



Vermont Child Health Improvement Program



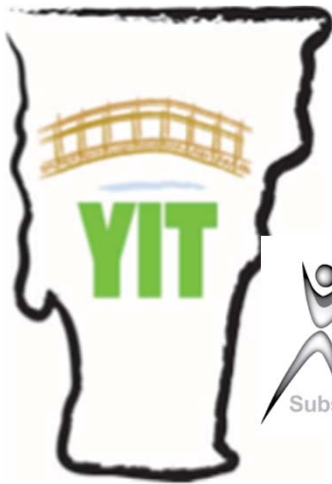
Meeting the mental health needs of youth in transition: Selected data from the Vermont System of Care Initiative

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Feb. 29, 2012

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In collaboration with:



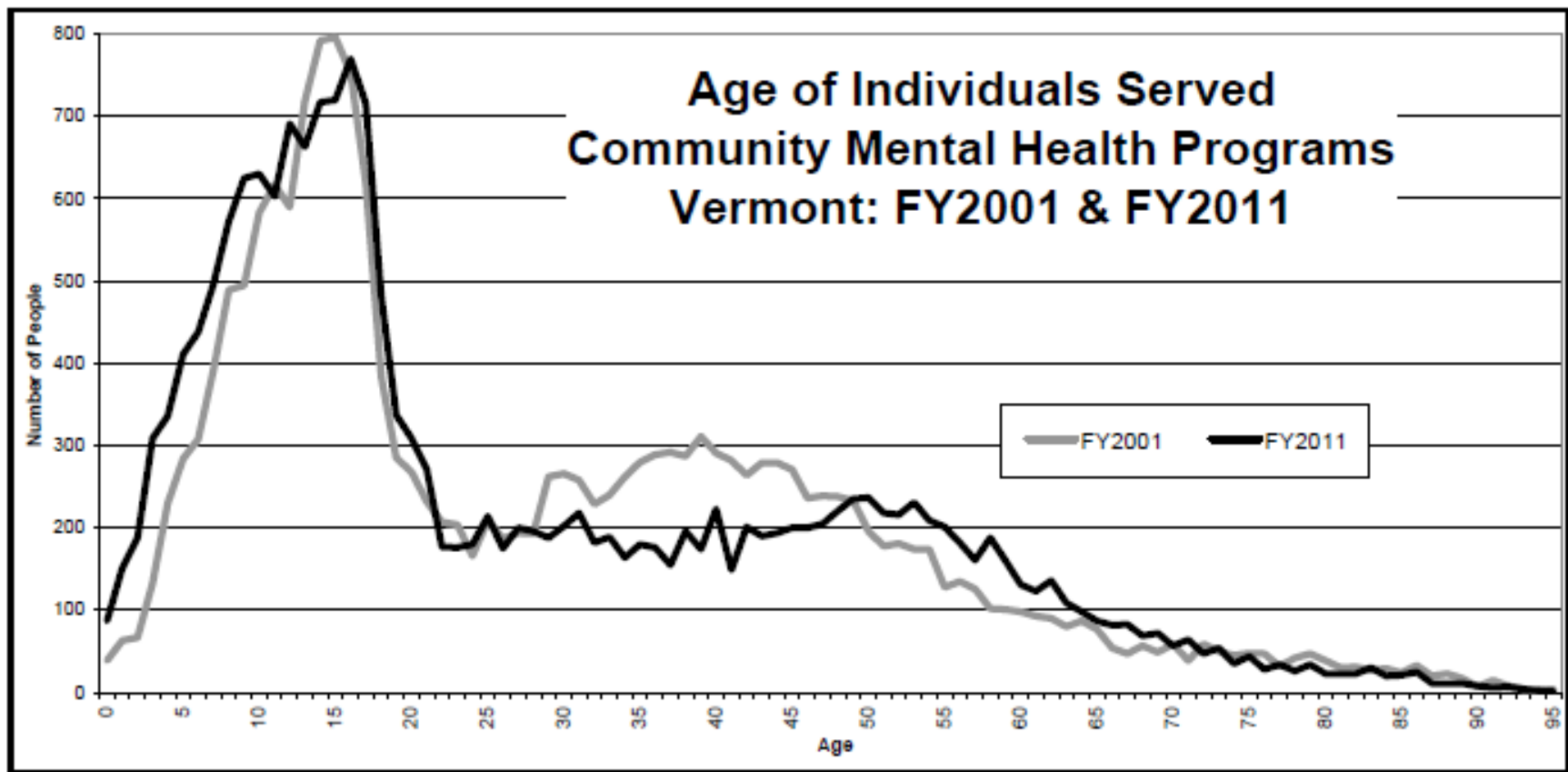
Prevalence of Mental Health Challenges

- 20% of children and adolescents in the U.S. have a diagnosable mental health condition
- 50% of adults affected with mental health problems begin manifesting such symptoms by age 14; 75% by age 24
 - (DHHS, 1999; Kessler et al., 2005; O'Connell et al., 2009)
- 1 in 5 young adults between the ages of 15 and 24 experience suicidal ideation every year
 - Huang et al., 2005

Implications are that Adolescents with Mental Health Problems tend to:

- Experience multiple problems including substance use
- Be overrepresented in other service systems:
 - Child Welfare
 - Juvenile Justice
 - Adult Criminal Justice
 - (Wotring & Stroul, 2011)
- Be less likely to
 - Complete high school and pursue further education or job training
 - Live independently

The Transitional Cliff



Prepared by the VT Dept of Mental Health Performance Indicator
Project, Feb. 2012

The Transitional Cliff

- Only 44% of 18 to 20 year olds eligible for Medicaid in Vermont were enrolled
 - (LaWare, C., 2007)

The Young Adults in Transition Grant



Federally funded by the
Substance Abuse Mental
Health Services Administration

Vermont provides some
matching dollars

Statewide across all 12 Agency
of Human Service districts

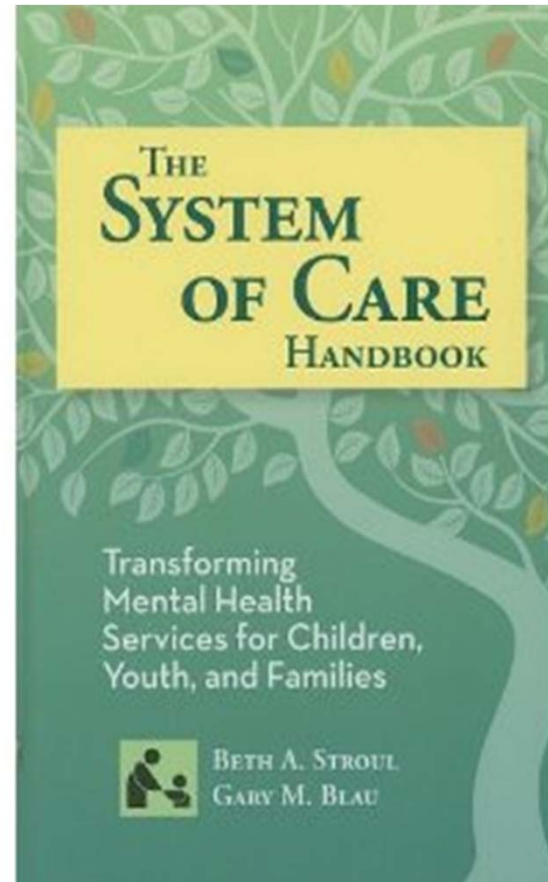
6 year effort

System of Care: A National Movement

National ongoing effort in existence for over 25 years

Vermont was one of the first communities ever funded

Vermont has received 3 System of Care grants over the past 25 years spanning ages 0 to 21



What is a System of Care?

*A spectrum of **effective, community-based services and supports** for children and youth with or at risk for mental health or other challenges and their families*

*Organized into a **coordinated network** that builds meaningful partnerships with families and youth*

***Addresses their cultural and linguistic needs,** in order to help them to function better at home, in school, in the community, and throughout life*

Our Vision

Young adults in Vermont are empowered, healthy, valued, and engaged in their communities



Vermont Youth in Transition Grant

Bridging the gaps for young adults in Vermont Logic Model Summary



OUR MISSION

Young Adults, families/adult allies and community partners collaborate to develop a system of care to support transition to adulthood. The system builds upon the strengths of young adults and creates an array of specialized mental health related services to meet their unique and changing needs. The system also fosters young adult leadership.

OUR VISION

Young adults in Vermont are empowered, healthy, valued, and engaged in their communities



GOALS TO ACHIEVE & STRENGTHEN REGIONAL SYSTEMS OF CARE

1. Young adult leadership is developed in VT
2. Families/adult allies support young adults.
3. Workers use caring practices known to be helpful for young adults and families
4. System of Care partners gain cultural and linguistic competence (CLC).
5. Local communities (including young adults) change their perceptions of young adults and of mental health issues, reducing stigma.
6. Effectiveness of the System of Care for young adults with SED is evaluated.
7. The State supports and sustains regional services for young adults.

DESIRED OUTCOMES FOR INDIVIDUALS

1. Decreased number of young adults involved in the corrections system (including an increase in the number who are free of incarceration).
2. Increased number of young adults who are employed
3. Increased number of young adults participating in (of who completed) educational program.
4. Increased number of young adults who have access to, and are using, a medical home.
5. Increased number of young adults living in safe & stable housing.
6. Increased number of young adults who have caring & supportive relationships.
7. Increase Young Adults' strengths and protective factors
8. Improve young adults mental health

STRATEGIES TO ACHIEVE OUTCOMES FOR INDIVIDUALS

Local and State Agencies develop and/or enhance their regional Systems of Care for youth in transition.

[via collaboration between representatives of adult and children's mental health, youth service, and criminal and juvenile justice agencies, young adults and family leaders, cultural organizations, and other community members; strategic planning in response to the "Invitation to Communities"; governance and management structures; use of data to inform decision-making; creation of policies and memoranda of agreement; leveraging of financial and other - including human - resources; and service delivery.]

Broad 8 Outcomes

1. Decreased number of young adults involved in the corrections system.
2. Increased number of young adults who are employed.
3. Increased number young adults participating in (or who completed) educational programs.
4. **Increased number of young adults who have access to, and are using, a medical home.**
5. Increased number of young adults living in safe & stable housing.
6. Increased number of young adults who have caring & supportive relationships.
7. **Increase in young adults' strengths.**
8. Increase in young adults' competence & decreases in mental health symptomatology and related problems.

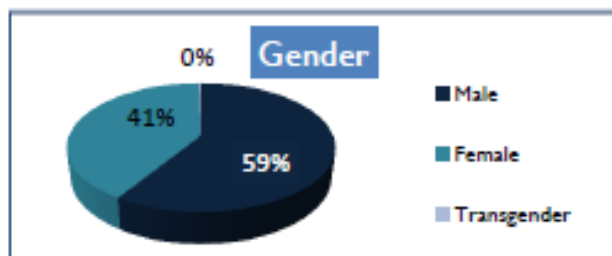
Examples of Community Strategies

- Lamoille hired a Criminal Justice Social Worker and created MOUs with local law enforcement entities and the Department of Corrections
- Bennington's Community Mental Health Center has hired a young adult outreach worker who has developed a young adult leadership group
 - These efforts have been so successful that the young adult outreach worker is consulting to other regions across the state
- Chittenden county has expanded their Jump On Board for Success vocational program and has staff that are focused specifically on outreach to young adults who are newly arrived to the United States

Youth in Transition (YIT) Descriptive Data: Who Are We Serving? - Vermont (4/1/10 - 12/31/11)

Intake sample includes 314 young adults from across Vermont.*

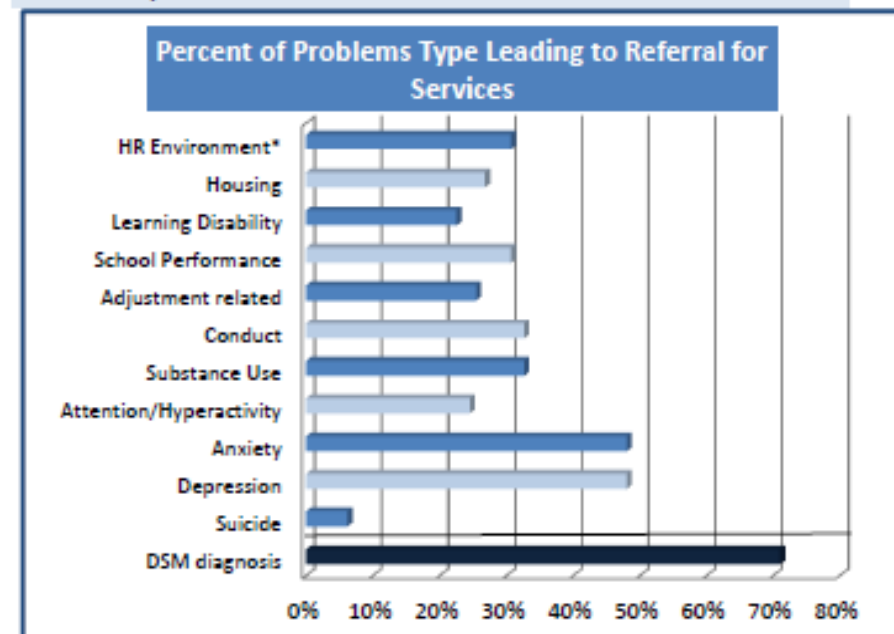
Age	Mean	SD**	Range
	19.1	1.4	16 to 21.9



Mean number of problems leading to referral for services is 3.4.

Problems Leading to Referral for Services

	Mean	SD	Range
Number of problems	3.4	2.6	0 to 16

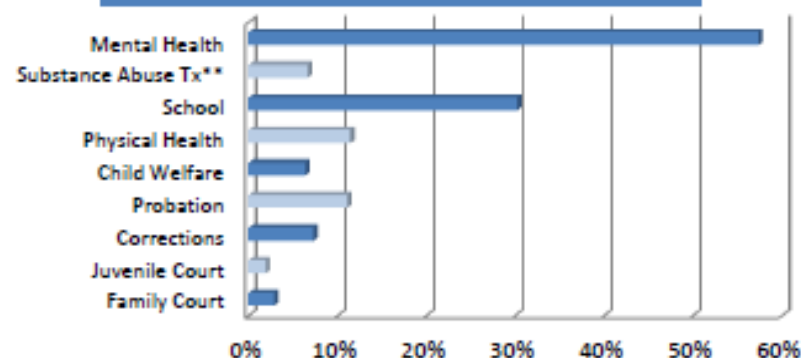


*Sample size in any given category may vary due to missing data.

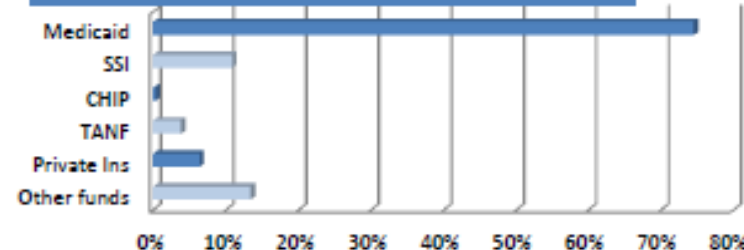
Ethnicity	n	Intake
White	267	85%
African American	13	4%
Native American/Alaskan Native	3	1%
Hispanic/Latino	8	3%
More than 1 race	20	6%
Not of Hispanic, Latino, Spanish origin	266	85%
Hispanic, Latino, or Spanish*	9	3%

*12% missing data for whether Hispanic, Latino, Spanish

Percent of Agencies YA Involved with at Intake



Percent of YAs receiving specific types of funds



A Life in the Community for Everyone

Youth in Transition Grant (YIT) Outcome Indicators - Vermont (4/1/10 to 12/31/11)

These findings come from young adults who completed *Common Study* interviews when they started to receive YIT services in their communities (YIT Start) AND 6 months later (except for Employment which are from Vermont & National Studies). Sample sizes change because not all questions were answered, and samples <10 not reported for confidentiality.

Justice & Corrections	Sample size	YIT Start	6 mos	Progress	Progress Key
Arrested in past 30 days	67	1%	3%	●	● at least 5% improved
Spent at least one night in correctional facility in past 30 days	58	0%	2%	●	

Education
In school during the past 30 days
18 and older who have completed High School or GED
18 and older who received post-secondary training (e.g., TECH, College)

“Report that they are currently in excellent or very good health” – 39% at start, 29% 6 months later

Employment (from Vermont & National Studies)	Sample size	YIT Start	6 mos	Progress
Report having a job in past 30 days	84	54%	54%	●

Health	Sample size	YIT Start	6 mos	Progress
Report they are currently in excellent or very good health	66	39%	29%	●

Housing	Sample size	YIT Start	6 mos	Progress
Primarily living independently in past 30 days	79	11%	29%	n/a
Primarily living with others in community in past 30 days	79	66%	54%	n/a
Primarily living in more restrictive settings in past 30 days	79	4%	6%	●
Spent most nights homeless in past 30 days	79	10%	3%	●
Spent at least one night homeless in past 30 days	57	21%	5%	●

Relationships
Report agree or strongly agree know people they can rely on in past 30 days

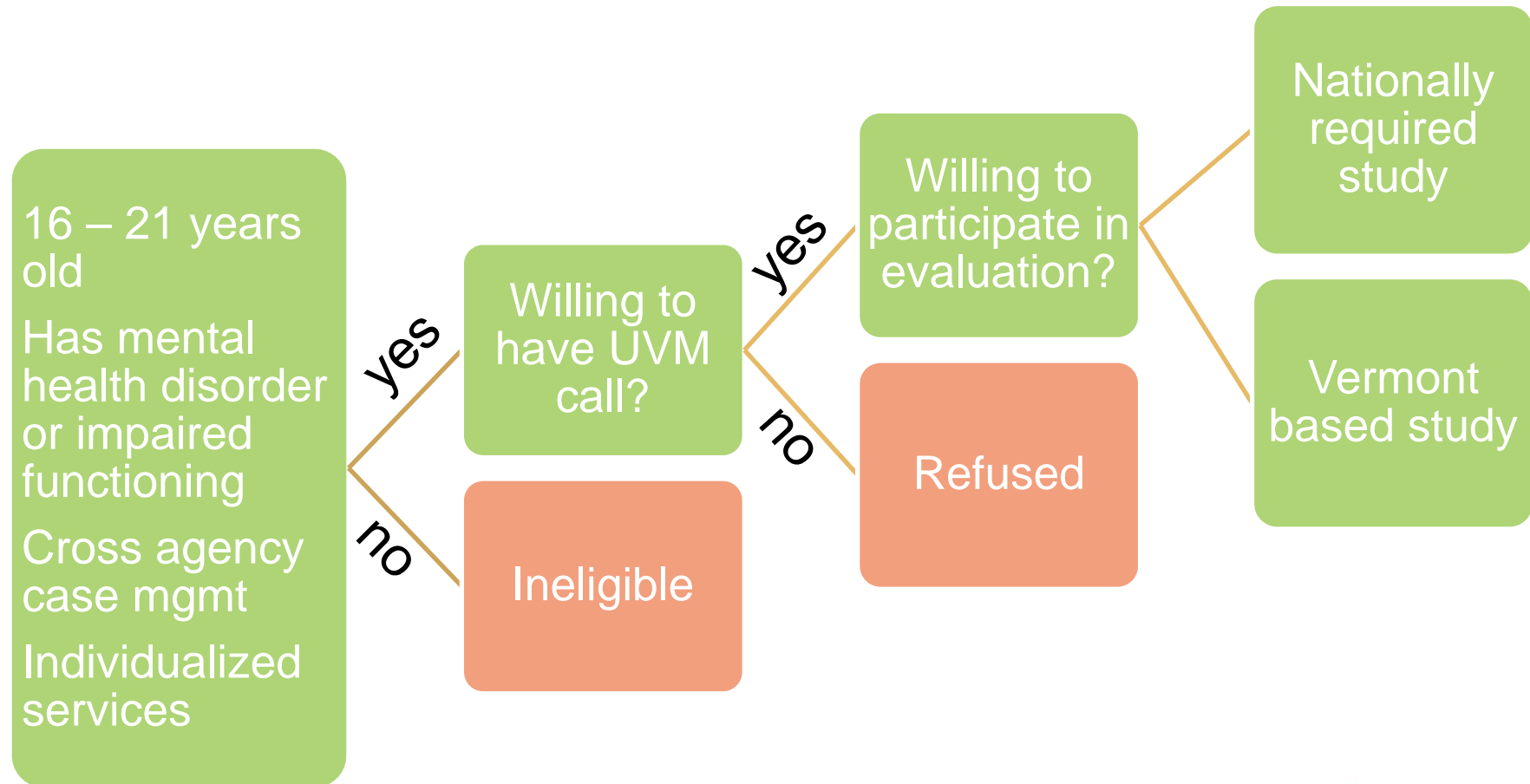
“Spent at least one night homeless in past 30 days” – 21% at start, 5% 6 months later

Strengths	Sample size
Report agree or strongly agree can handle daily life in past 30 days	50

Mental Health / Substance Use	Sample size
Report anxious or depressed feelings all or most of the time in past 30 days	64
Report at least weekly tobacco use in past 30 days	66
Report at least weekly alcohol use in past 30 days	66
Report at least weekly illicit drug use in past 30 days	67



Enrollment into Evaluation



Data Collection Process

- Meet with them within 30 days of beginning new service in their community
- Interview takes approximately 1.5 hours
- Collect data at intake, as well as 6-months and 12-months post intake
- Compensation is \$20 per interview
- Include parents or supportive adults if possible

Participants

Sample	Baseline ($n = 84$) & 6-Month ($n = 40$)
Age	$M = 19.1$ ($SD = 1.5$) range = 16 to 22
Gender	Women 43% & Men 56% (missing 1%)
Race / Ethnicity	White 93%, Black 8%, Native American 4%, Asian 2%, Hispanic or Latino 1%

Referral Problems

41% Anxiety
36% Depression
29% Substance Use,
28% Conduct Problems
12% Housing or Job

DSM Diagnoses

42% Missing*
25% Anxiety Disorders
24% Mood Disorders
25% ADHD or ODD
11% Substance Use

Assessing Health Care in Young Adults in Vermont

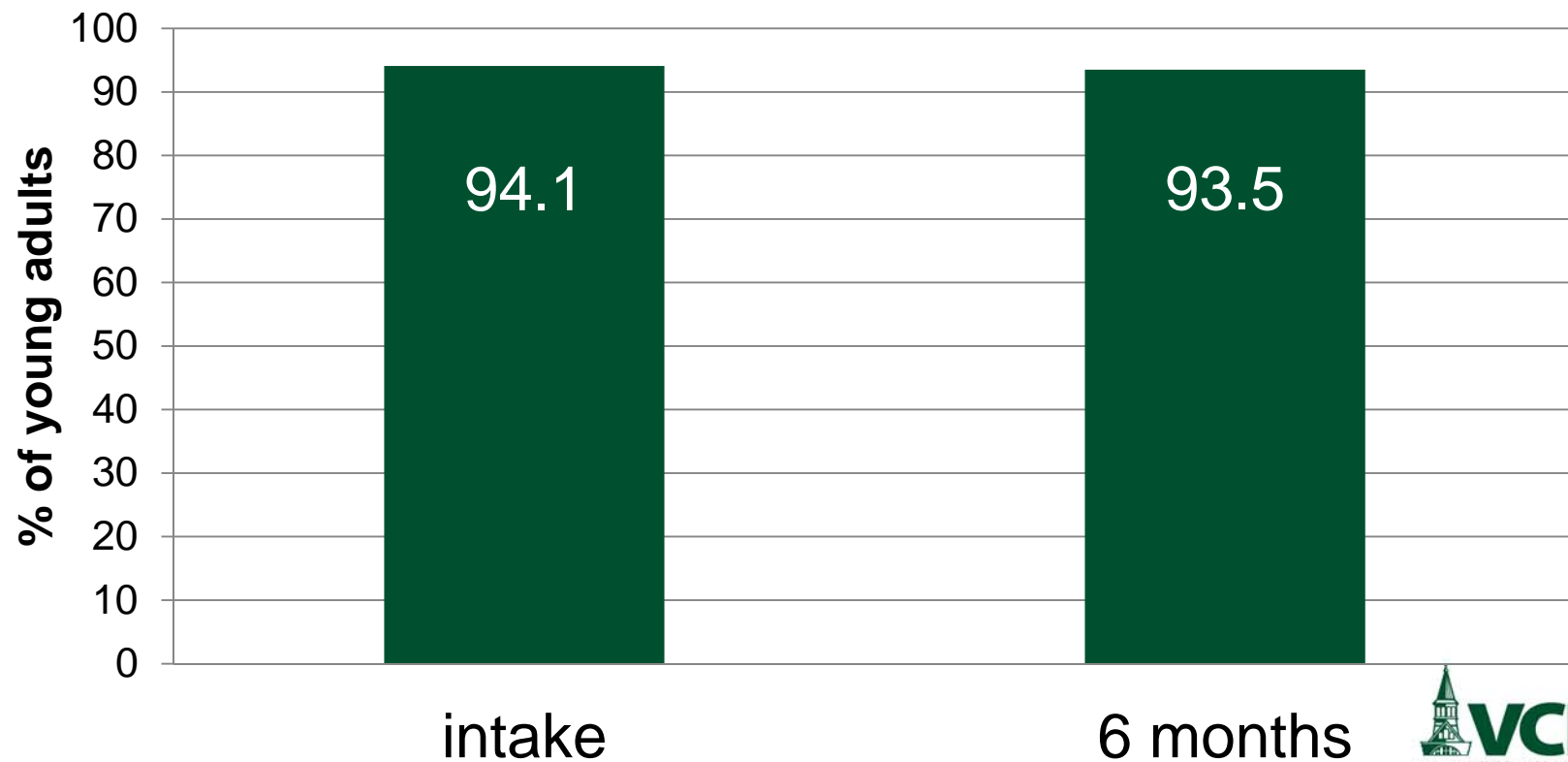
Measures

- Using 2 instruments to assess healthcare utilization and access:
 - Young Adult Health Care Survey—Short Version (Bethell et al, 2002)
 - Access and Barriers Interview (the YIT evaluation team)

Young Adult Health Care Survey (YAHCS): Findings

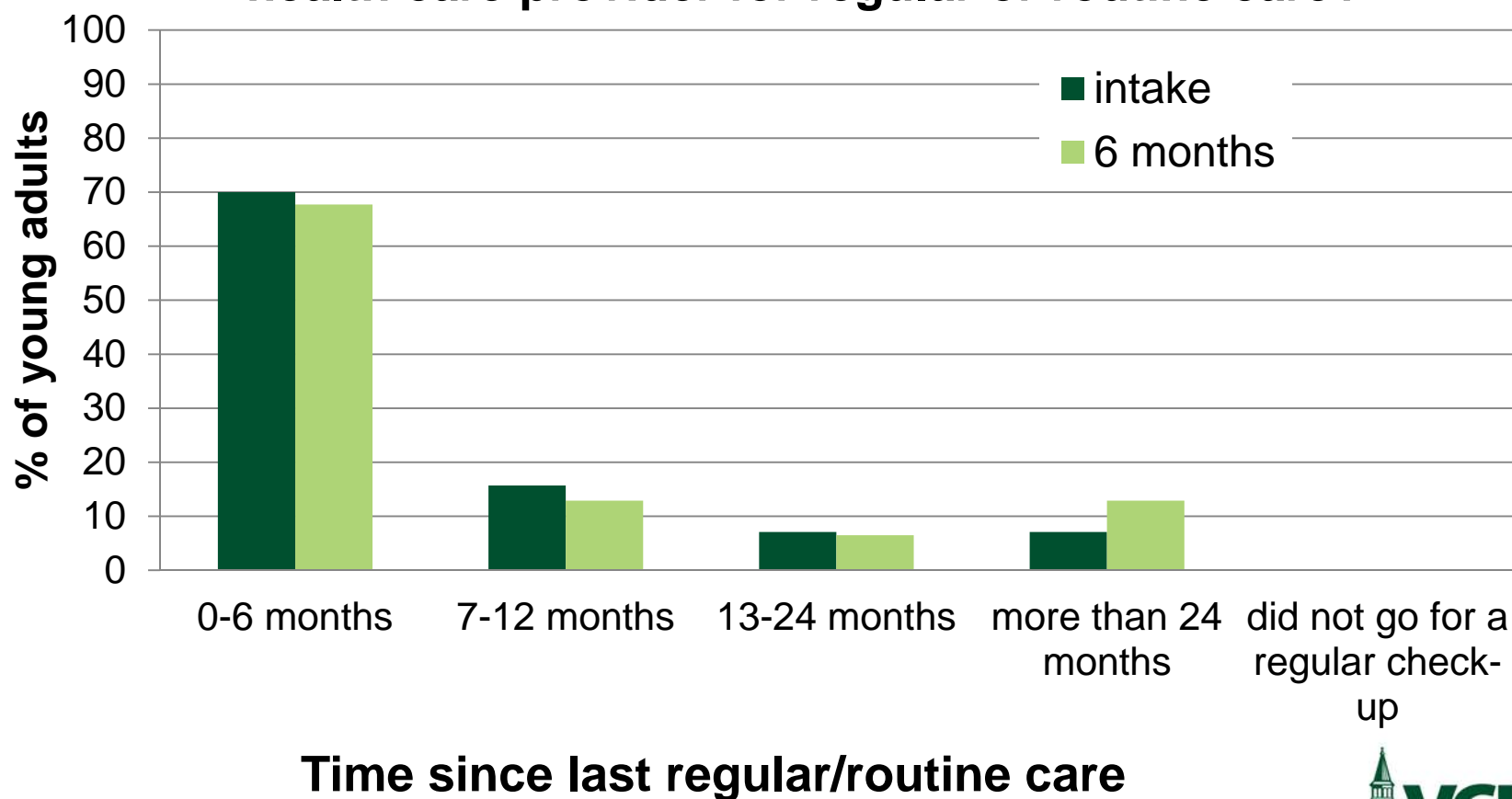
Young people in the YIT evaluation are going for medical care:

Have you seen a doctor or other healthcare provider in the past 12 months?



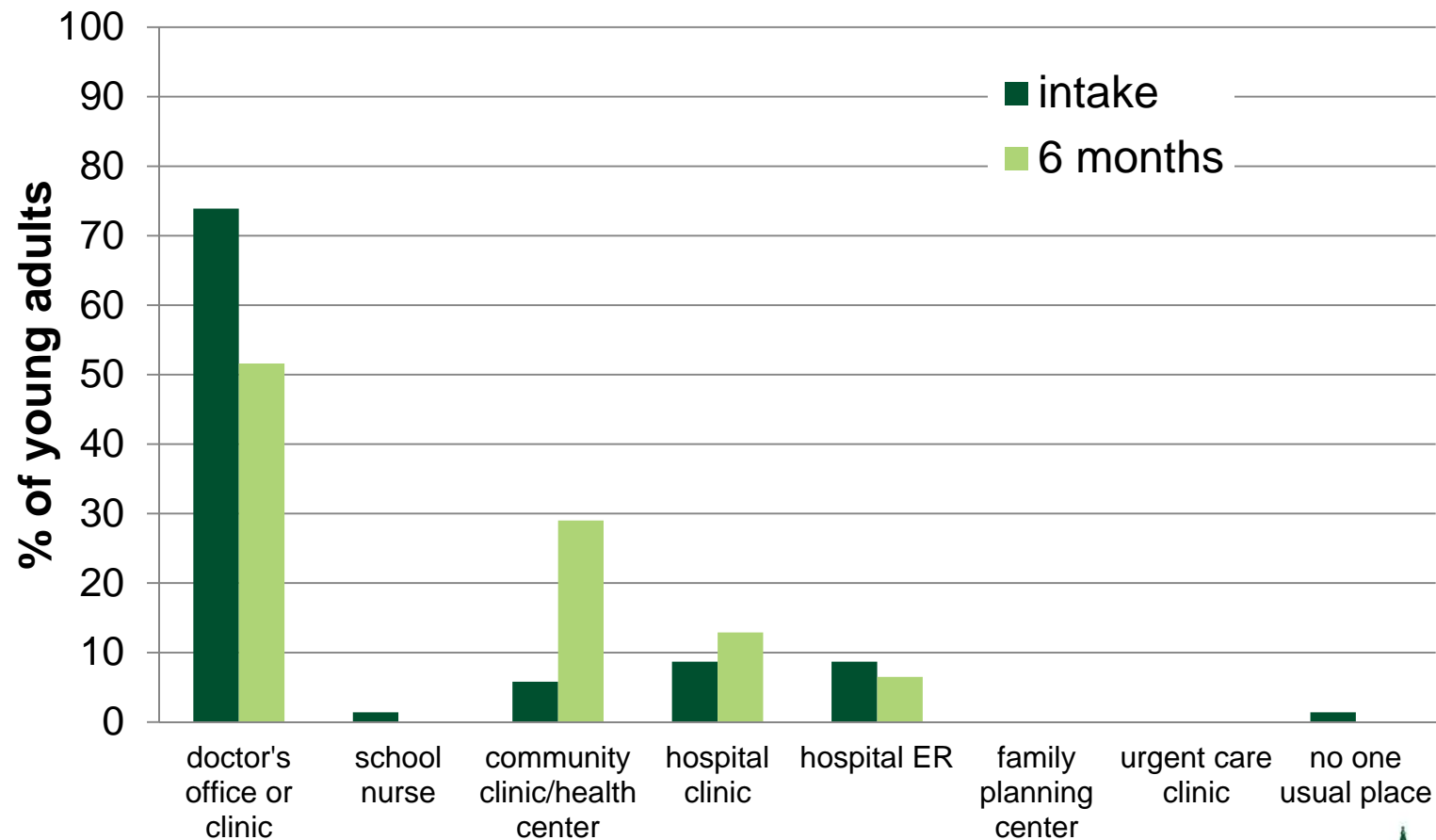
Young Adult Health Care Survey (YAHCS): Findings

When was the last time you went to a doctor or other health care provider for regular or routine care?



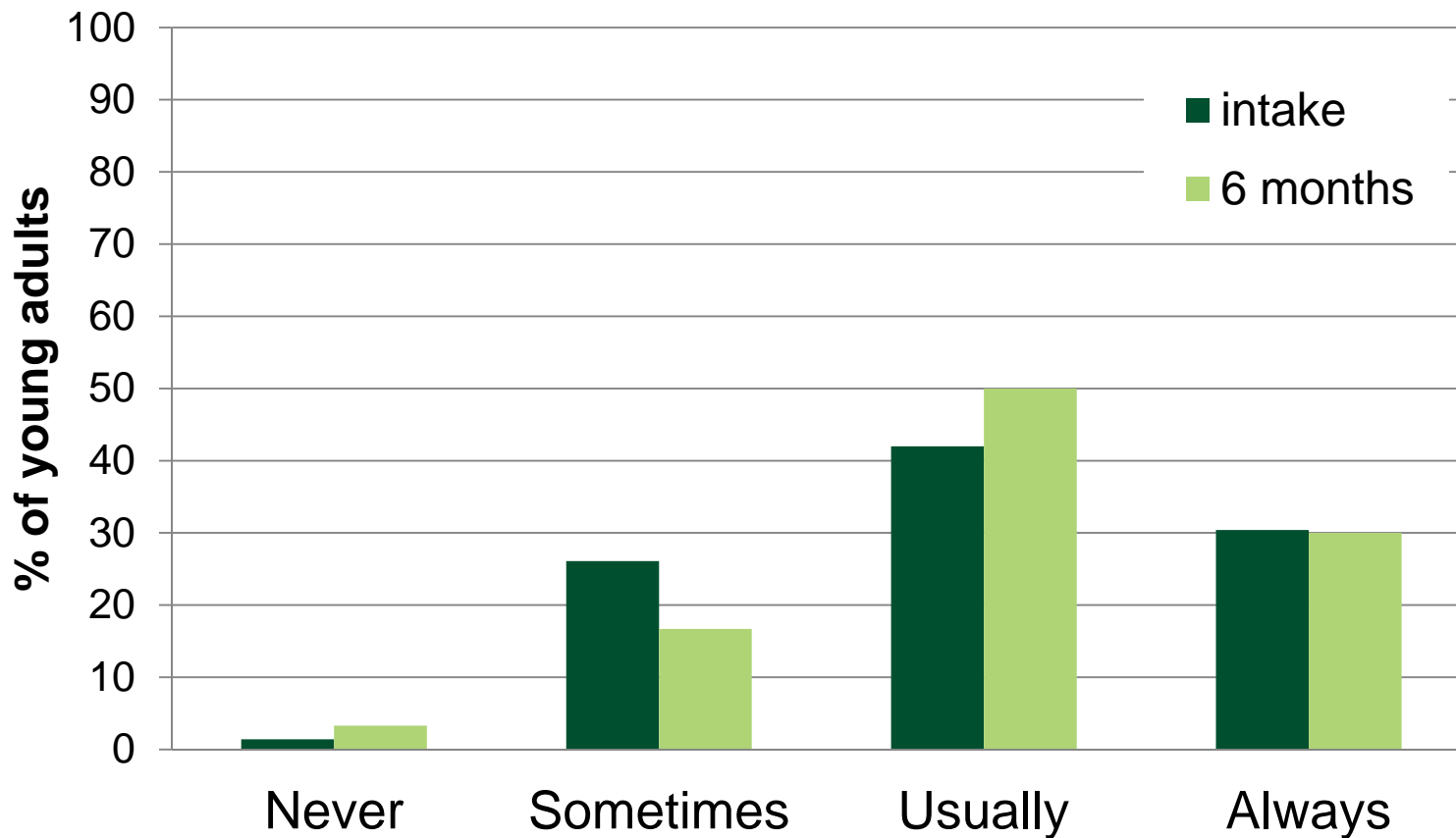
Young Adult Health Care Survey (YAHCS): Findings

Where do you usually go for medical care?



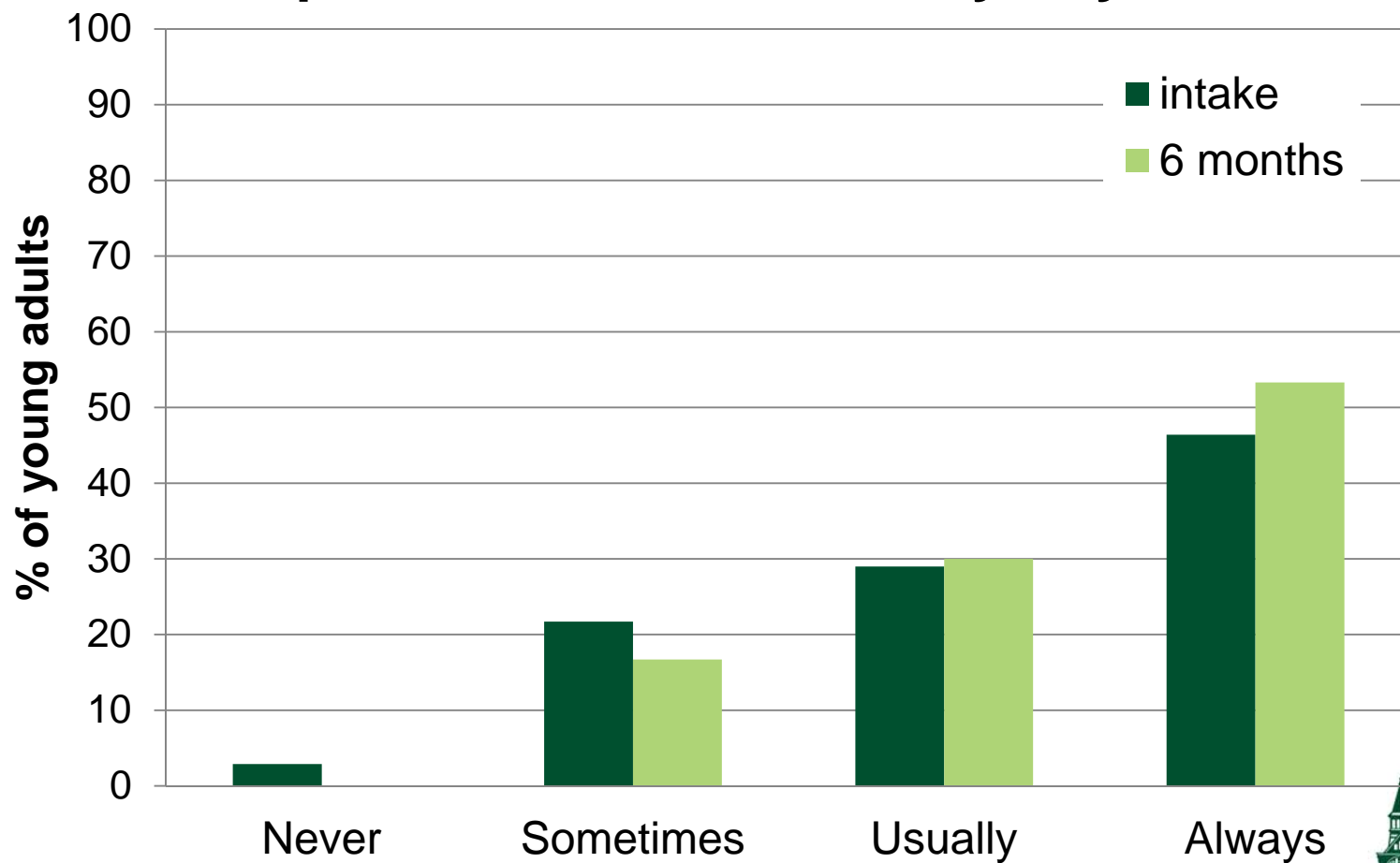
Young Adult Health Care Survey (YAHCS): Findings

...how often were office staff at a doctor's office or clinic as helpful as you thought they should be?



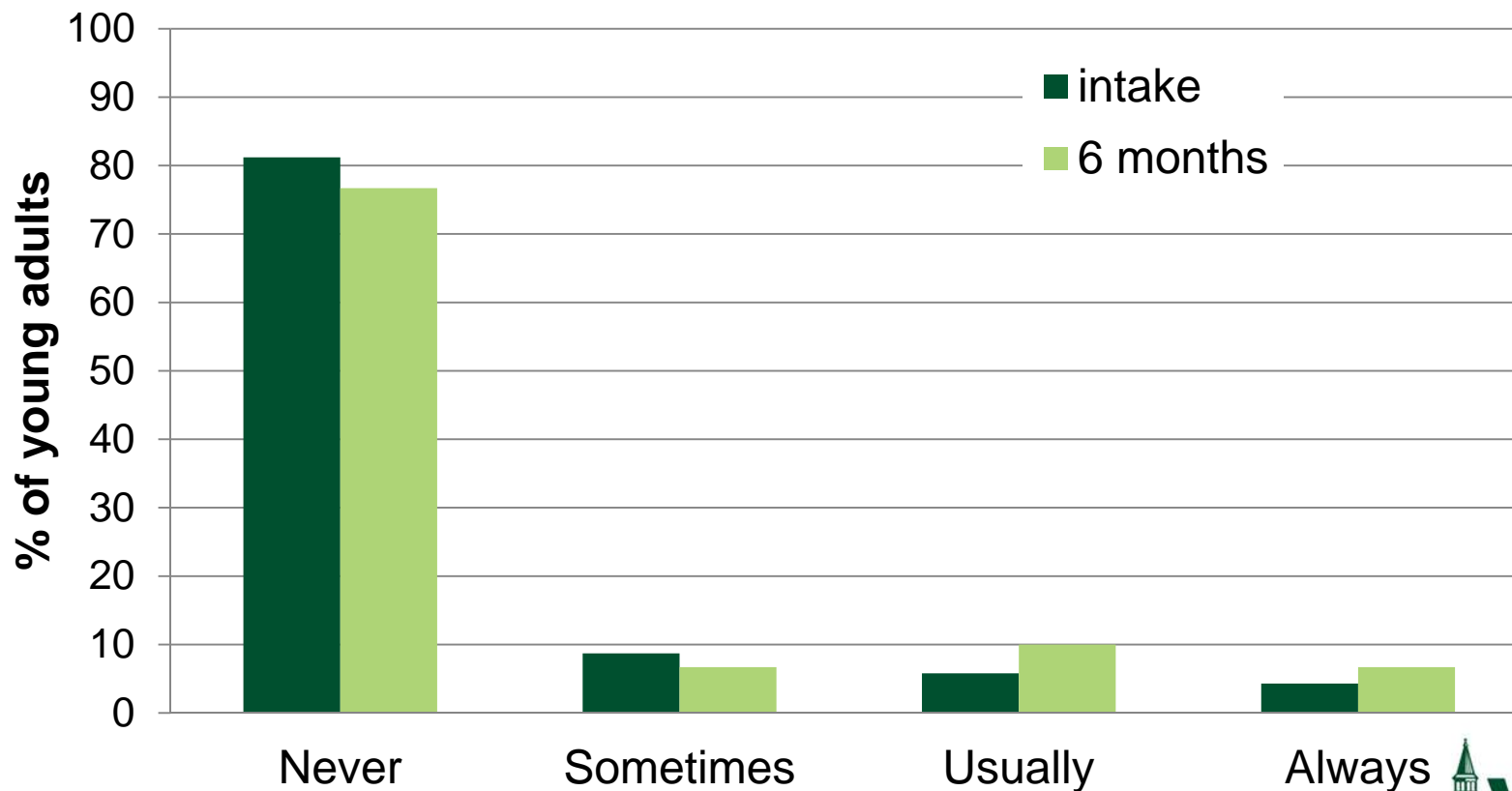
Young Adult Health Care Survey (YAHCS): Findings

...how often did doctors or other health providers listen carefully to you?



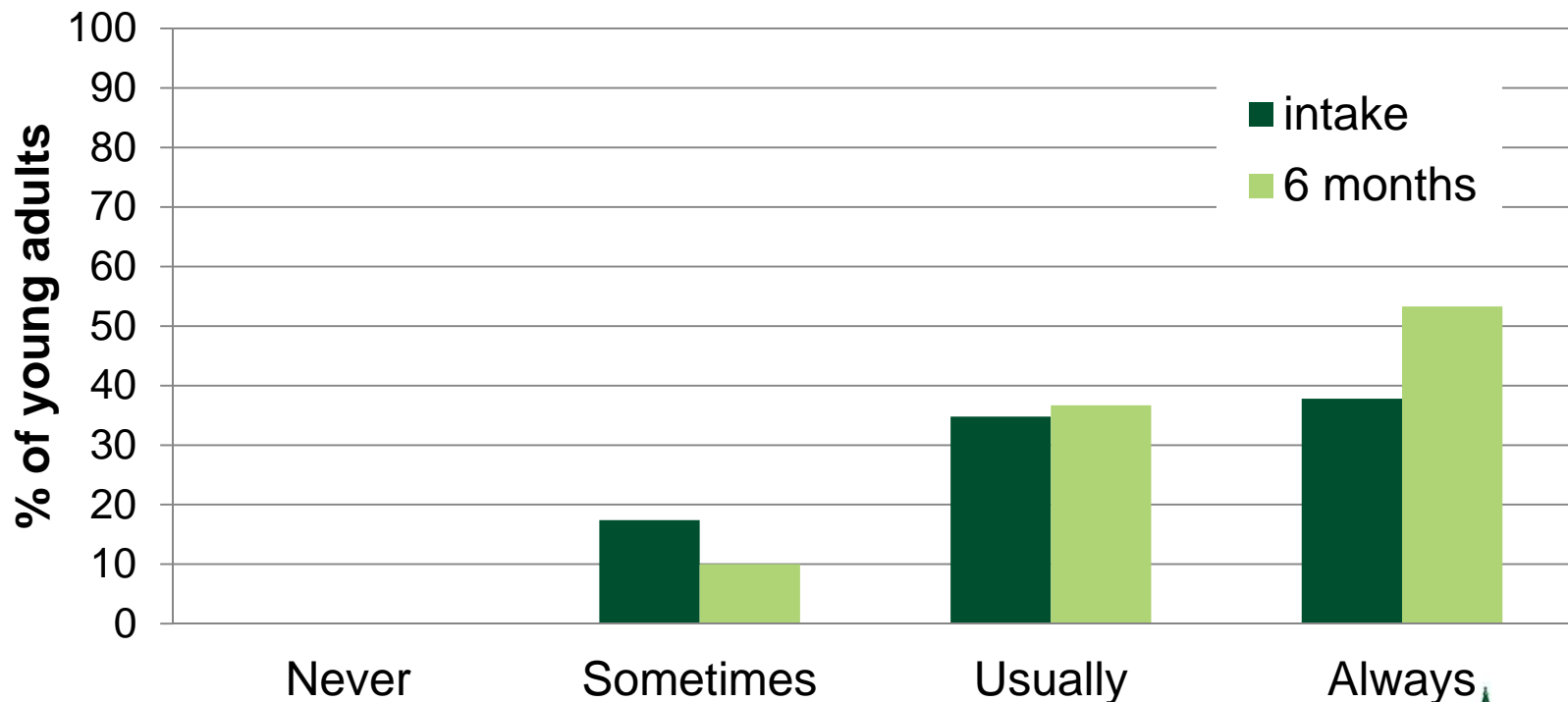
Young Adult Health Care Survey (YAHCS): Findings

...how often did you have a hard time speaking with or understanding a doctor or other health provider because you spoke different language?



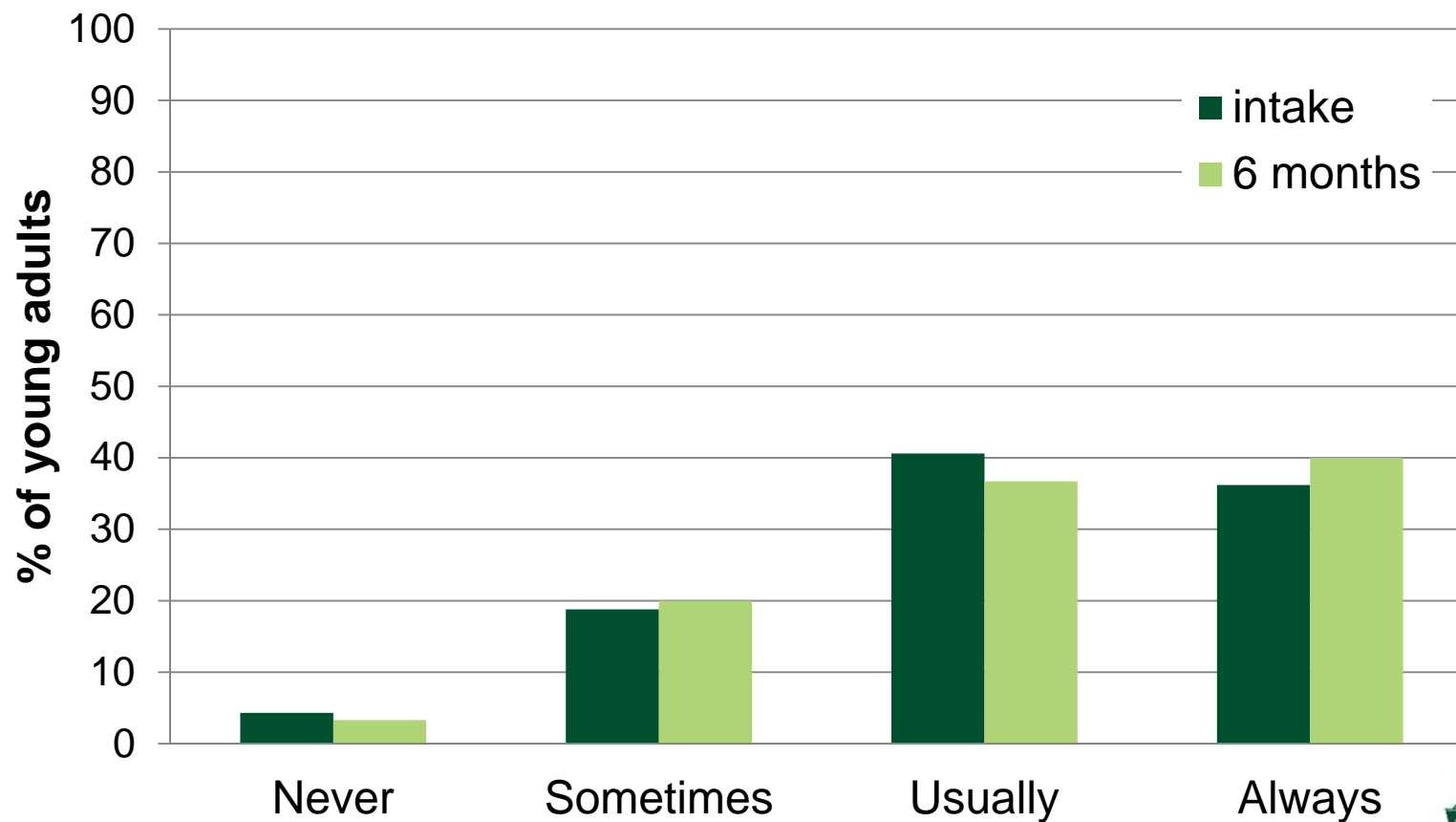
Young Adult Health Care Survey (YAHCS): Findings

...how often did doctors or other health providers
show respect for what you had to say?



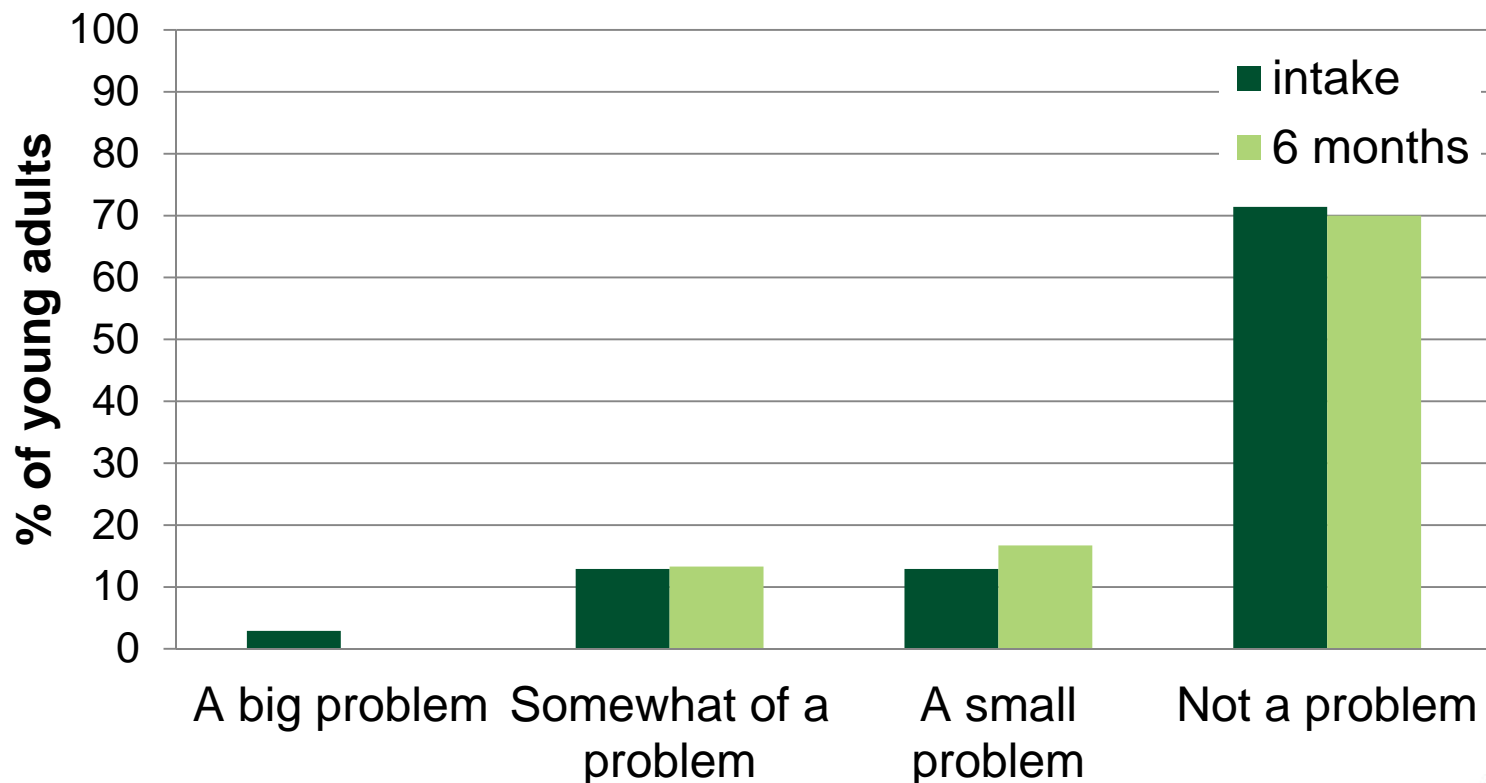
Measures: Young Adult Health Care Survey (YAHCS) – short version

...how often did doctors or other health providers spend enough time with you?



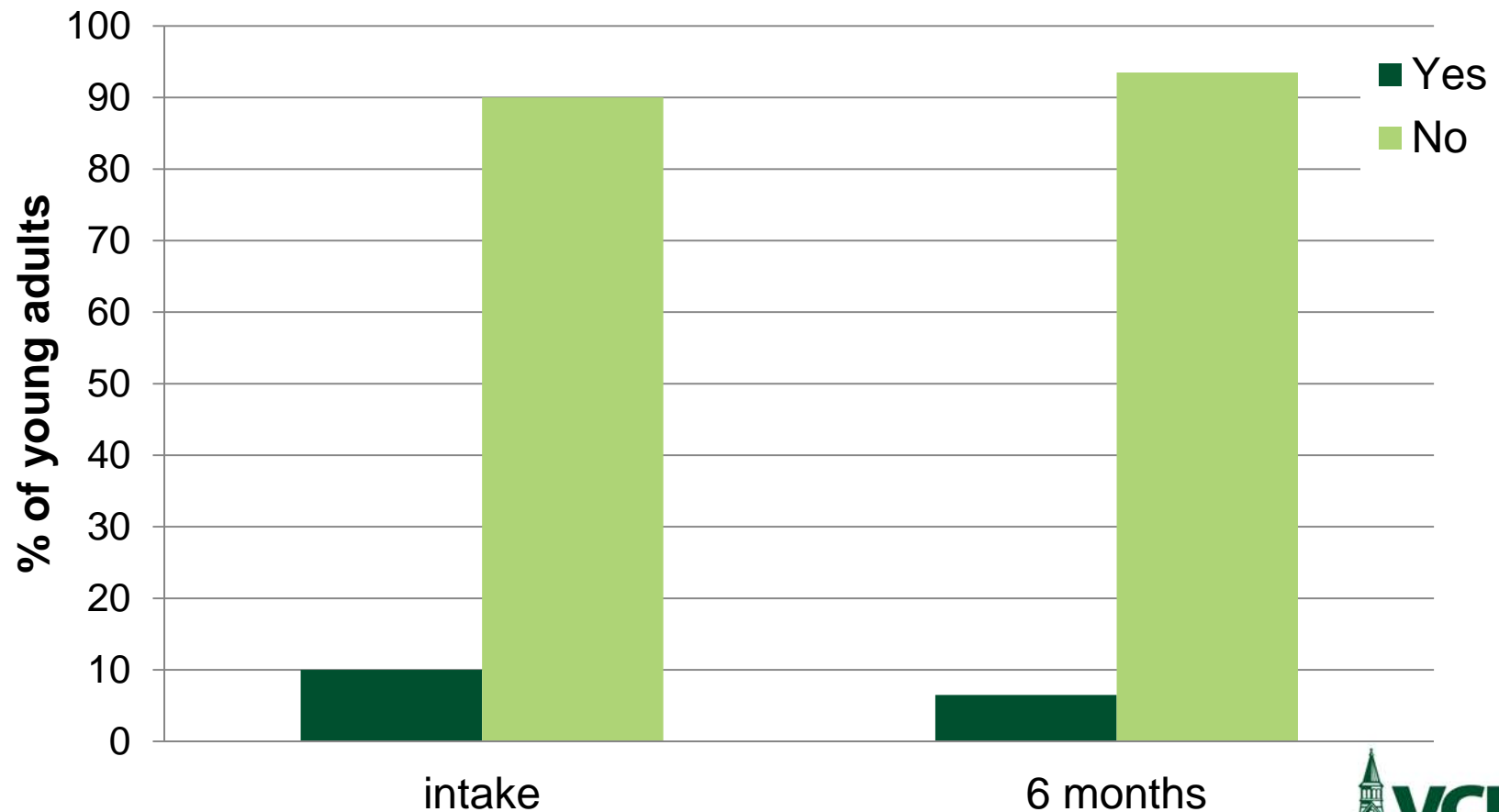
Measures: Young Adult Health Care Survey (YAHCS) – short version

...how much of a problem, if any, was it to get the care that you or a doctor or other health provider believed necessary?



Measures: Young Adult Health Care Survey (YAHCS) – short version

...have you ever had a serious health problem that went untreated?



Measures: Young Adult Health Care Survey (YAHCS) – short version

We want to know your rating of all health care in the last 12 months from all doctors and other health providers. Use any number from 0 to 10, where 0 is the worst health care possible and 10 is the best health care possible.

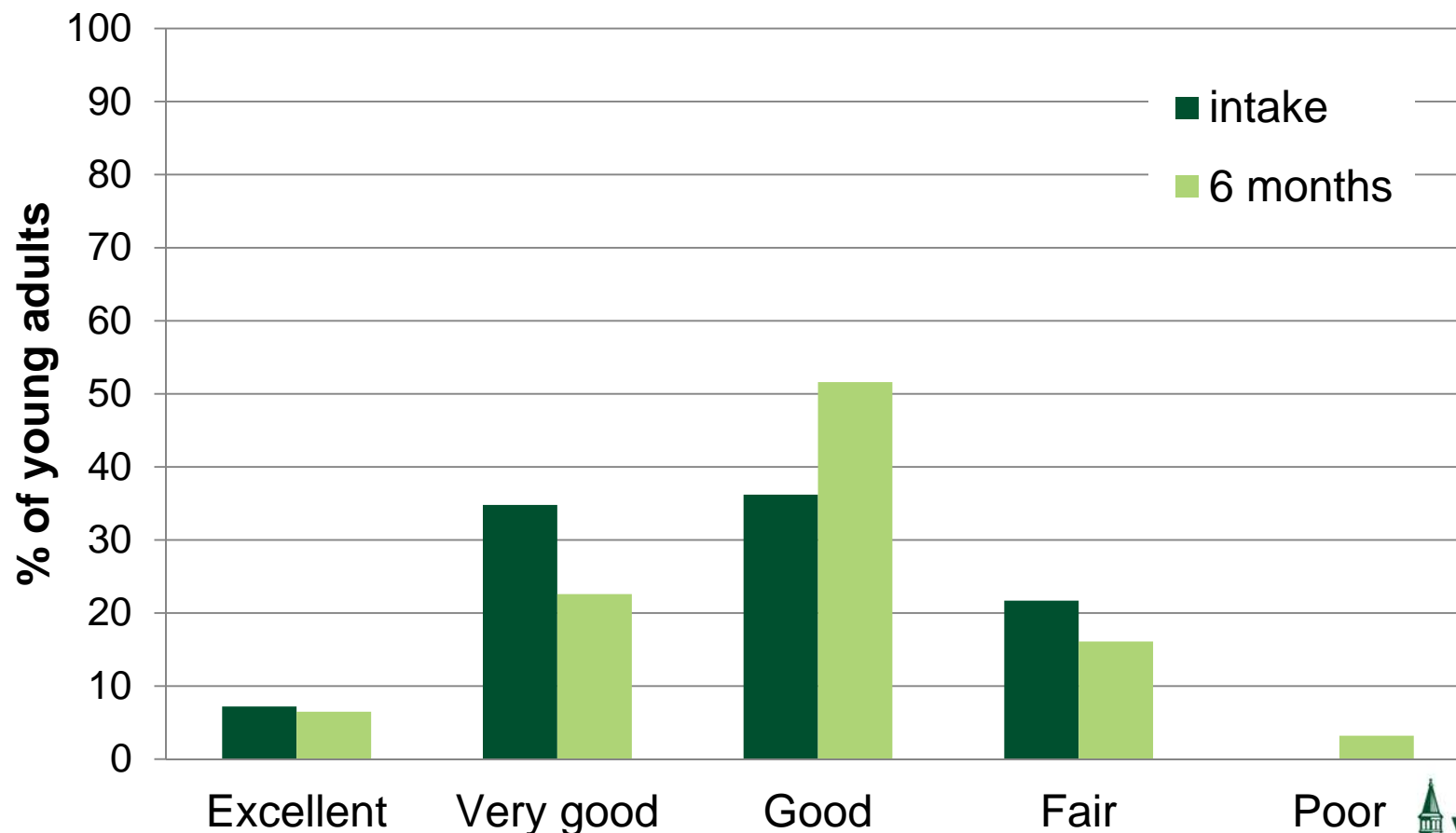
How would you rate all of your health care?

Intake: 7.4 ($SD = 2.0$)

6 month follow-up: 7.2 ($SD = 1.8$)

Measures: Young Adult Health Care Survey (YAHCS) – short version

How is your health in general?



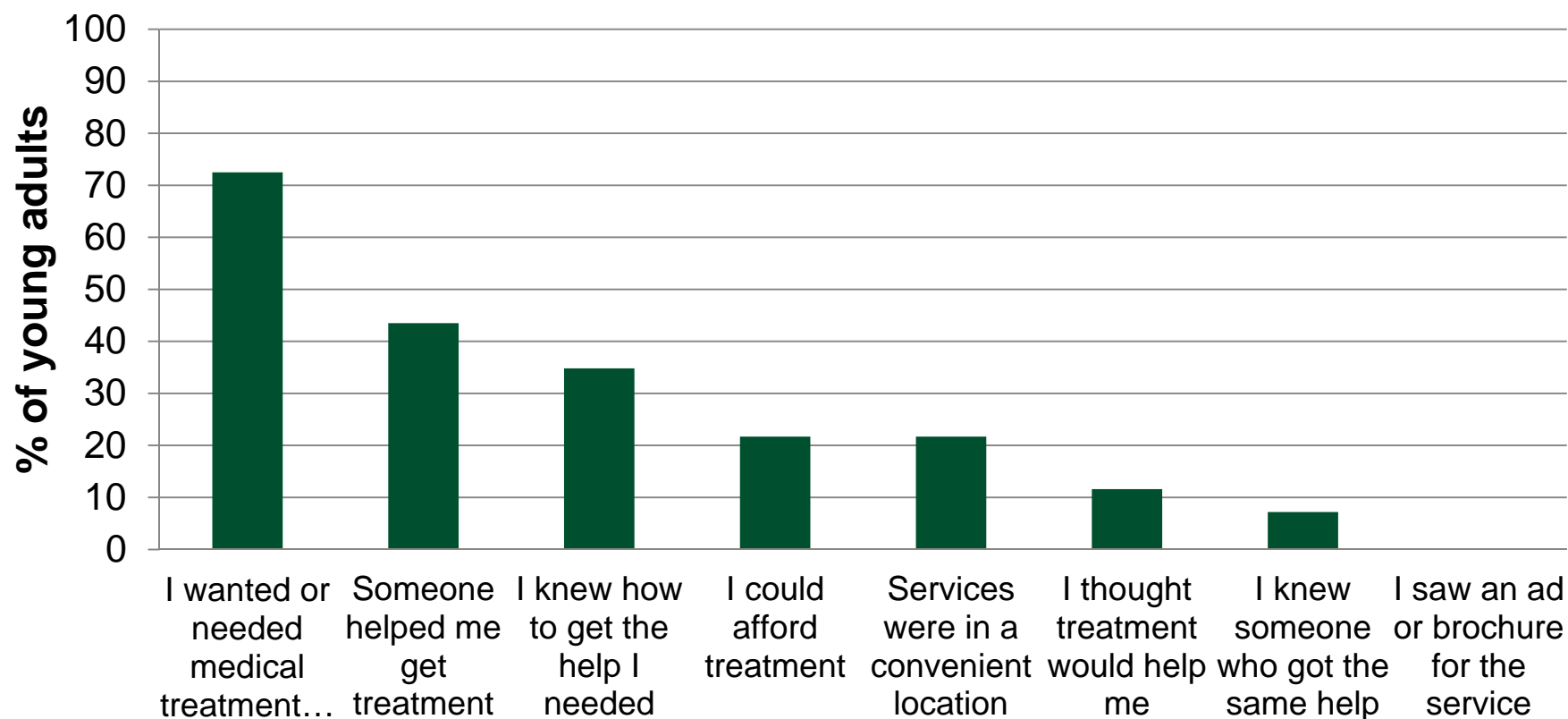
Measures: Access and Barriers Interview

I receive the medical treatment and/or health care I need:

- Yes = 84.1 % at baseline, No = 15.9 %
- At 6 months, Yes = 91.9 %, No = 8.1 %

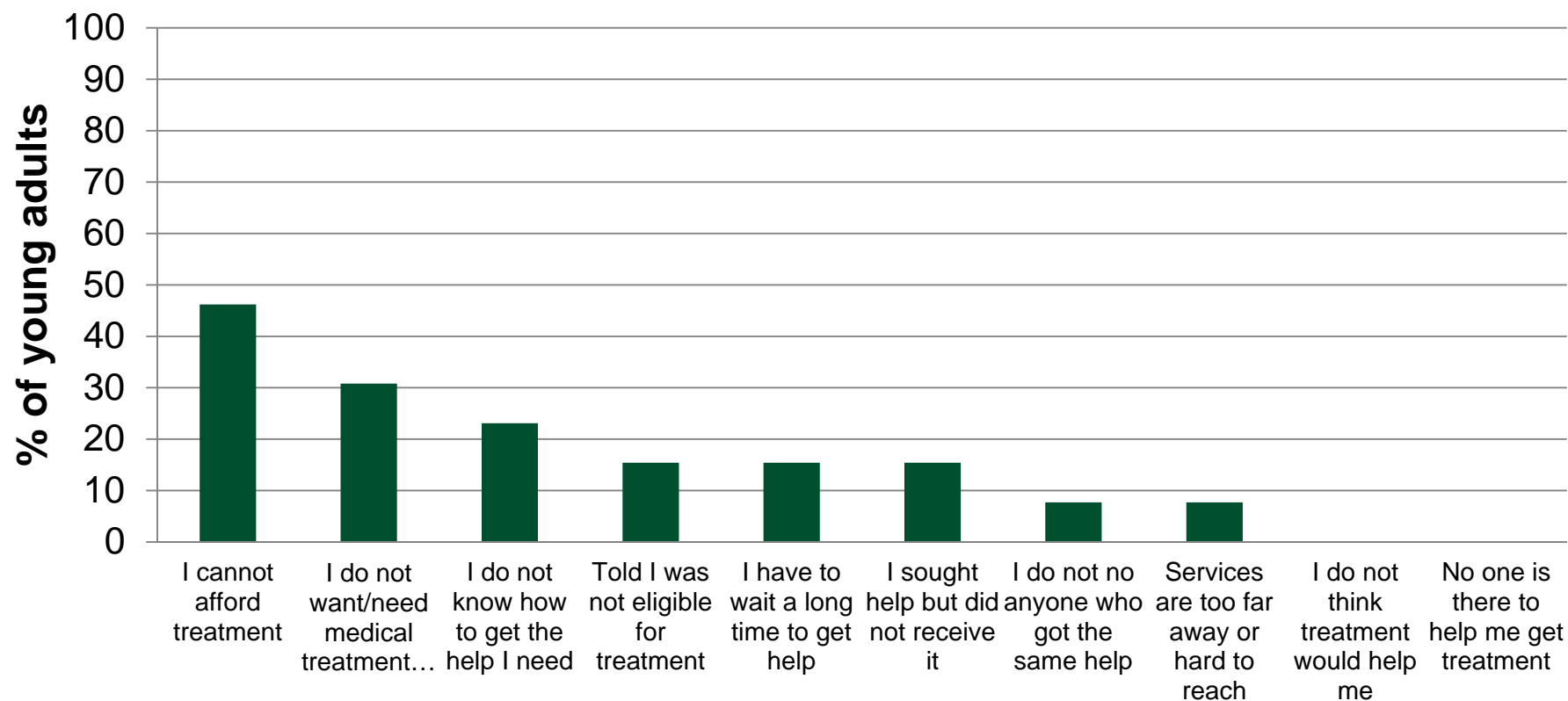
Measures: Access and Barriers Interview

Facilitators of getting health care (n = 69)



Measures: Access and Barriers Interview

Barriers to getting health care (n = 13)



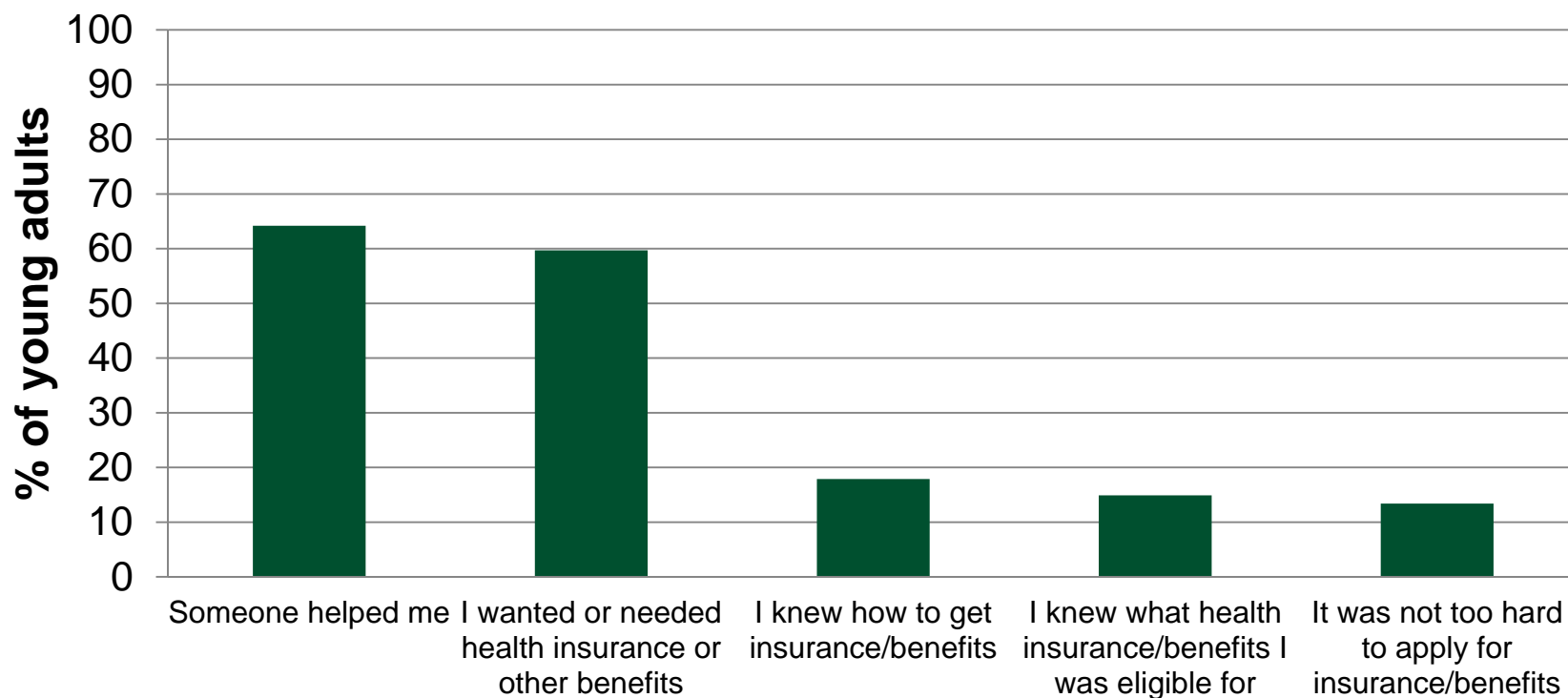
Measures: Access and Barriers Interview

“I have health insurance and/or other benefits I need”

- Yes = 82.7% and No = 17.3% at baseline
 - At 6 months, Yes = 83.8% and No = 16.2%
-
- Looking ONLY at young adults for whom we had both intake and 6 month data AND who had insurance at baseline, only 83% still reported having insurance at 6 months

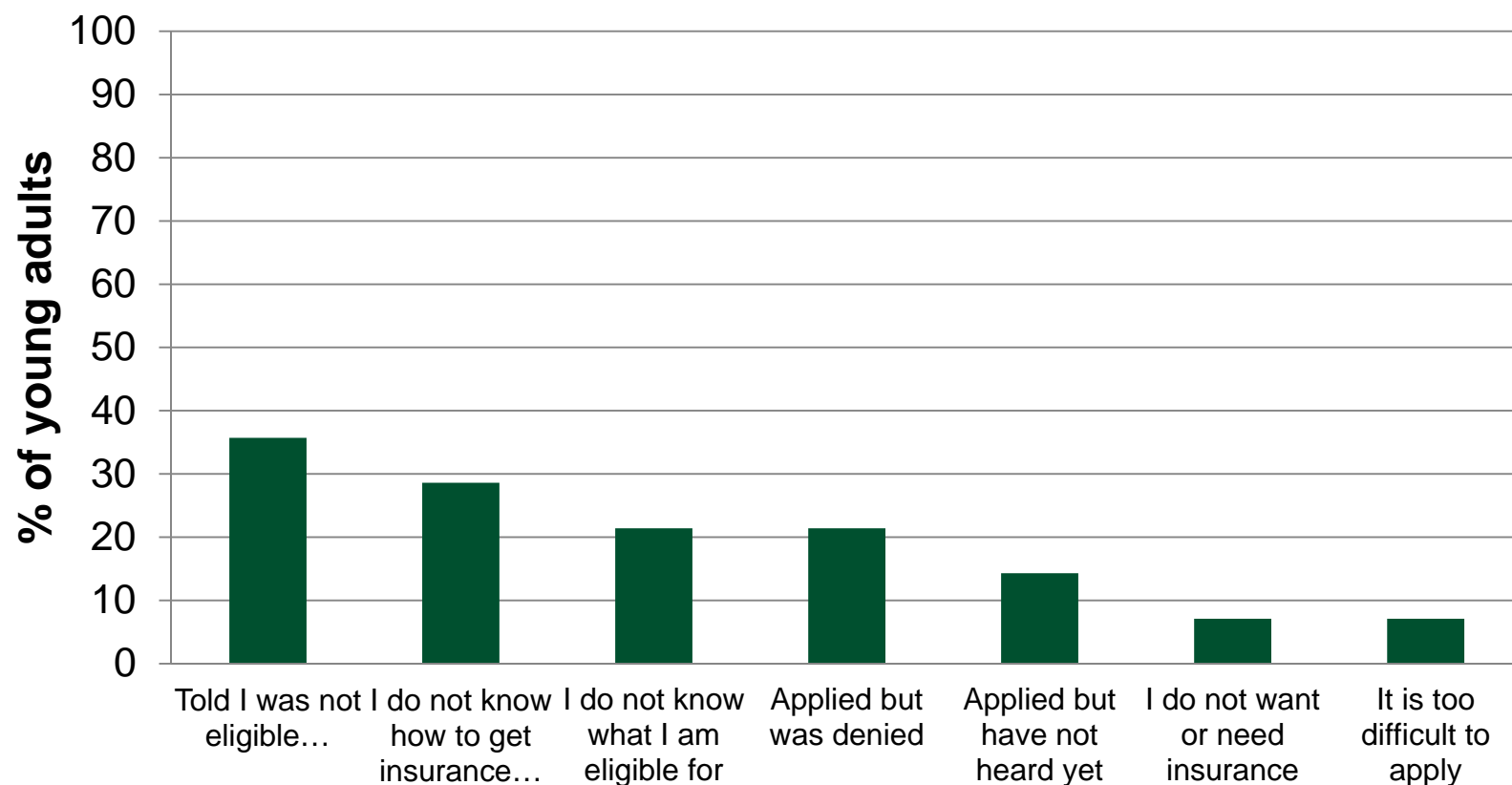
Measures: Access and Barriers Interview

Facilitators of getting health insurance (n=67)



Measures: Access and Barriers Interview

Barriers to getting health insurance (n=14)



Conclusions

1. Young adults in our evaluation are accessing health care services at high rates
2. It's not clear the extent to which the young adults are using a medical home, and understanding this will require looking at billing data as well as more detailed questions to participants
3. Many healthcare quality indicators score relatively high in this sample (high enough?)
4. Some indicators drop off from the intake period to 6 months, such as 17% reporting no longer having health insurance

Development of Young Adult Strengths Questionnaire

*In collaboration with
Drs. Paula Duncan and
Barbara Frankowski*

Outline

- Rationale
- Development
- Item Analysis
- Comparisons
- Next Steps & Qs

Circle of Courage



(Brendtro, Brokenleg, & Van Bockern, 2001)

Strengths Models

*Positive Youth Development
(Lerner 2005)*

Competence

Confidence

Connection

Caring

Character

*Circle of Courage
(Brendtro 2002)*

Mastery

Independence

Belonging

Generosity

Strengths Measures Reviewed

<i>Strengths Measure</i>	<i>Empirical Support</i>	<i>Youth Report</i>	<i>Model COC or PYD</i>	<i>Transition Age 16-22</i>
Behavioral and Emotional Rating Scale (BERS-2; Epstein, et al. 2004)	✓	✓		
Child & Adolescent Needs & Strengths (Lyons, 2004)	✓			
Adult Needs & Strengths Assessment Transition Age (Lyons, 2003)	✓			✓
Strengths & Difficulties Questionnaire (Goodman, 2001)	✓	✓		
Profiles of Student Life: Attitudes and Behaviors (Benson, 2008)	✓	✓	✓ (PYD)	
4-D (Gilgun, 2005)	✓		✓ (COC)	

Building on Previous Efforts



Date of Screening: _____

- ☐ Nutrition
- ☐ Physical Activity
- ☐ Substance Abuse
- ☐ Sexual Activity/
Development
- ☐ Safety
- ☐ Emotional
Health/Suicide

- ☐ Generosity
- ☐ Independence
- ☐ Mastery
- ☐ Belonging

CRAFFT? Yes	No	2+ or -
Office	Intervention	Referral

Check Indicates a Preventive Screening



Young Adult Strengths Questionnaire

Circle the number that best describes you during the last six months:

*Not at all
like me*

*Not much
like me*

Like me

*Completely
like me*

1. I respect the needs, opinions, and property of others.

0

1

2

3

2. I am good at resolving conflicts peacefully.

0

1

2

3

3. I have spiritual or religious beliefs that comfort me during difficult times.

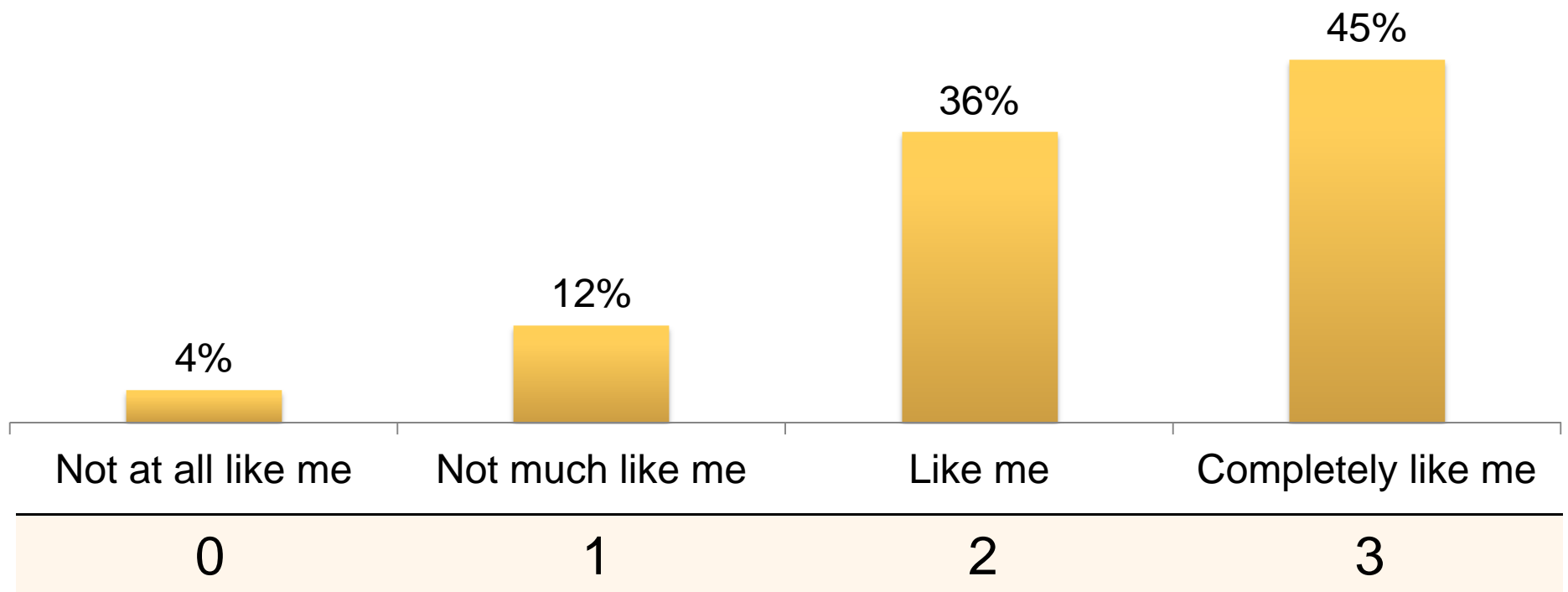
0

1

2

3

Item Responses ($n = 78$)



↑
“Part of religious community”



↑
“I help my friends”

Original Scales

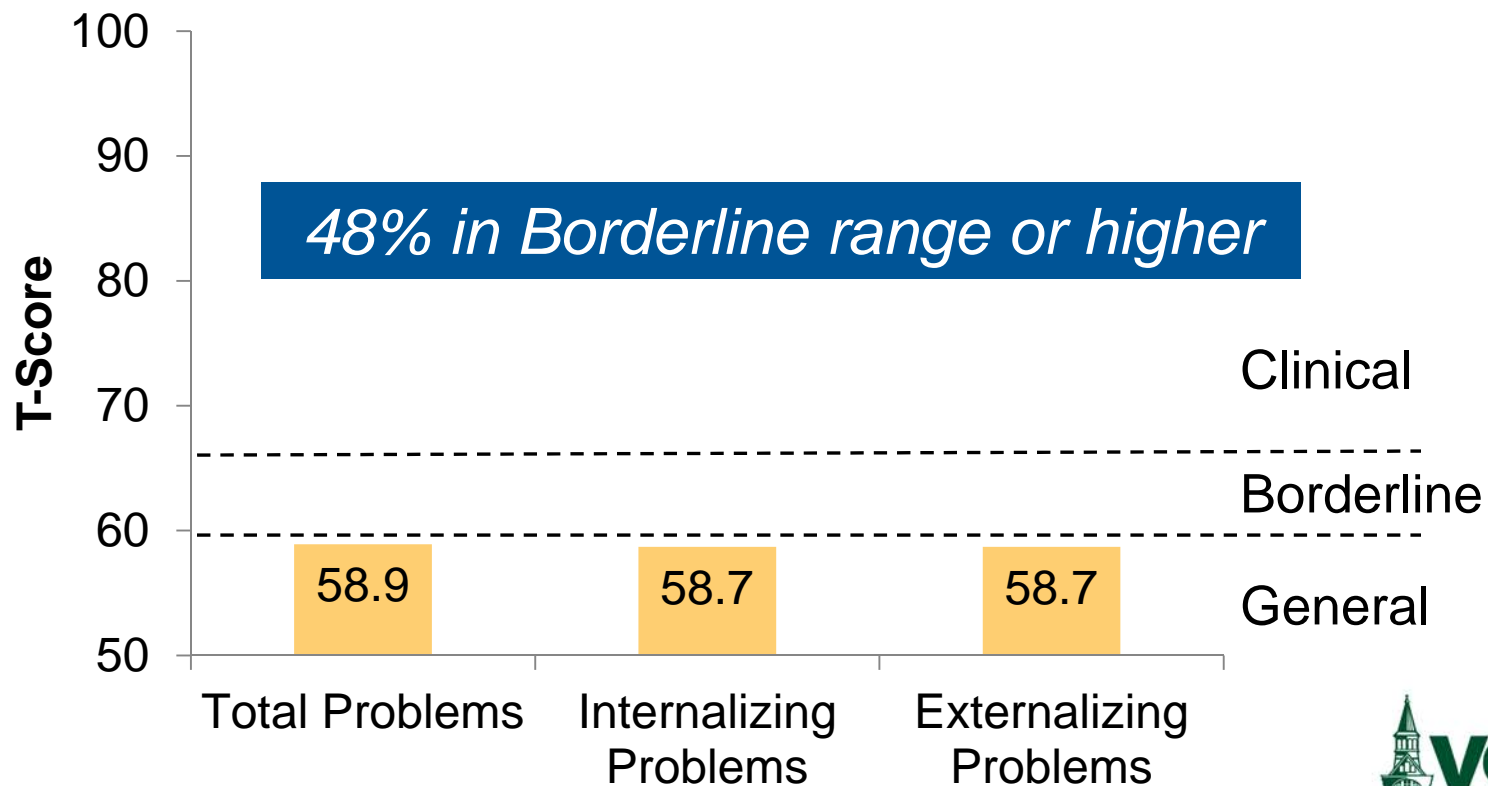
<i>Domain</i>	<i>Items</i>	<i>n</i>	<i>Cronbach's Alpha</i>	<i>Item-Total Correlations</i>	<i>Drop</i>
Belonging	11	78	.71	.20 to .48	3
Generosity	8	78	.67	.23 to .54	2
Independence	10	78	.86	.32 to .72	0
Mastery	8	78	.64	.10 to .46	4
Mastery w/ Job	10	40	.67	.20 to .64	-
Mastery w/ School	11	43	.66	.19 to .63	-
Total	37	78	.90		9
Total w/ Job	39	40	.86		-
Total w/ School	40	43	.89		-

Revised Scales

<i>Domain</i>	<i>Items</i>	<i>n</i>	<i>Cronbach's Alpha</i>	<i>Item-Total Correlations</i>
Belonging	8	78	.74	.33 to .66
Generosity	6	78	.71	.32 to .62
Independence	10	78	.86	.32 to .72
Mastery	4	78	.72	.42 to .60
Mastery w/ Job	6	40	.72	.60 to .78
Mastery w/ School	7	43	.70	.23 to .59
Total	28	78	.91	
Total w/ Job	30	40	.87	
Total w/ School	31	43	.86	

Discriminant Validity

- *Youth Self Report (YSR)* 11-18 year olds ($n = 16$)
- *Adult Self Report (ASR)* 18-59 year olds ($n = 62$)

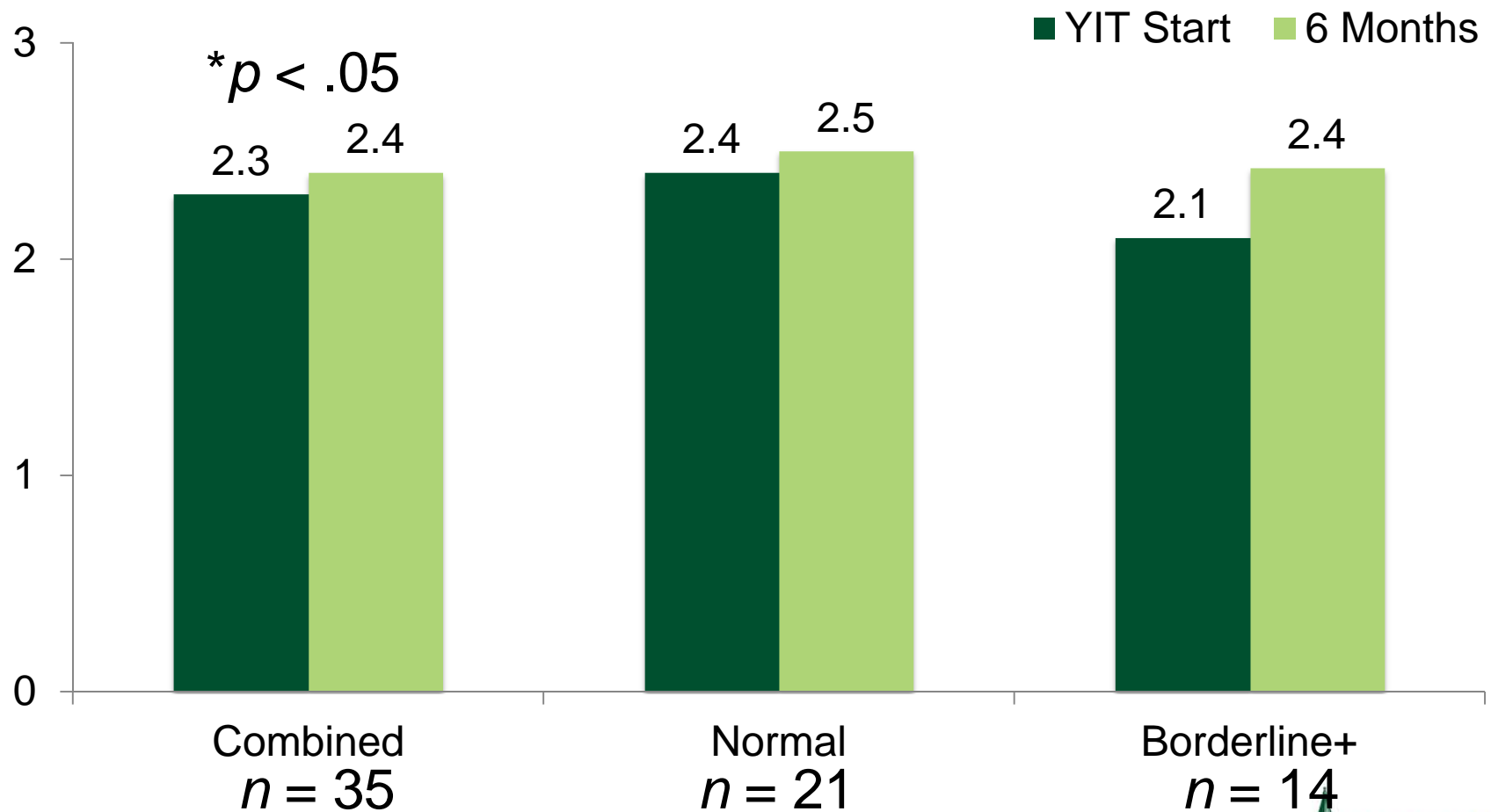


Correlations with Adult Self Report ($n = 62$) & Youth Self Report ($n = 18$) Problem

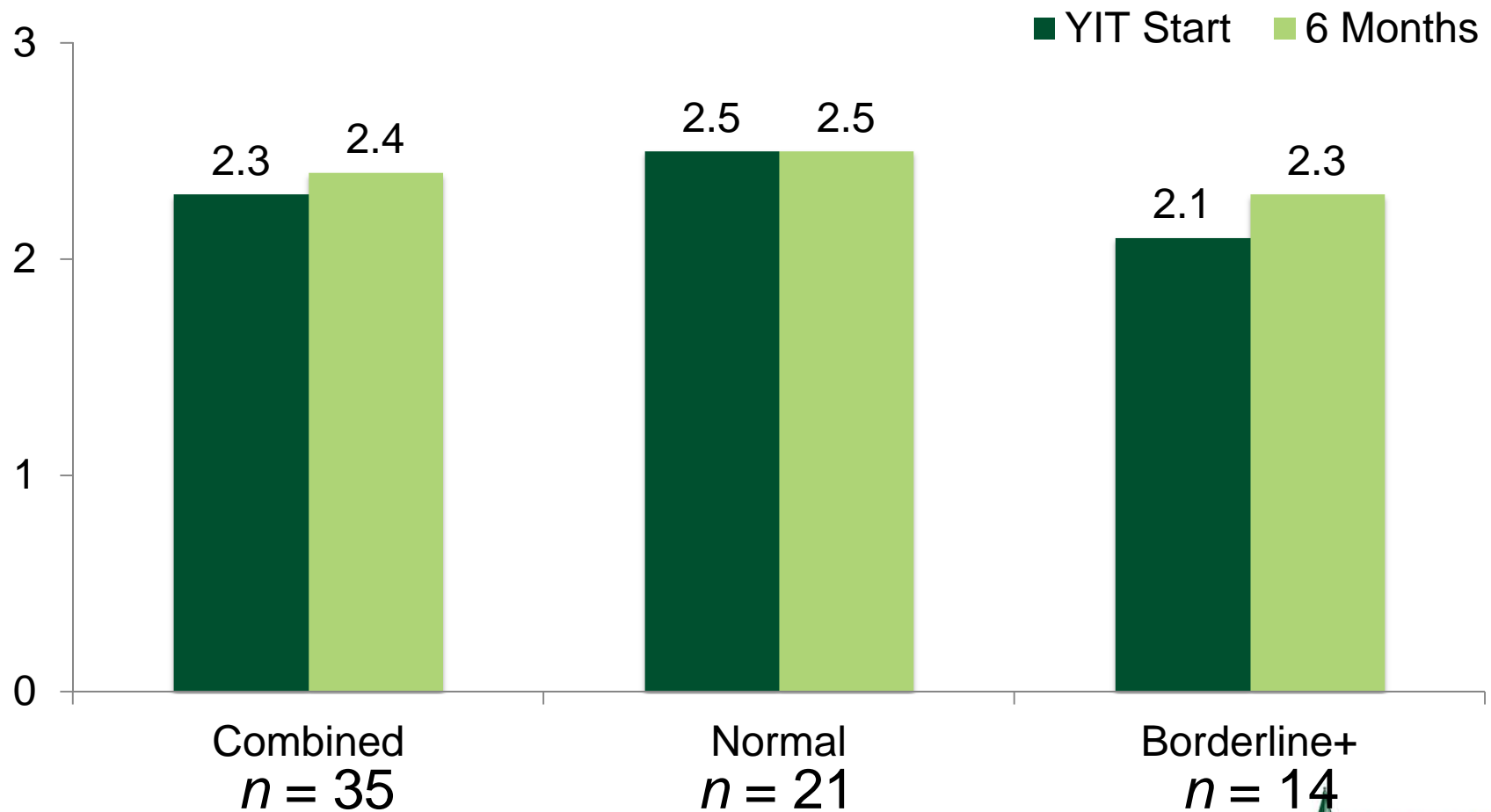
	<i>n</i>	<i>Total Problems</i>	<i>Internalizing</i>	<i>Externalizing</i>
Total Strengths	80	-.53**	-.56**	-.40**
Belonging	78	-.40**	-.50**	-0.22
Generosity	80	-.32**	-.23*	-.34**
Independence	80	-.54**	-.57**	-.39**
Mastery	80	-.41**	-.41**	-.35**
Mastery w/Job	40	-.36**	-.40**	-0.25
Mastery w/ School	43	-.55**	-.42**	-.53**

Note: * $p < .05$; ** $p < .01$

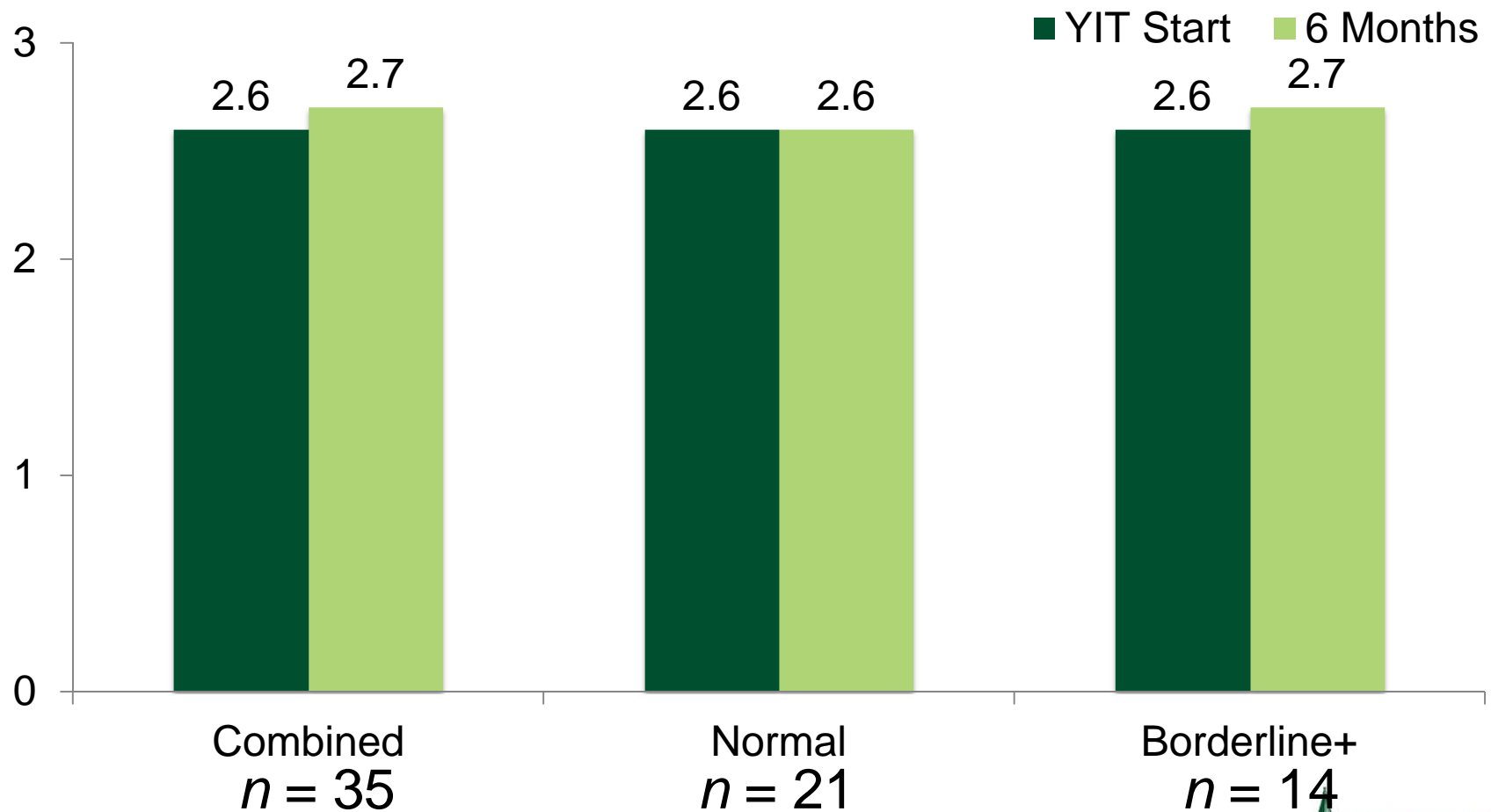
Total Strengths



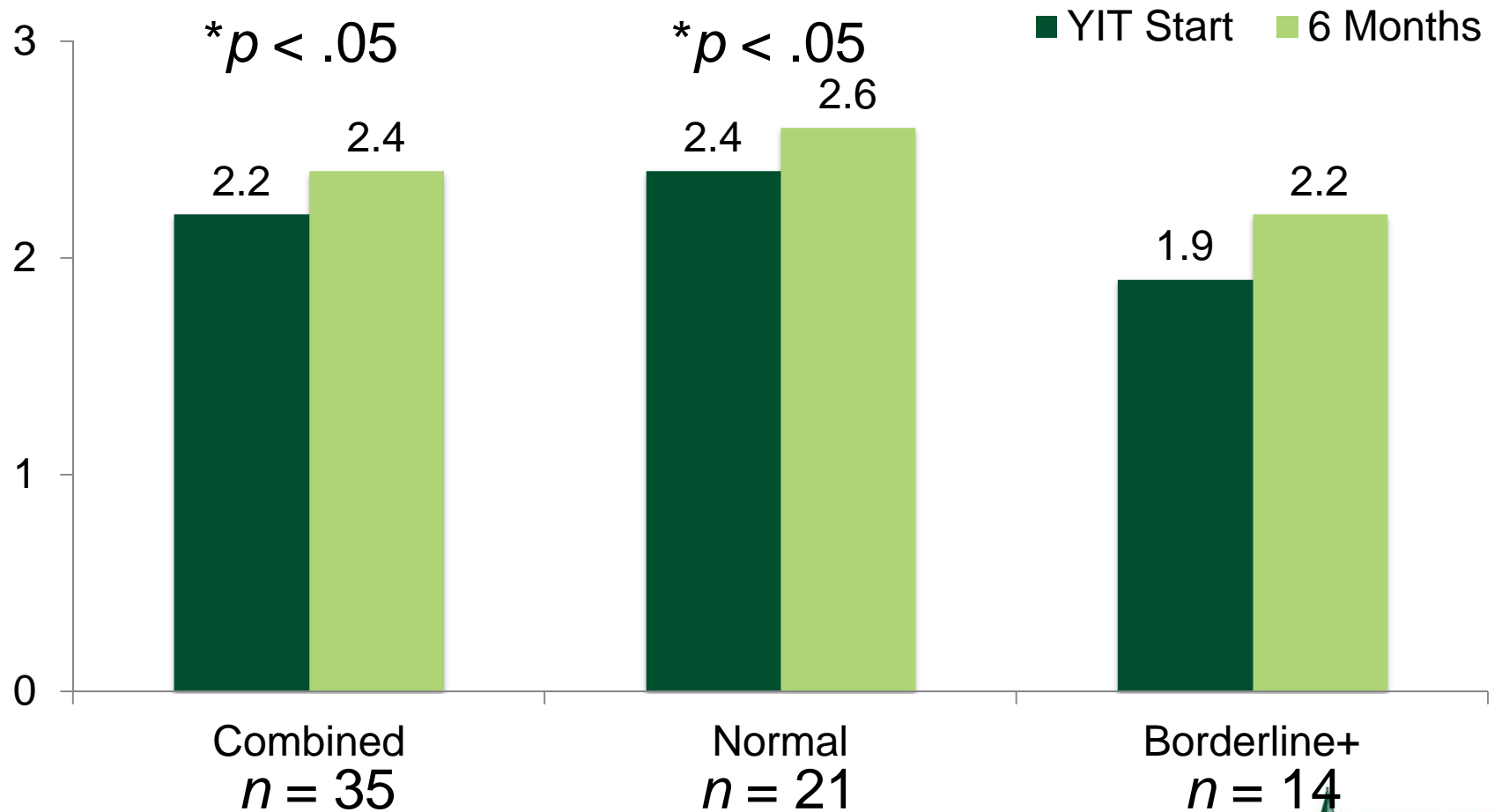
Belonging



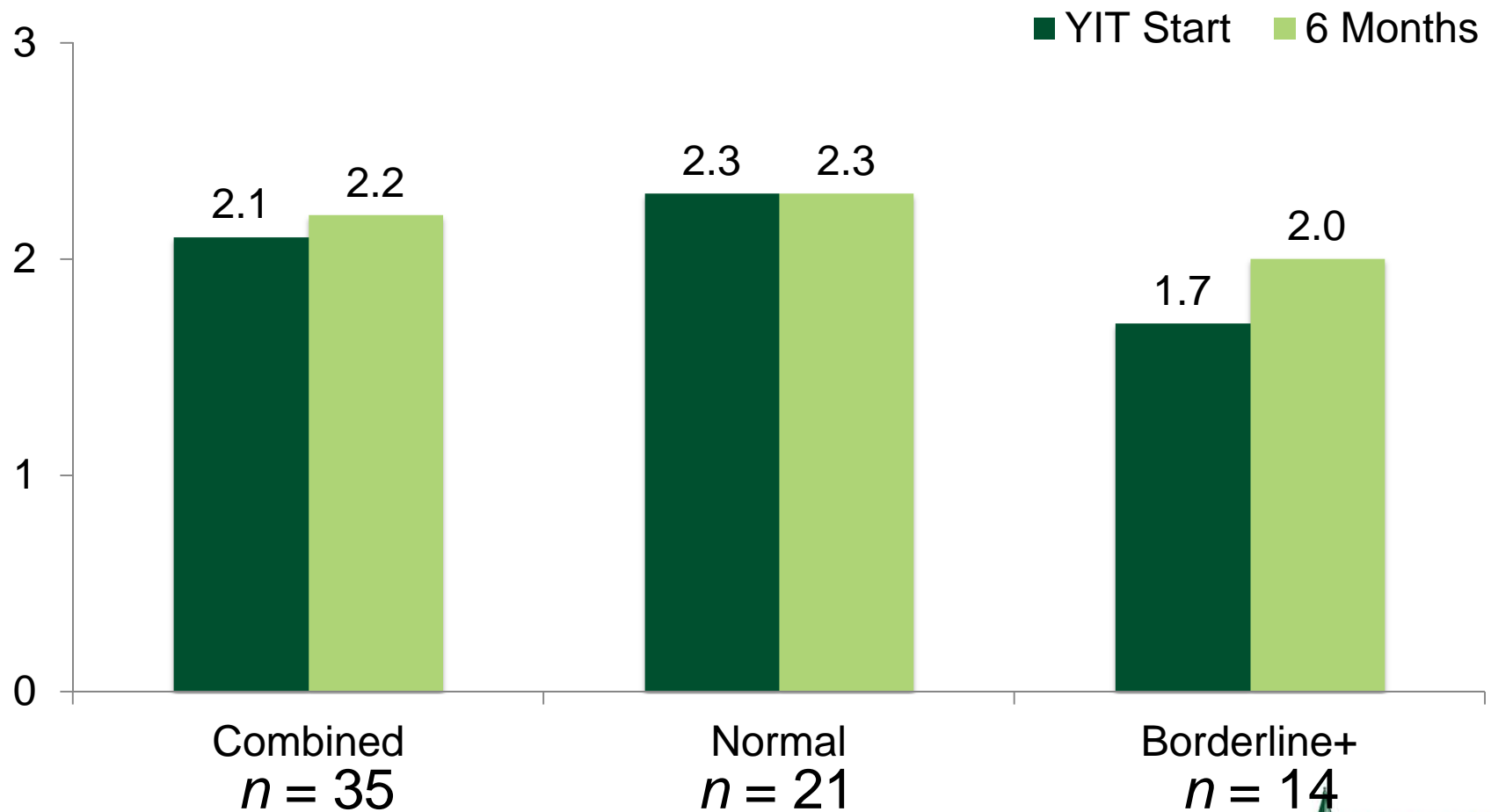
Generosity



Independence



Mastery



Conclusions

1. High endorsement of strengths
2. Initial internal consistency & discriminant validity look promising
3. Some dropped items may be qualitatively useful
4. Mastery domain may need additional items

Next Steps

What internal
and external
factors
influence these
strengths?

Do these
strengths
increase
resiliency?

Keep recruiting
young adults
and caregivers

Building Toward a Measure

Useful for Practice & Research

Easily
administered

Increases young
adult engagement

Strengths that can
be harnessed

Accurately
measures progress

Considerations for our Data

- Data collection is midstream
- Self-report
- Homogeneous sample re: race & ethnicity
- Relatively high functioning sample
- Intervention varies by region

Questions? Comments?

Please contact:

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656-9192

YASQ Item Slides

For emergency use only

Belonging

- 1 I have spiritual or religious beliefs that comfort me during difficult times.
- 2 I have close friends who I can count on.
- 3 People like me.
- 4 I make friends easily.
- 5 I have good relationships with adults other than my parents or caregivers.
- 6 I have at least one person I know would help me if I really needed them.
- 7 I live in a community where people believe youth and young adults are important.
- 8 I feel safe in my home, school, and community.
- 9 I am part of a religious community (e.g., I attend church, synagogue, or mosque).
- 10 My relationships with friends and family have lasted a long time.
- 11 I have good relationships with my parents or caregivers based on love, respect, and communication.

Generosity

- 1 I respect the needs, opinions, and property of others.
- 2 I believe it is important to help other people.
- 3 I volunteer in my community.
- 4 I help out with my family.
- 5 I try to see things from other people's points of view.
- 6 I respect the beliefs, interests, and traditions of people who are different from me.
- 7 I stick up for people when others say or do something that might hurt them.
- 8 I help my friends.

Independence

- 1 I am good at communicating with others (i.e., they understand me and I understand them).
- 2 I am good at thinking things through and making decisions on my own.
- 3 I am satisfied with who I am.
- 4 I matter.
- 5 I believe I have a purpose in life.
- 6 I have positive goals for my future.
- 7 I have control over things that happen to me.
- 8 I know who I am.
- 9 I am good at solving problems on my own.
- 10 I am successful in at least one thing in my life.

Mastery

- 1 I am good at resolving conflicts peacefully.
- 2 I can recognize and avoid situations that put me at risk.
- 3 I have hobbies or talents (e.g., sports, art) that I am good at.
- 4 I know how to access community resources.
- 5 I know what my strengths are and how to use them.
- 6 I am good at coping when things don't go well.
- 7 I know how to access the services and supports I need.
- 8 I am good at using computers and technology.
- J1 I am working at a job I enjoy.
- J2 At my job, I work hard to do my best.
- S1 At school, I work hard to do my best.
- S2 I am doing well with my schoolwork.
- S3 I am on track to graduate from high school, earn my GED, or complete my post-high school training / education.