards-community.pdf>
8. Capacity Building Center for States. (2021, June 21). <https://content.govdelivery.com/accounts/USACFCBCS/bulletins/2e4df3a>



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Unknown. (n.d.). *Co-occurring disorders treatment workbook: Treatment engagement*. [https://www.naadac.org/assets/2416/nicole\\_williams\\_handout\\_3.pdf](https://www.naadac.org/assets/2416/nicole_williams_handout_3.pdf)

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# Thank You!

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