



Vermont Child Health Improvement Program



The Vermont Young Adult in Transition (YIT) Project: Client Outcomes One Year After Starting Services

Authors and Partners

Tom Delaney, PhD

Jody Kamon, PhD

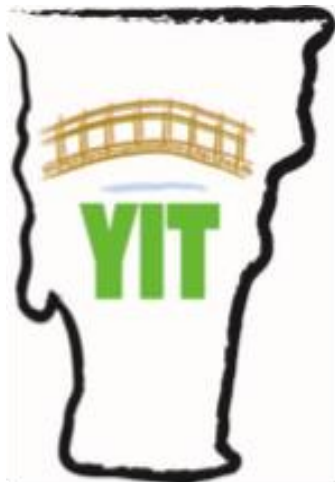
Jesse Suter, PhD

Judy Shaw, RN, MPH, EdD

With help from with:

Ellen Talbert, Kara Bissonnette, Charlie Biss, Brenda Bean, Matt Wolf, Mercedes Avila, Cindy Marshall, Courtney Bridges, Audrey Garfield, Paula Duncan, Barb Frankowski and staff and young adults from the 12 regional Youth in Transition System of Care teams.

Collaborating Agencies



Outline of Presentation:

1. Background on young adult mental health, systems of care and the evaluation of the YIT grant
2. Overview of outcomes in 6 domains of young adults' lives
3. Overview of health and health care related outcomes
4. Limitations and conclusions

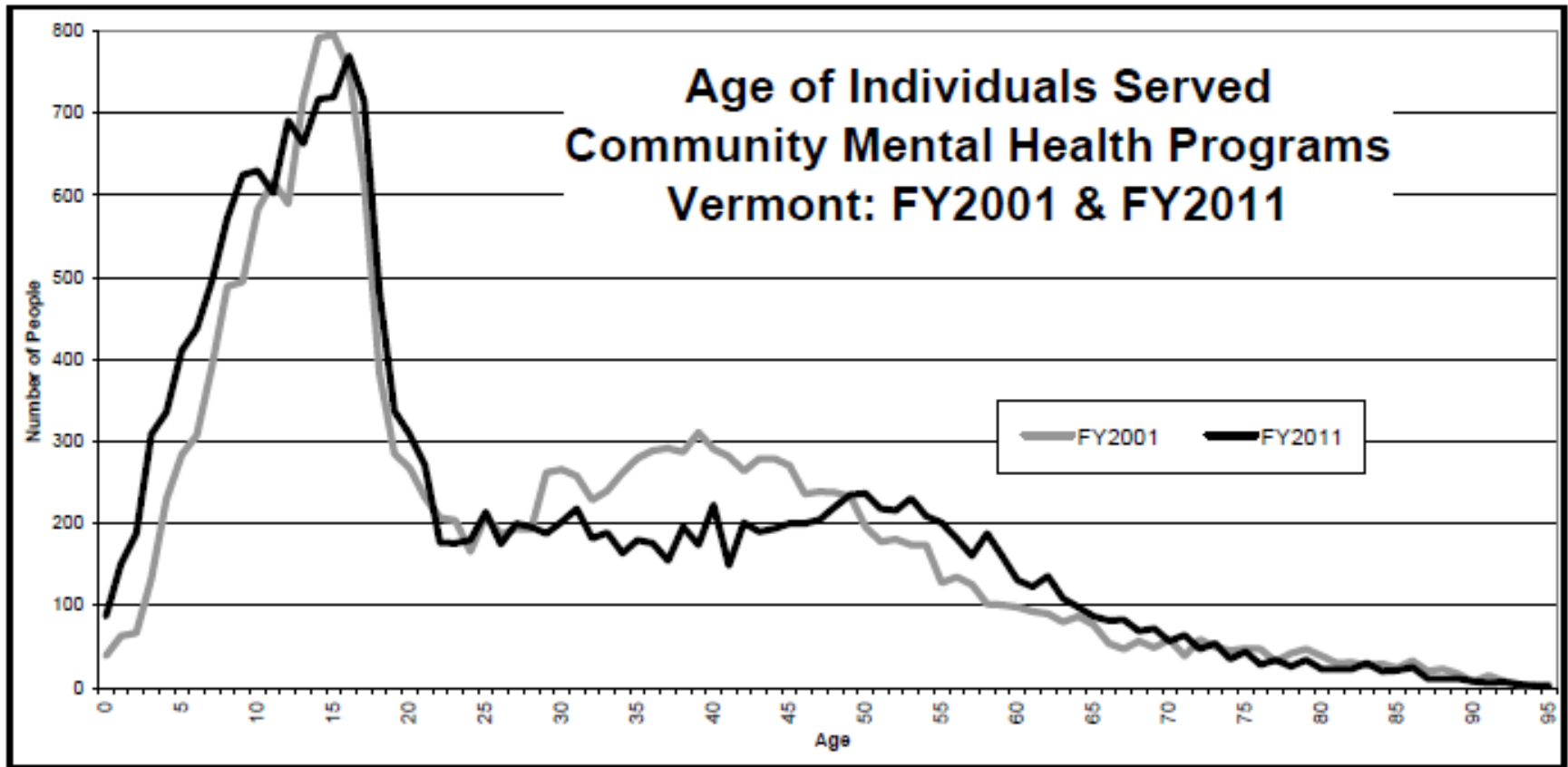
Prevalence of Mental Health Challenges

- 20% of children and adolescents in the U.S. have a diagnosable mental health condition
- Approximately one half of adults affected with mental health problems begin manifesting such symptoms by age 14; 75% show symptoms 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

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



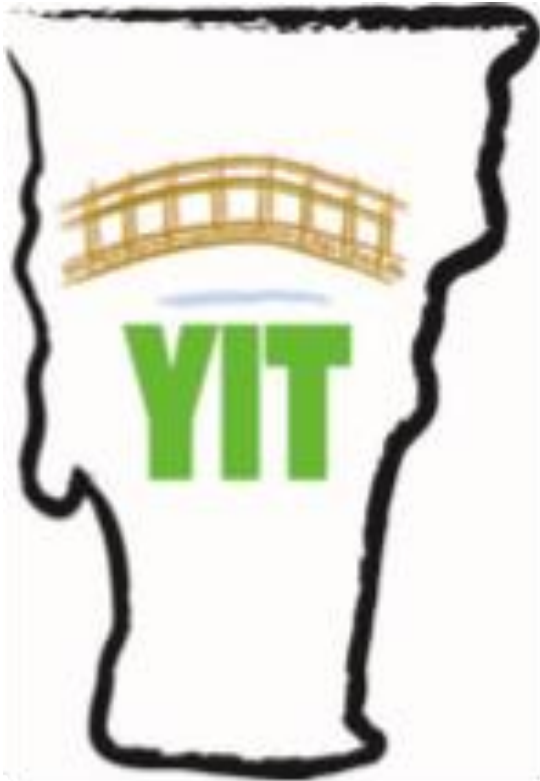
Prepared by the VT Dept. of Mental Health Performance Indicator Project, Feb. 2012

Insights from the Institute of Medicine

Preventing Mental Health, Emotional, Behavioral Disorders Among Young People (IOM, 2009)

- Prevention is a paradigm shift
- Mental Health and physical health are inseparable
- Successful prevention is interdisciplinary
- Mental, Emotional and Behavioral Disorders are developmental
- Coordinated community level systems are needed to support young people

The Young Adult in Transition Grant



Federally funded by the Substance Abuse Mental Health Services Administration (SAMHSA); some VT matching funds.

Strengthens and expands the Mental Health System of Care for ages 16-21

Statewide across all 12 Agency of Human Service districts

6 year effort, ending Sept. 2014

Sustainability plan through VT legislature

So 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*

Example System of Care Changes

Each AHS district proposed their own approach to enhancing mental health and related services for young adults. There were some common required activities, for example having a council that includes young people, providing case management and providing employment supports to eligible young people.

Example region-specific YIT strategies include:

- Hiring a criminal justice social worker to help young adult clients;
- Connecting youth at risk for homelessness to a housing program;
- Developing a youth-led advocacy organization focusing on mental health promotion and reducing stigma, and
- Supporting staff at a teen center that linked young people to mental health and substance abuse treatment services

Collaboratively Developed 8 Broad Outcomes for the YIT Project



Corrections
involvement



Mental health symptoms &
Substance use



Employment



Number of
young adults
in safe &
stable housing



Number of
young adults'
strengths



Education
completion
& continued
engagement



Access to &
use of medical
home

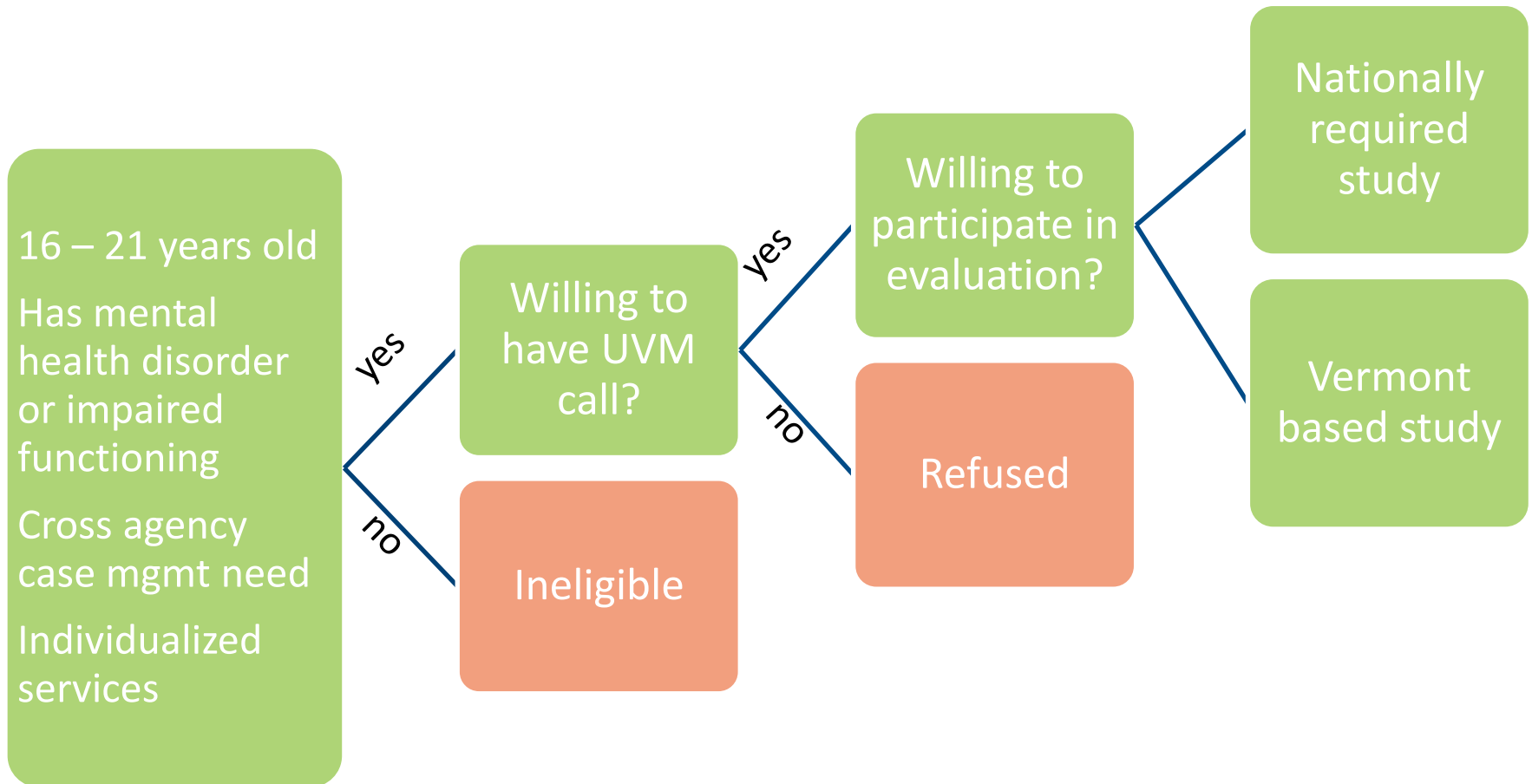


Number of
young adults
caring &
supportive
relationships

Evaluation

- 2 Studies
 - 1 Nationally driven
 - Data collected at 6 month intervals over 2 years by UVM staff
 - 1 Vermont based
 - Includes measures developed with consumers, caregivers, and state input and collected at 6 month intervals over 1 year by UVM staff

Enrollment into Evaluation



Data Collection Process

- Meet with young adults 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

Sample

- National study
 - 131 young adults with both baseline and 12 month follow up data
- Vermont study
 - 63* young adults with both baseline and 12 month follow up data
- “Baseline” or “Intake” defined as when they began receiving a new YIT-funded service.
- Follow-up interviews were done regardless of whether young adult still receiving services.

* Some measures based on n = 68

Demographics

	National Study	Vermont Study
Female	45%	56%
18 to 21 years old ($X = 18; 19, SD = 1; 1.5$)	77%	85%
Hispanic/Latino	5%	3%
Race		
White	83%	85%
Black/African American	2%	2%
Native American/ Alaskan Native	3%	0%
Asian	1%	3%
Belonging to more than one race	11%	10%

Demographics continued

	National Study	Vermont Study
Mean number of problems	3.6	3.0
Medicaid recipients	75%	73%
Involved with Criminal Justice System	18%	12%
Mean length of time in services.	10 months	

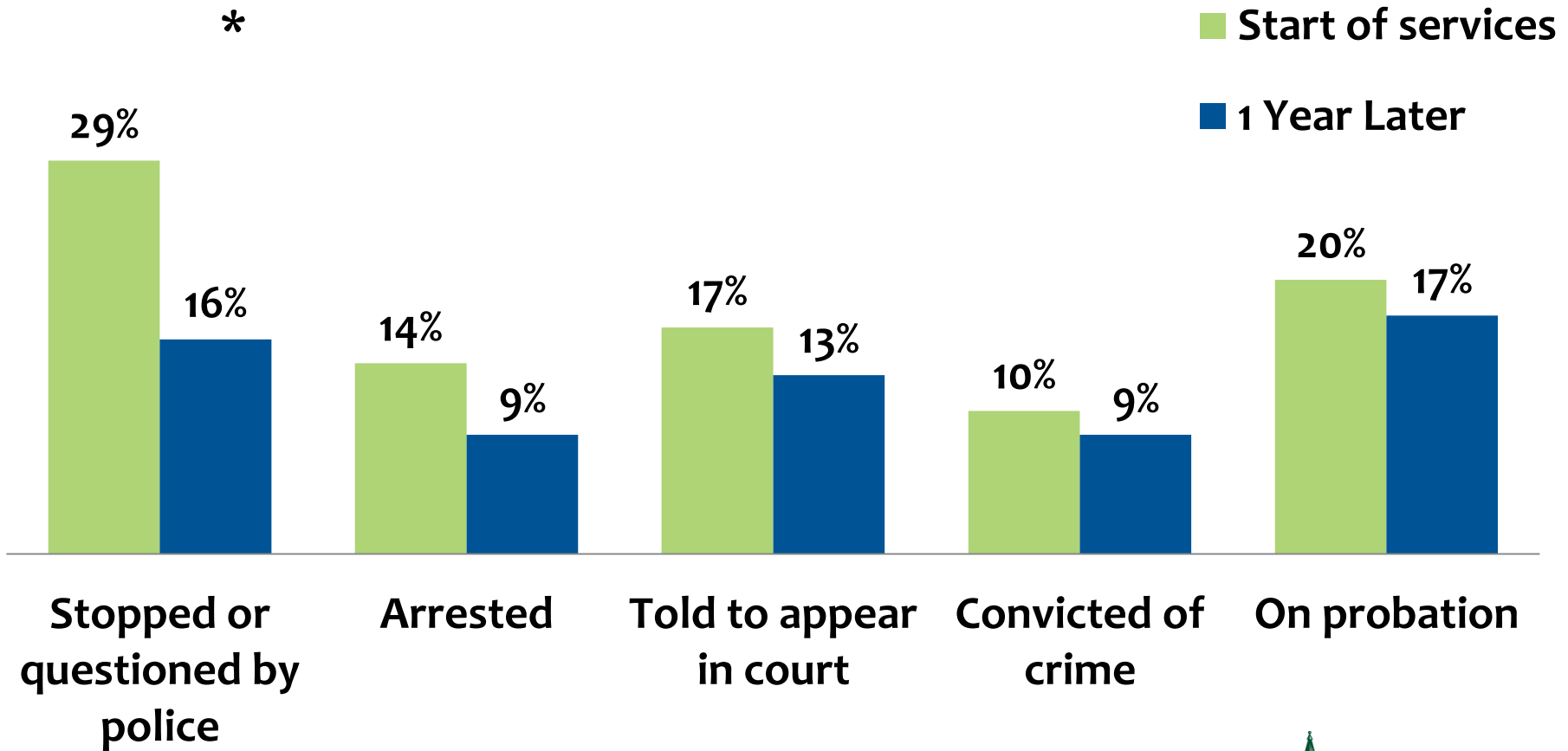
**Evaluation findings: How we are
doing on the first 6 YIT outcome
domains?**

Engaging in Criminal Behavior



* $p < .05$, ** $p < .01$

Criminal Justice Involvement



*p < .05

Department of Corrections Involvement

Young adults (18-25) involved with corrections decreased significantly from 2000 to 2014

3,828

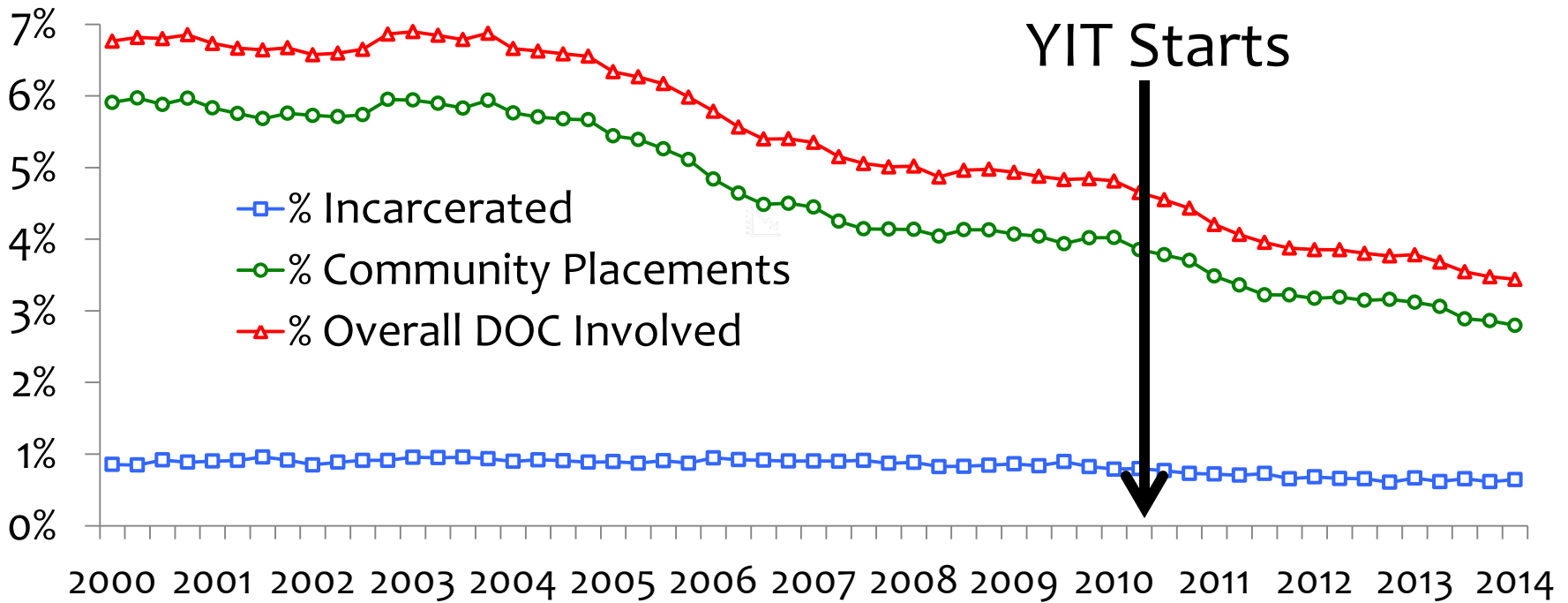
40%

2,282

This happened during a time when the young adult population in Vermont grew.

66,323

56,586



Comparing the 10+ years before YIT and the 4 years since shows DOC involvement was:

significantly lower

&

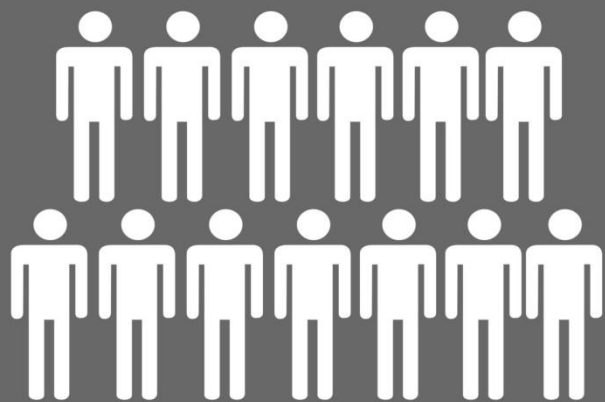
Dropped more rapidly



YIT was not the sole reason for this decrease, but we believe it contributed along with other VT efforts.

YIT Involved Young Adults' DOC involvement

1 in 14



YIT involved young adults report being incarcerated

Of those incarcerated, the average days spent incarcerated decreased along with estimated costs

Start of YIT



1 year later



25% decrease in the amount of time incarcerated!

Mental Health: Depression

80%

The percent of young adults with clinical levels of depression whose symptoms improved!



$$X^2(6) = 13.7, \\ p < .05$$

Start of
Services

FROM:

Moderate
depression

At the start of services, the average score was in the moderate clinical depression range. 1 year later, the average score was in the non-clinical range. This change was statistically significant.

$$t^2(26) = 4.6, \\ p < .05$$

1 Year
Later

TO:

Non-clinical

Mental Health: Anxiety

46%

The percent of young adults with clinical levels of anxiety whose symptoms improved!



Start of
Services

FROM:

Moderate
Severity

At the start of services, the average score was in the moderate clinical anxiety range. 1 year later, the average score was in the non-clinical range. This change was statistically significant.

1 Year
Later

TO:

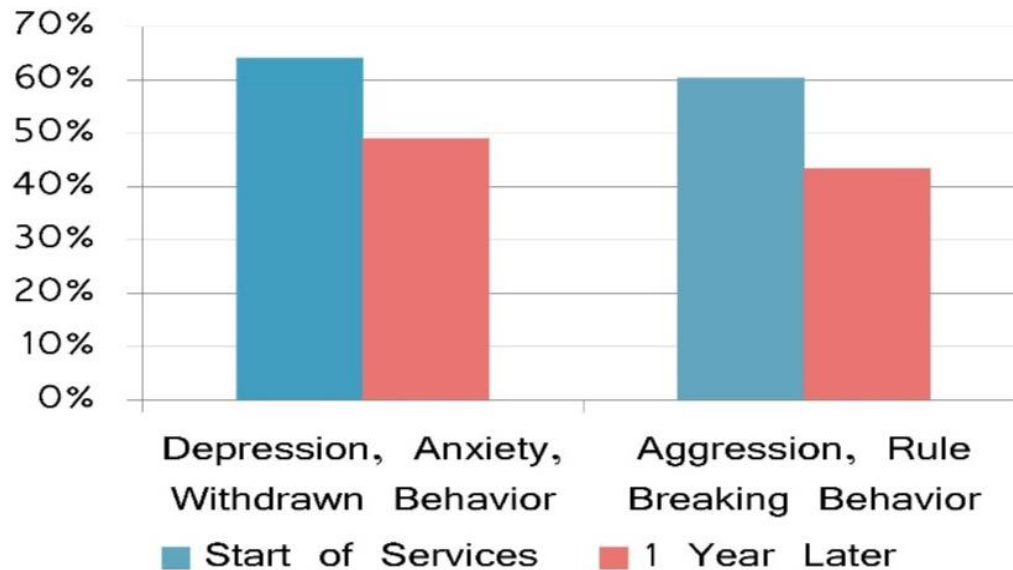
Non-clinical

$$t^2(36) = 3.7, \\ p < .001$$

Mental Health

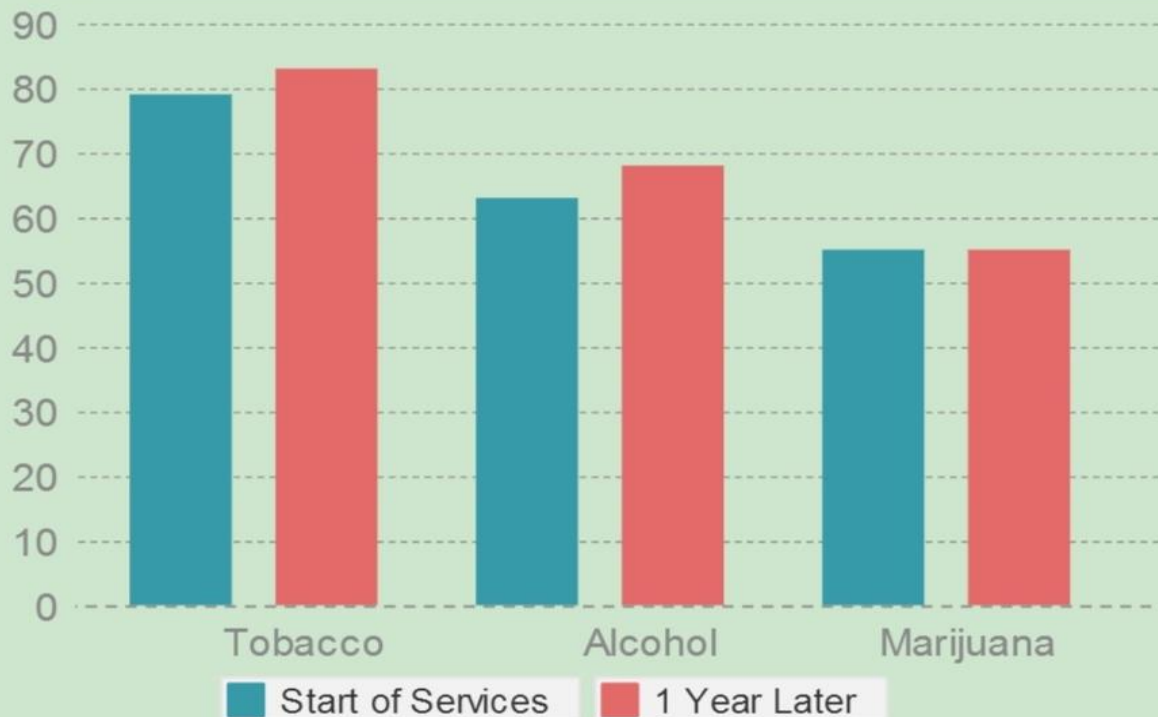
A 24% improvement among youth with clinical levels of these problems.

A 28% improvement among youth with clinical levels of these problems.



Substance Use

Of young adults who reported trying tobacco, alcohol or marijuana, the graph below lists the % who reported using each drug in the past 6 months over time.



No change in rates of:

- Tobacco
- Alcohol
- Marijuana

use among young adults 16 to 22.

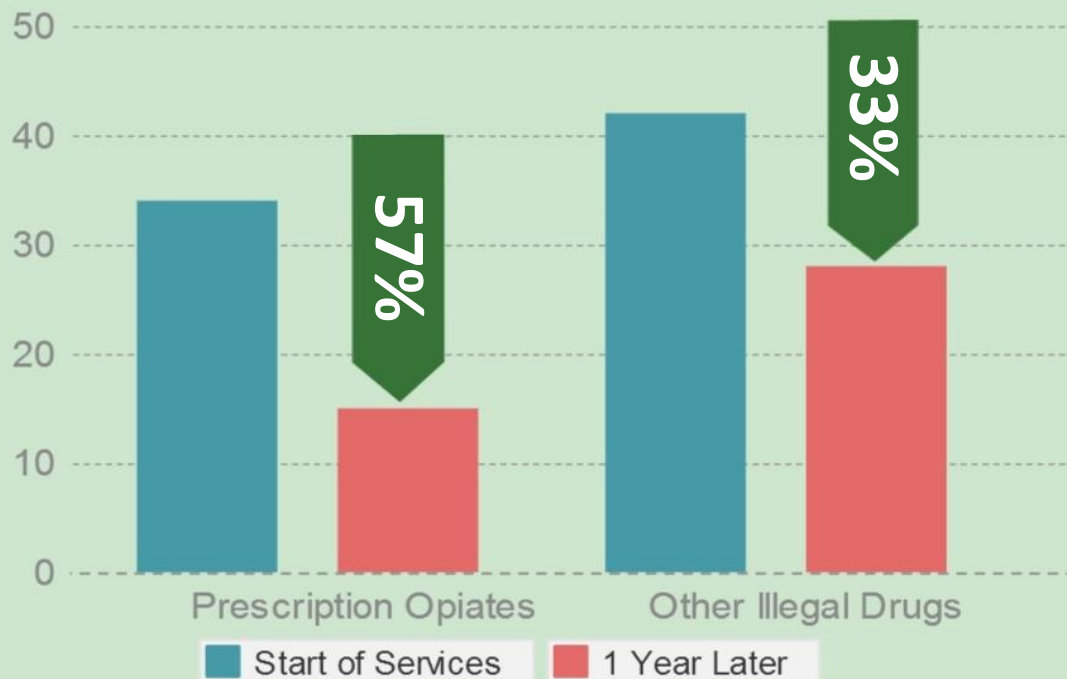
Substance Use

1/3 of young adults had used prescription opiates at least once.

1/2 of young adults had used other illegal drugs (excluding marijuana) at least once.



This graph shows the percent of these young adults who reported use in the past 6 months.

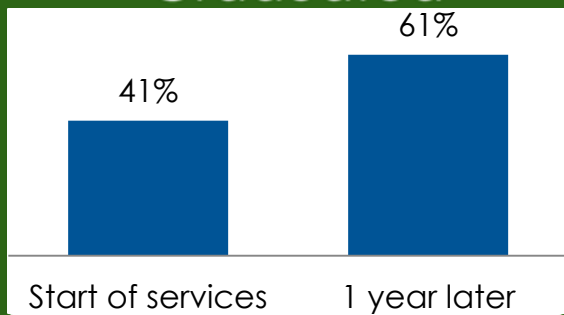


Significant decreases in prescription opiate ($p < .007$) & other illegal drug misuse ($p < .02$).

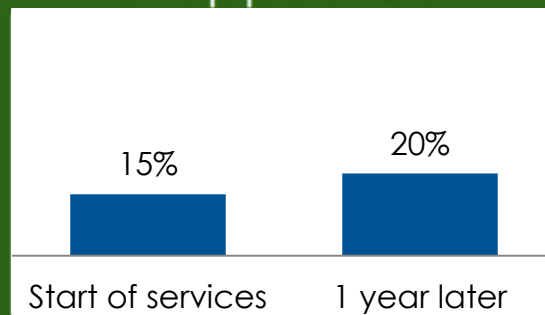
High School Graduation



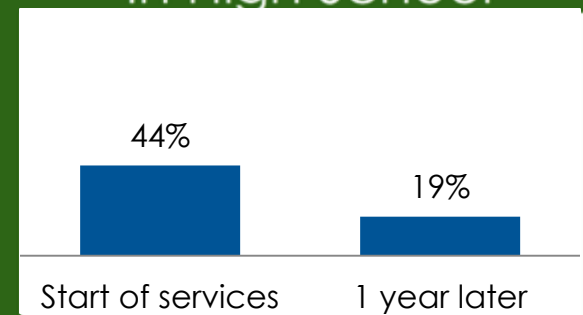
Graduated *



Dropped Out



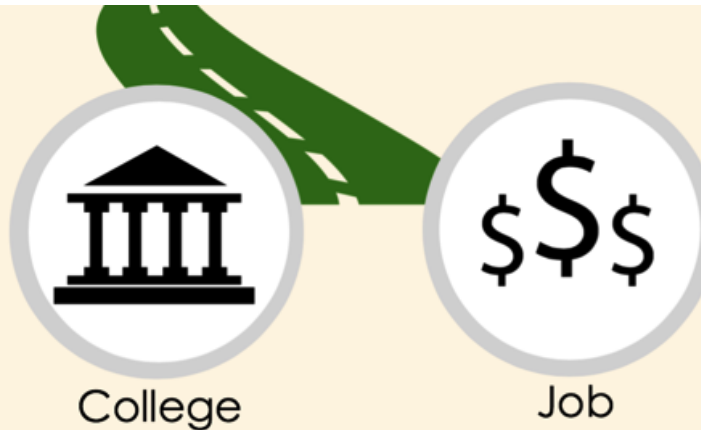
In High School *



*statistically significant change

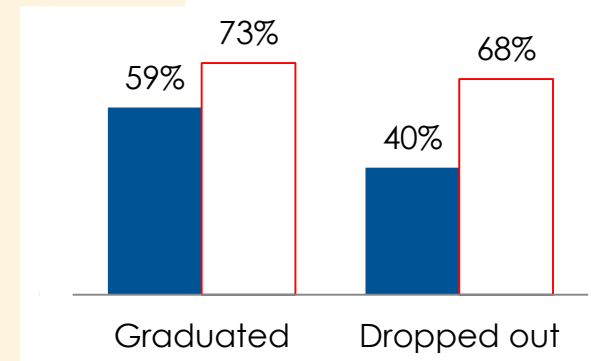
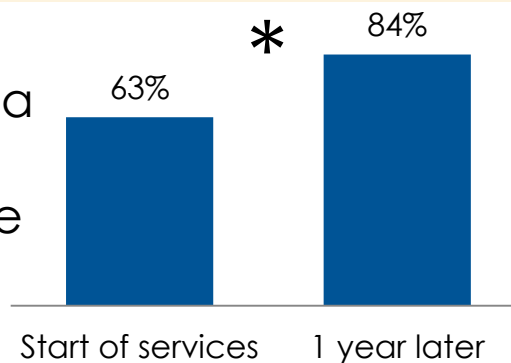
Post-Secondary Ed & Jobs

How are YIT young adults doing after high school?



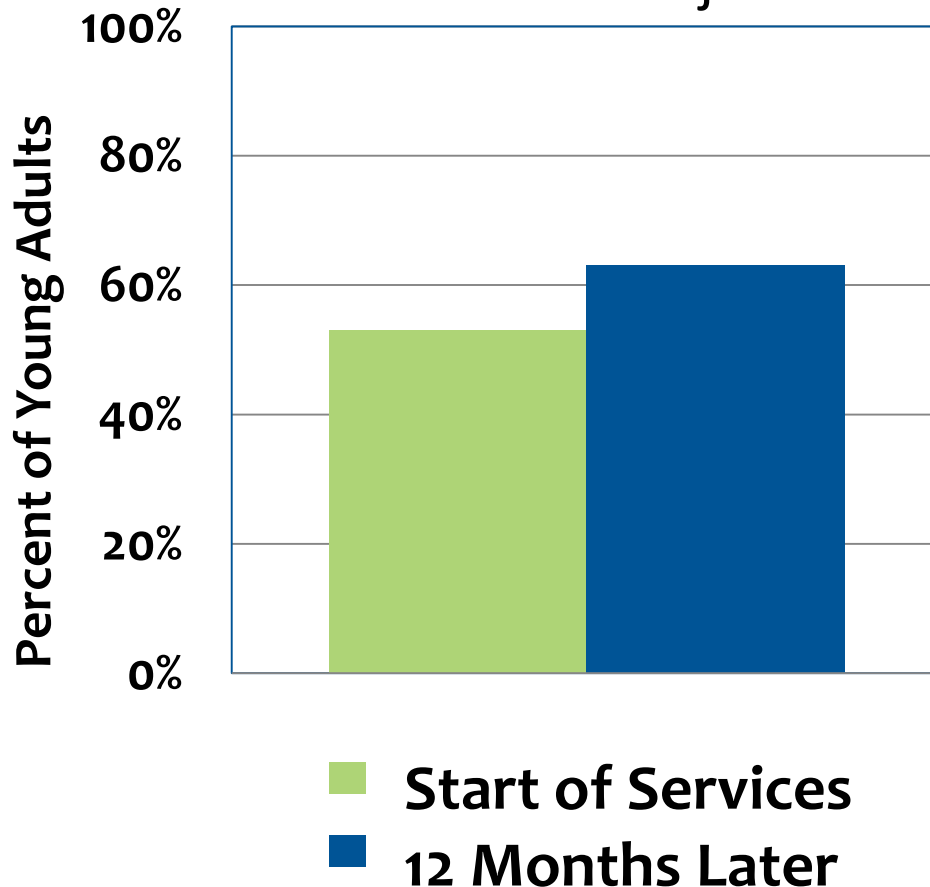
One year after starting YIT, high school dropouts were almost as likely to have a job as graduates.

High school graduates showed a significant increase in attending college or obtaining a job.



YIT and Employment

Percent of Young Adults who have a job



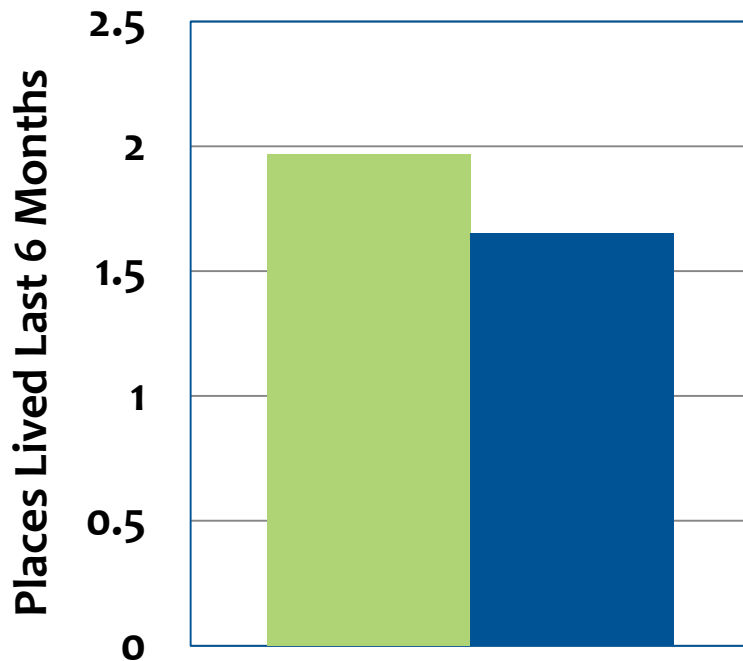
What are young adults saying about getting a job?

- *“I just wanted money. Didn’t want to live off of mom and dad.”*
- *“Having a job is important to me.”*

Across both studies, there was a 10% increase in employment ($p < .06$)

Housing Stability

Among all young adults in the National Study, overall there was a decrease in the average number of different places young adults lived in the previous 6 months, from 2.0 to 1.7 different places they lived.



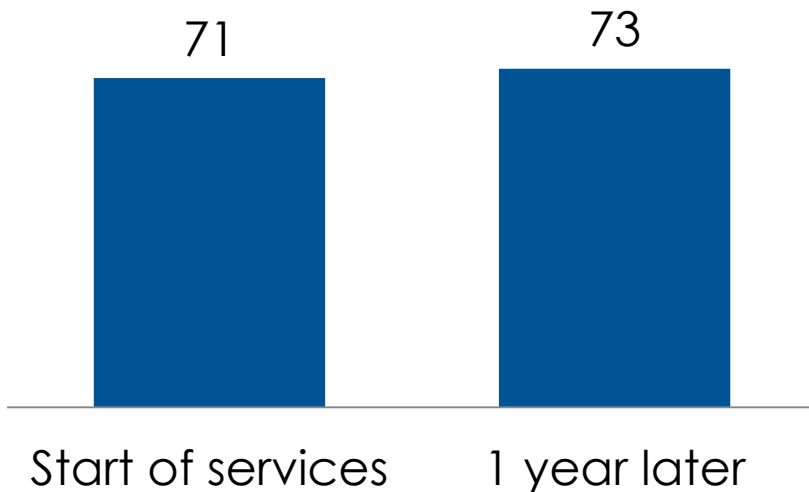
■ Start of Services ■ 12 Months Later

Strengths

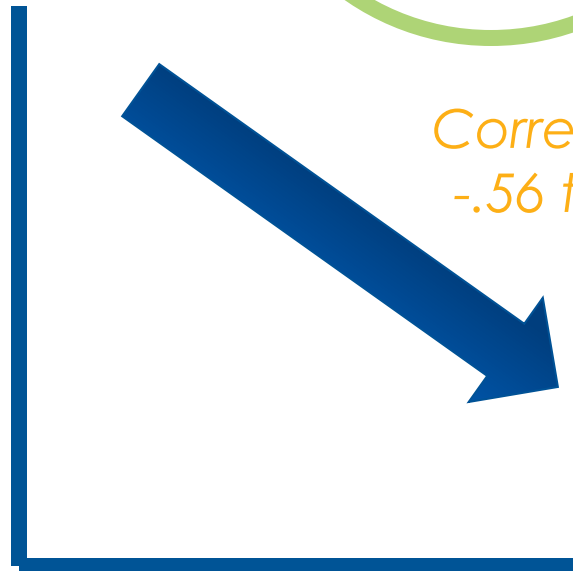


Young adults reported high levels of strengths.

Total Strengths



Problem Behaviors



*Correlations
-.56 to -.41*

Total Strengths

The more strengths reported,
fewer problems

Feedback from Consumers: 5 General Themes

Met basic
needs

Felt heard &
supported

Learned
healthy
coping skills

Made
connections

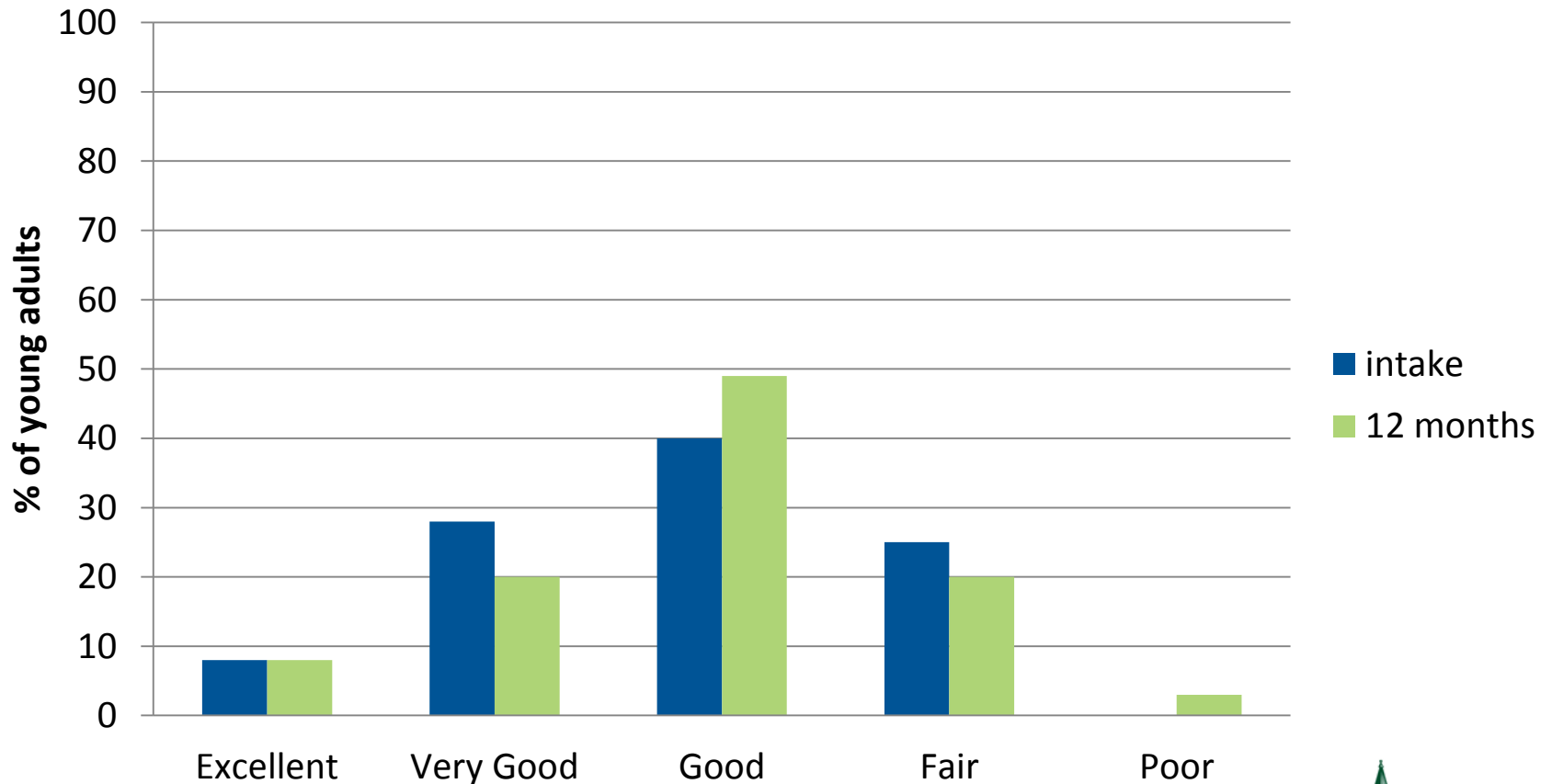
Gave young
adults
direction

Evaluation findings: Health Care Access

(data from the YAHCS and Access/Barriers Interview)

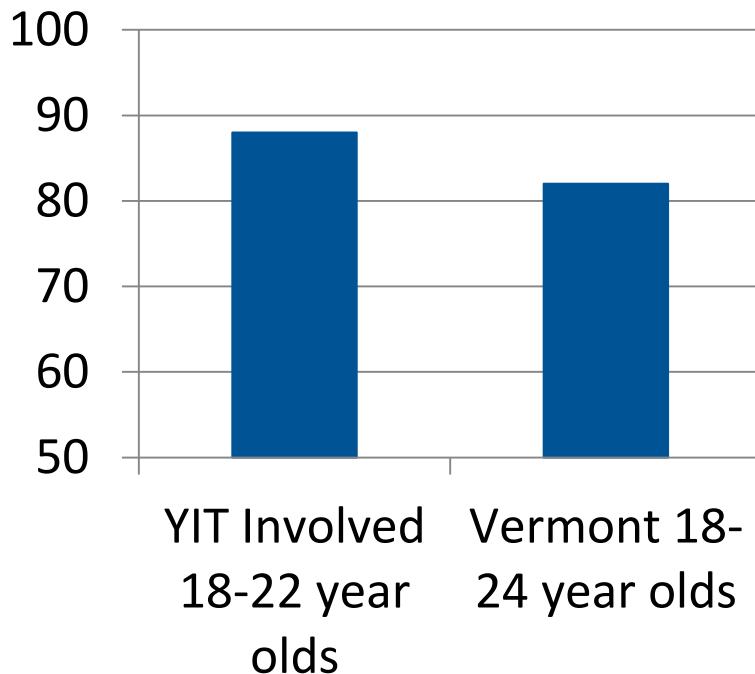
Self Rating of Health

How is your health in general?

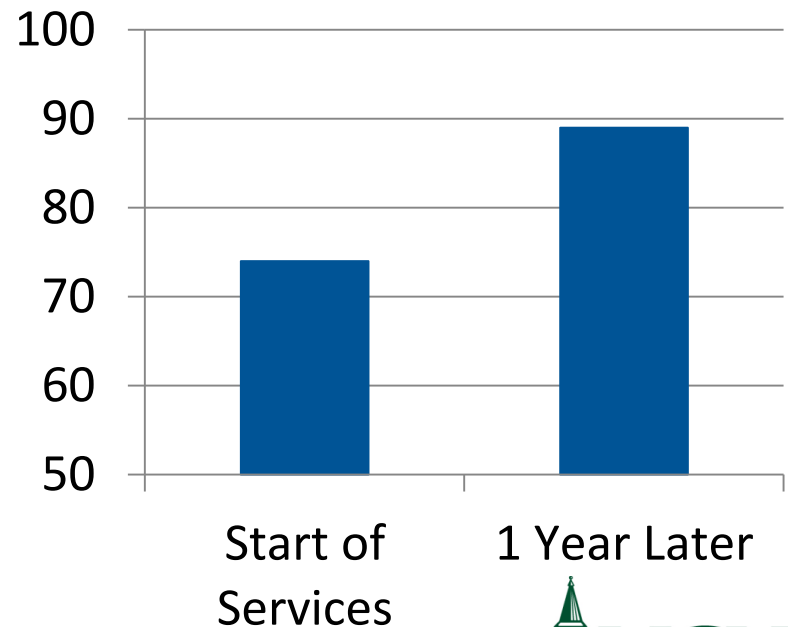


Health Care Access

More YIT Involved Young Adults have health coverage compared to young adults across Vermont.

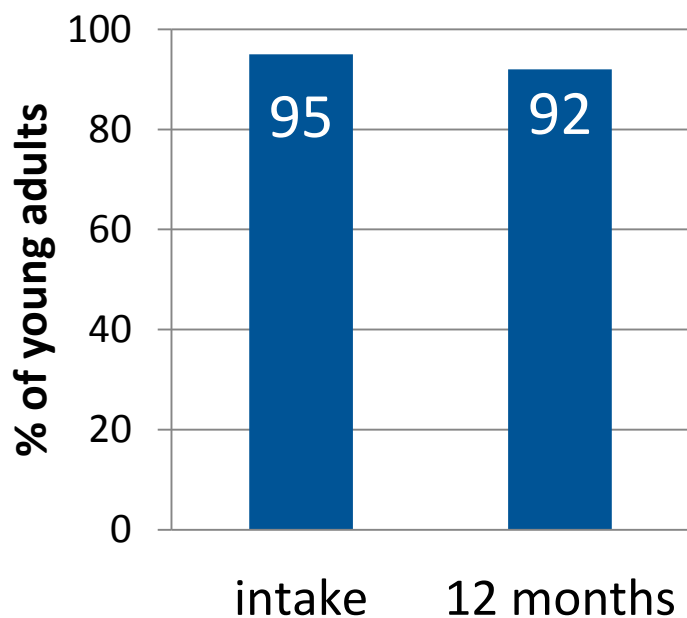


More YIT Involved Young Adults with mental health & substance use problems reported seeing a doctor over time.

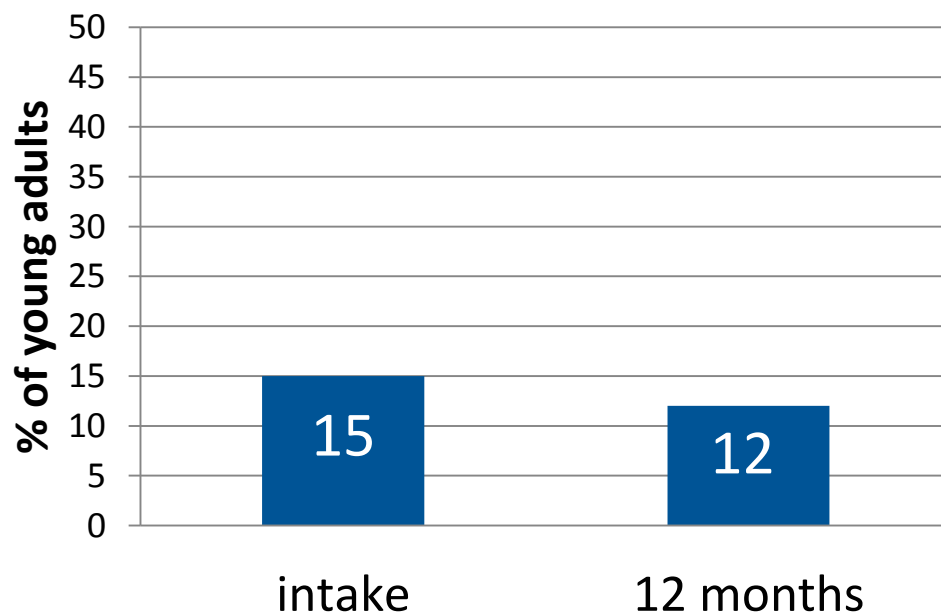


In the Past 12 Months...

...have you been to see a doctor or other health provider?

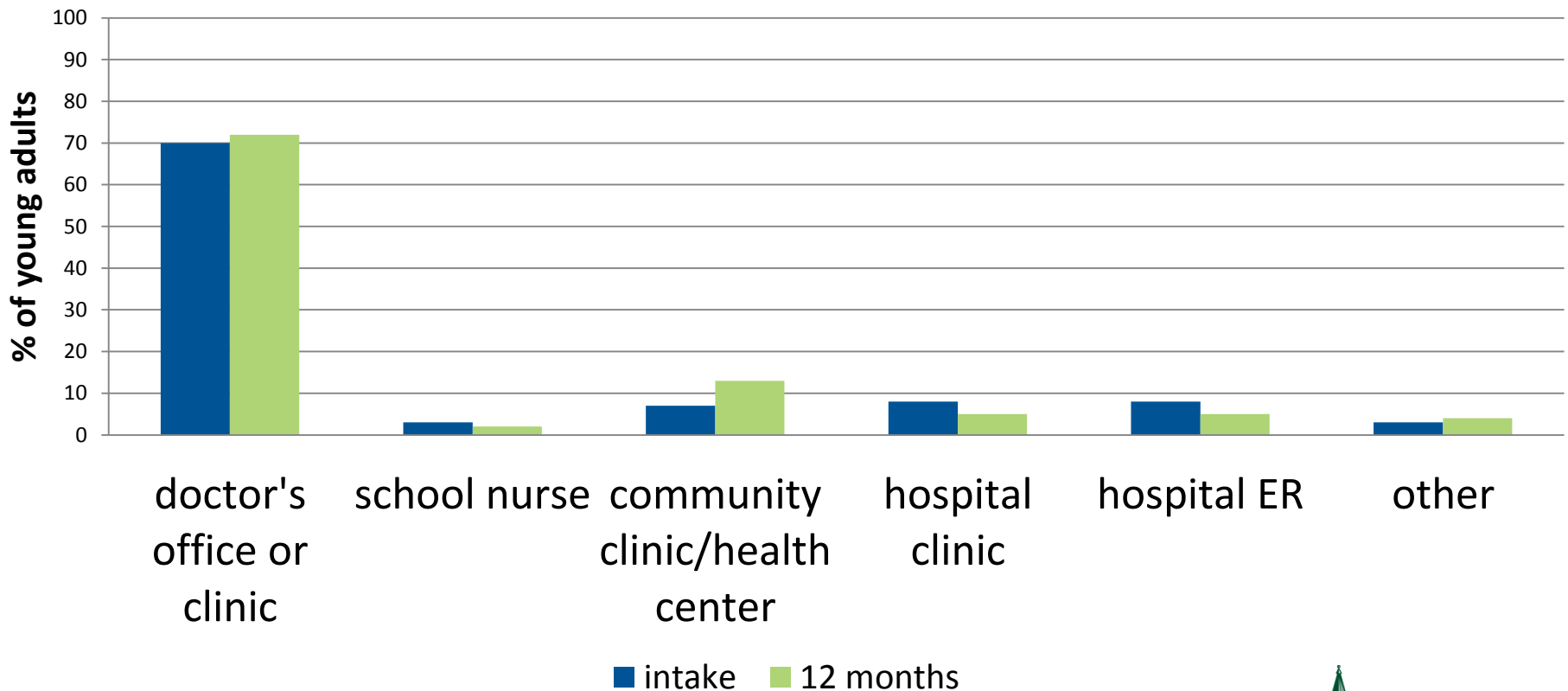


...have you had a serious health problem that went untreated?



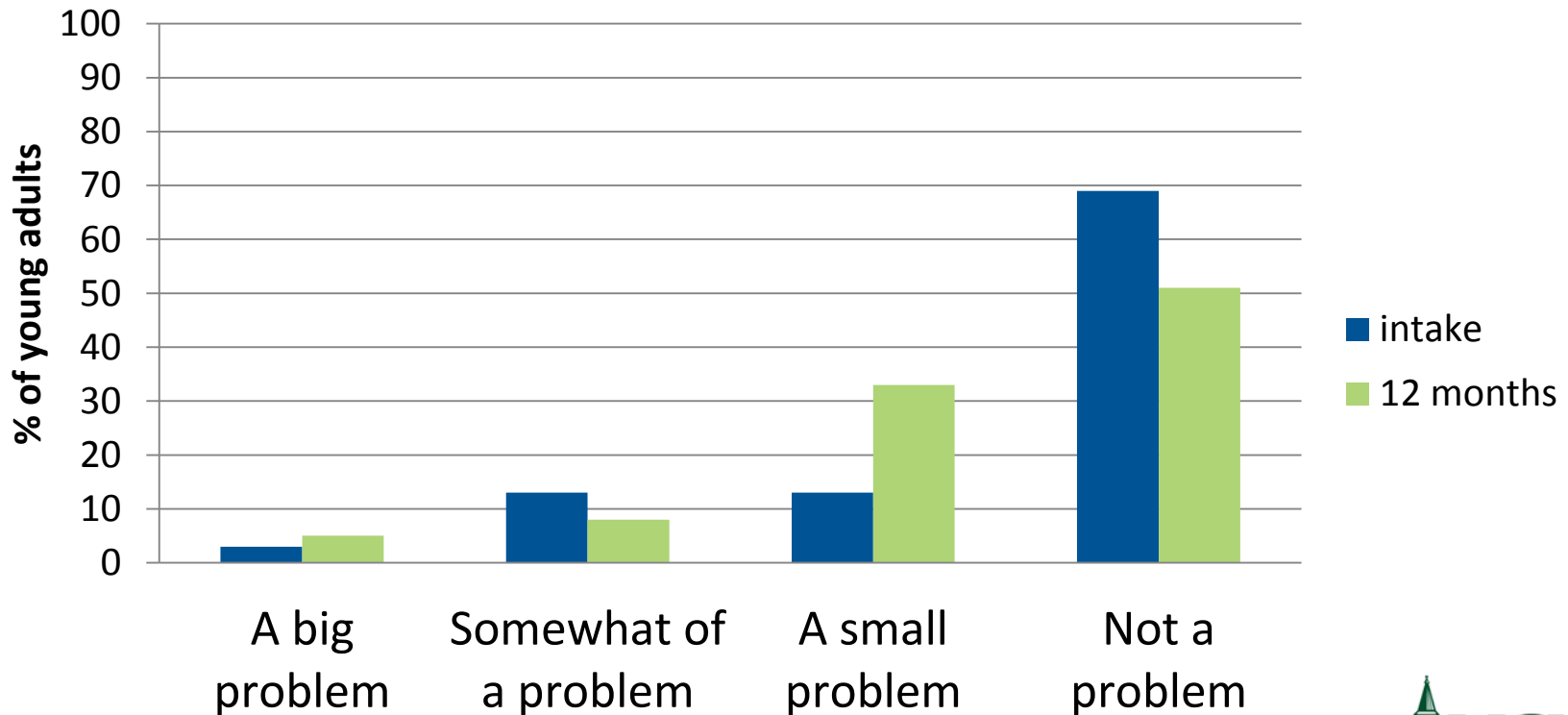
In the Past 12 Months...

Where did you usually go for medical care?



In the Past 12 Months...

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



Access and Barriers Interview Findings

“I receive the medical treatment and/or health care I need.”

Baseline, Yes = 87%

6 months, Yes = 78%

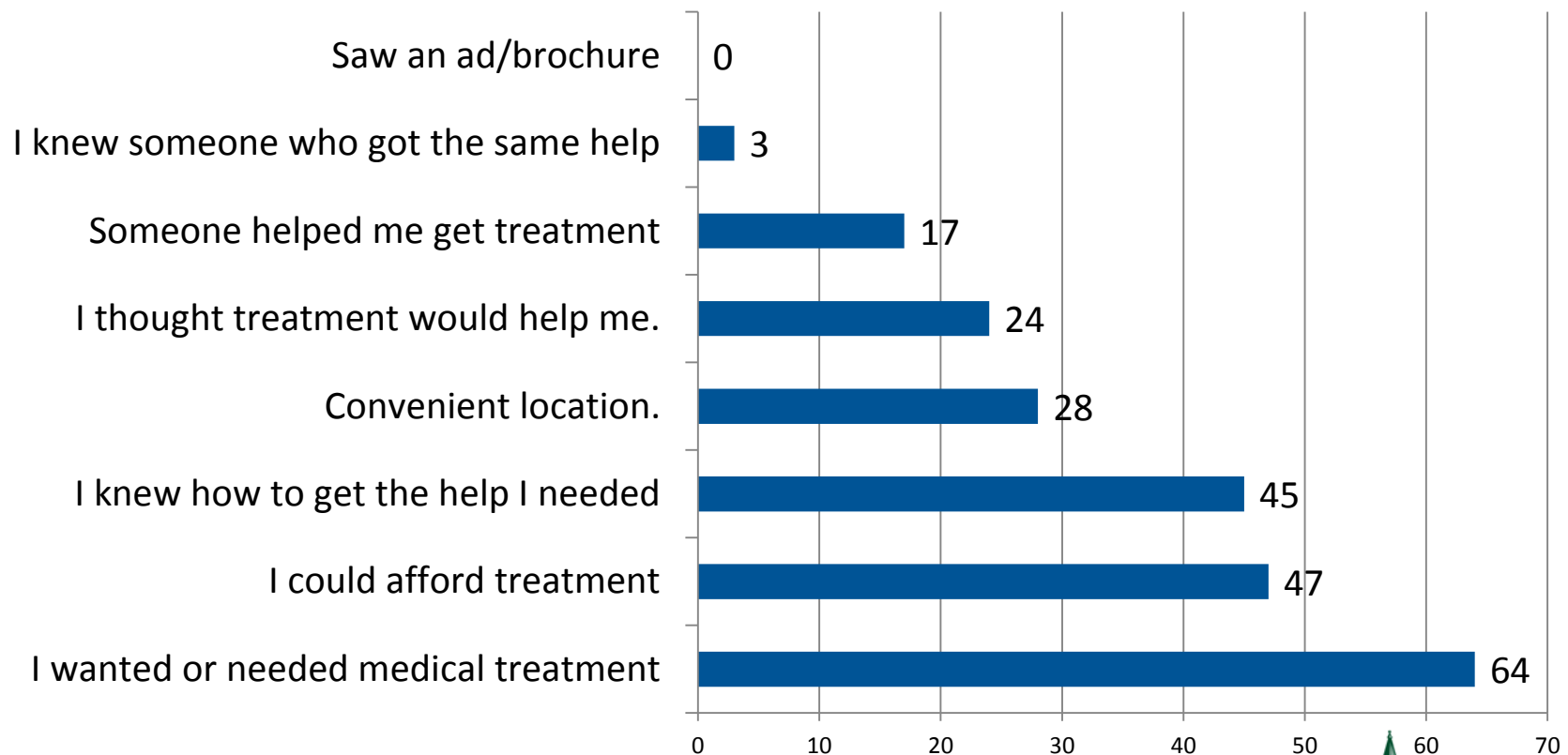
“I have health insurance.”

Baseline, Yes = 87%

6 months, yes = 92%

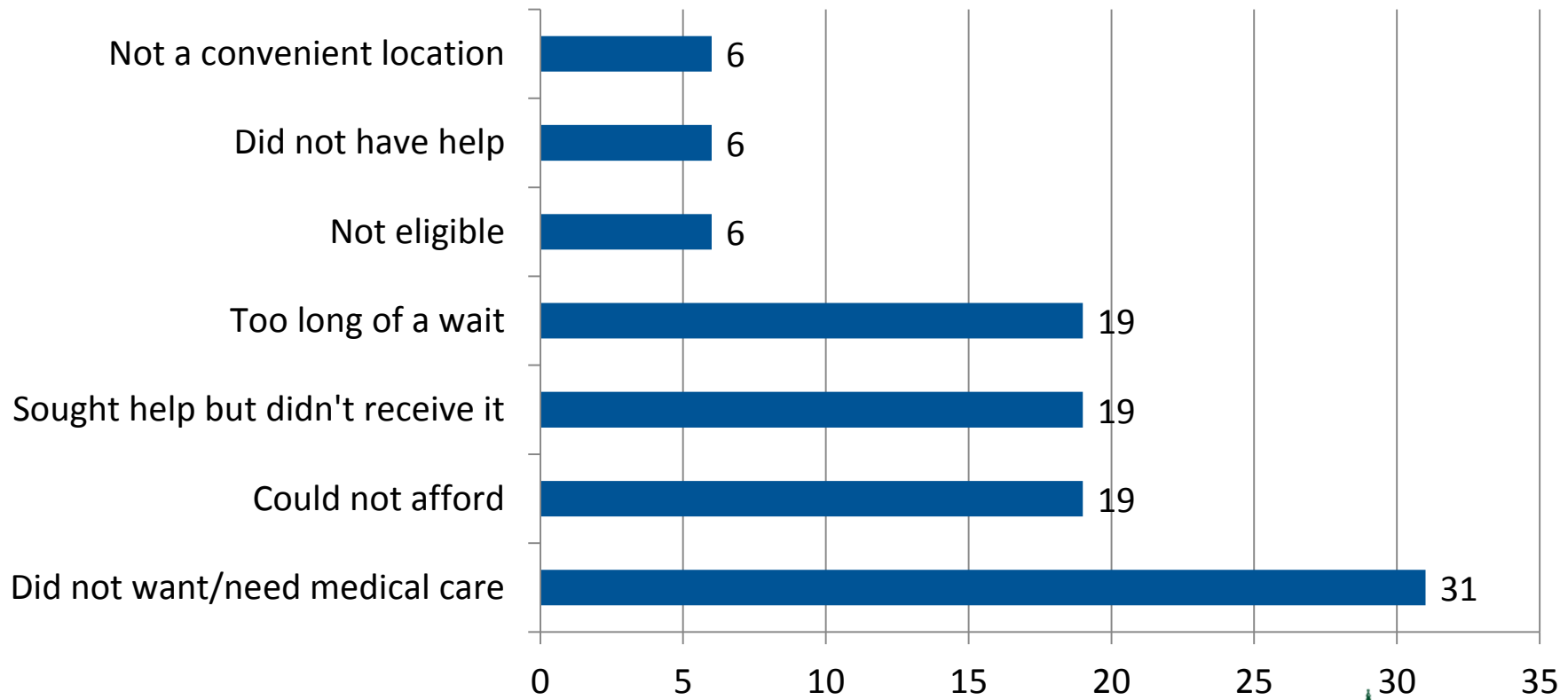
Access and Barriers Interview Findings

Among young people with medical care at 12 months, the % that cited each facilitator (n=48)



Access and Barriers Interview Findings

Among young people who did NOT access care in the past 12 months, the % that cited each barrier (n=16)

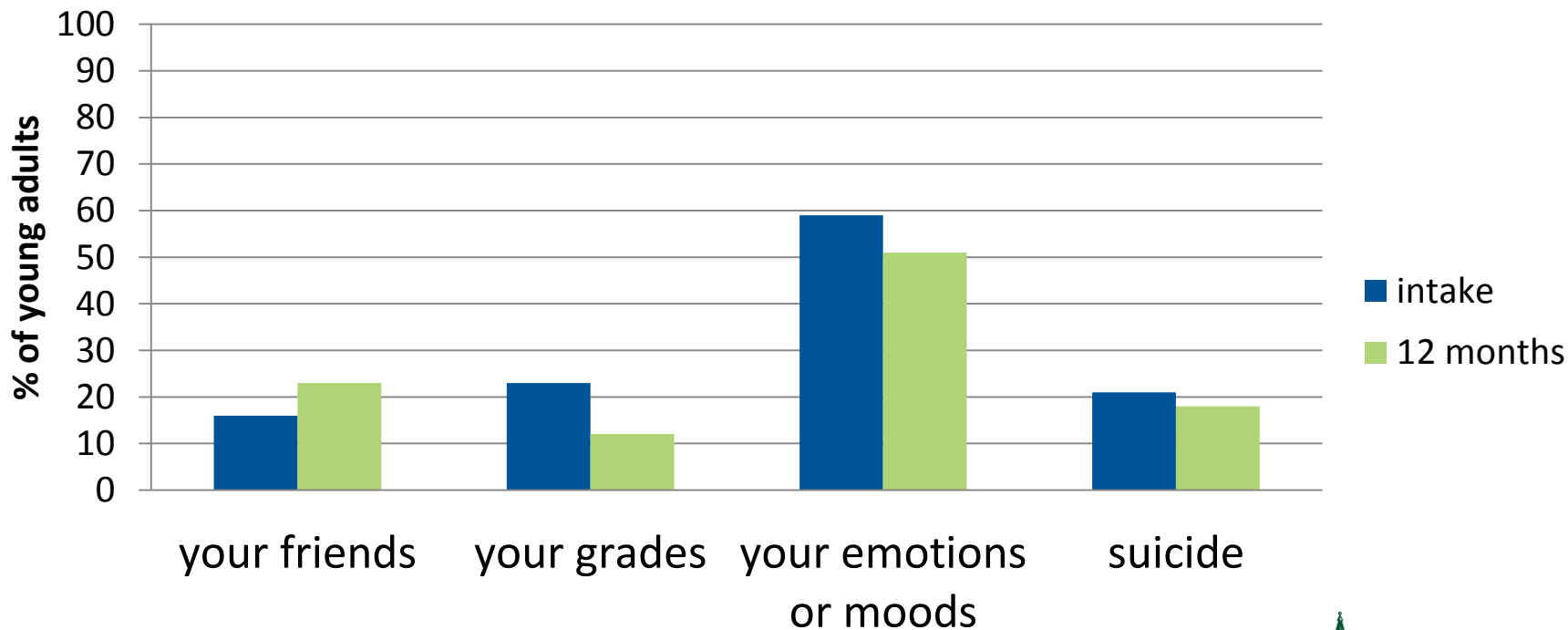


Evaluation findings: Health Screening

(examples from the YAHCS)

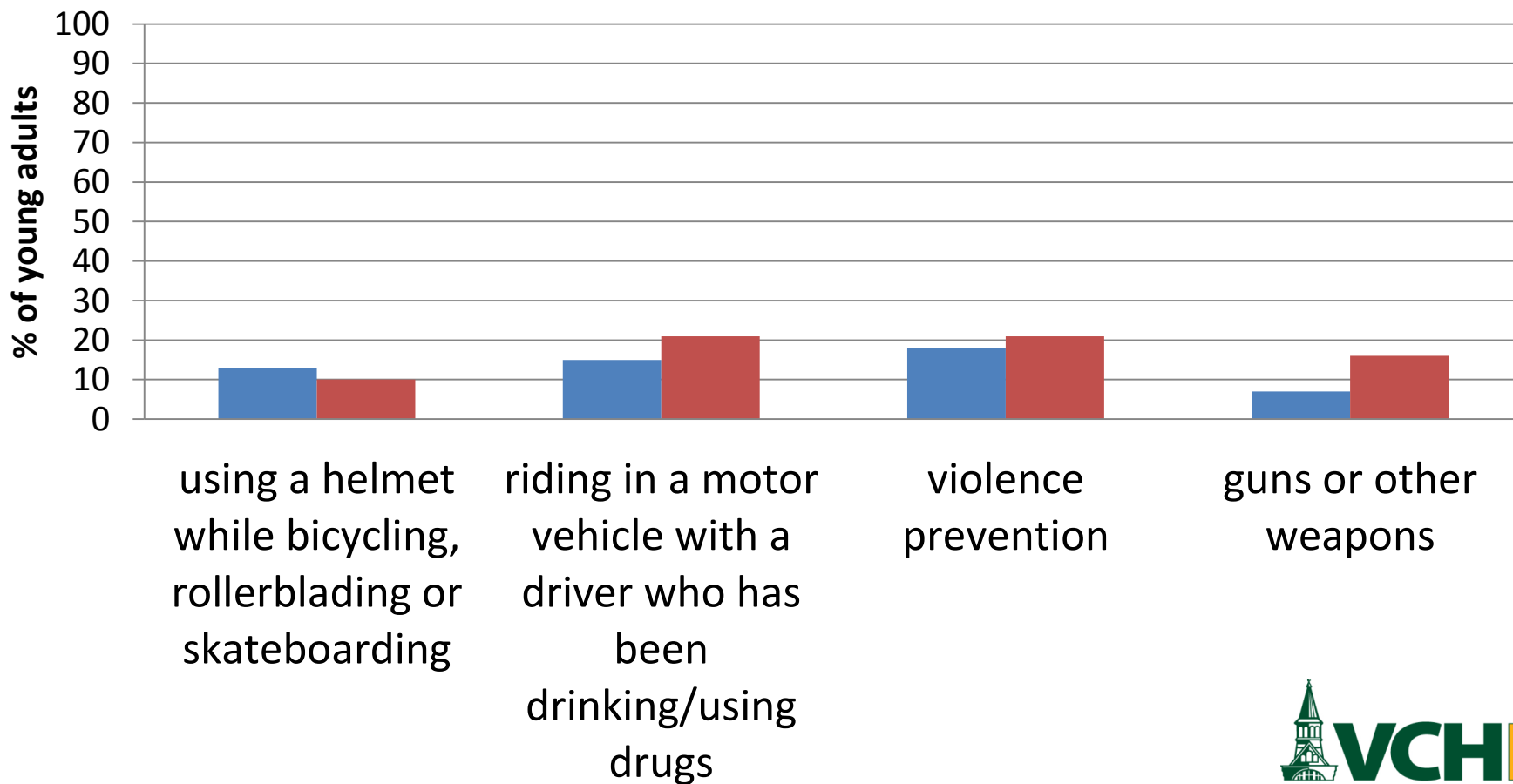
In the Past 12 Months...

...did a doctor or health care provider talk with you about:



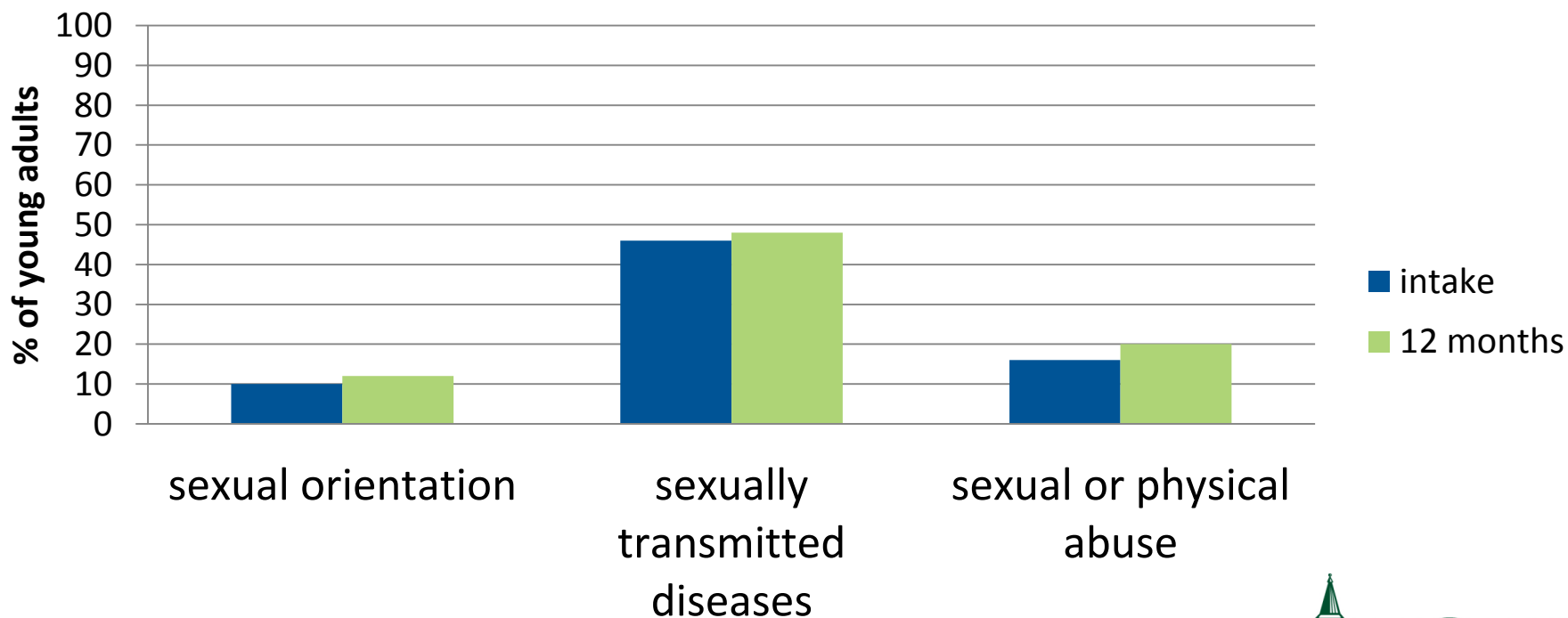
In the Past 12 Months...

...did a doctor or health care provider talk with you about:



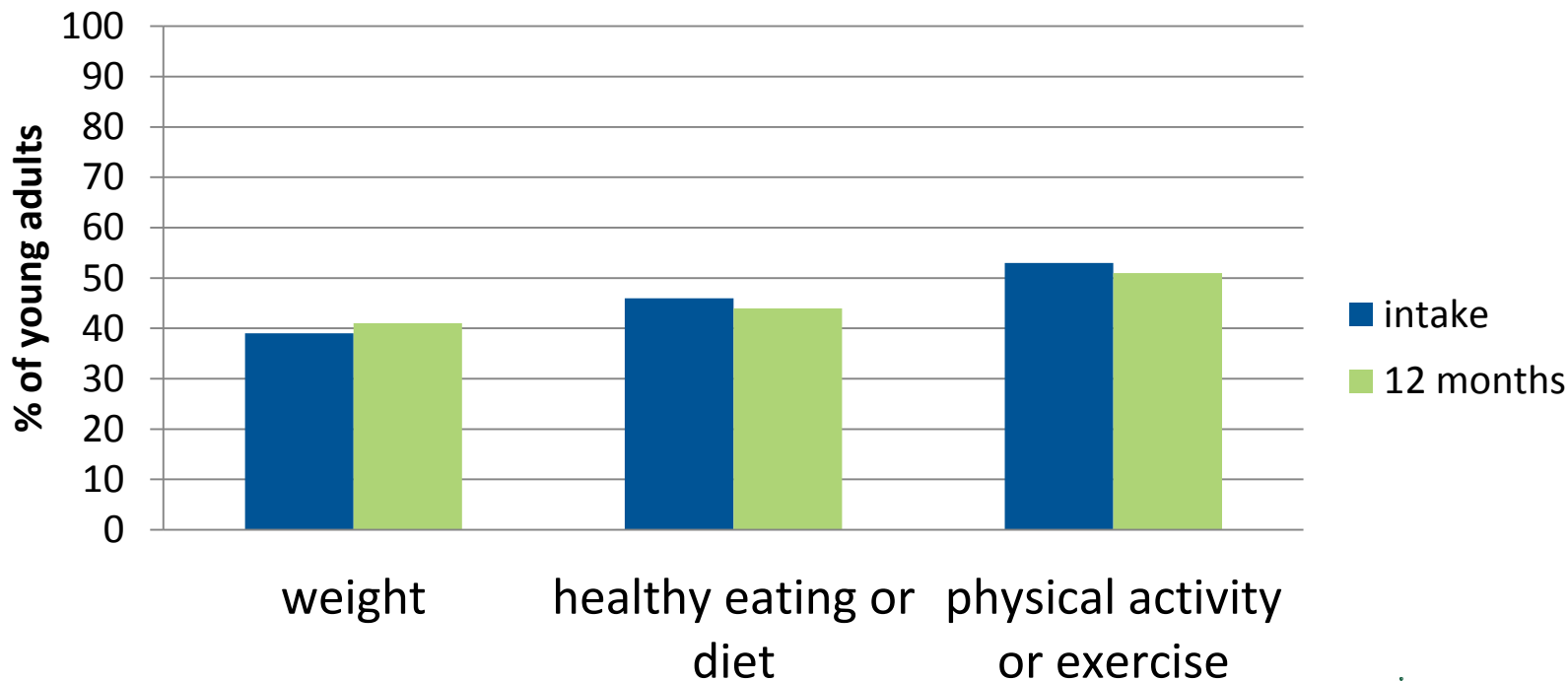
In the Past 12 Months...

...did a doctor or health care provider talk with you about:



In the Past 12 Months...

...did a doctor or health care provider talk with you about:

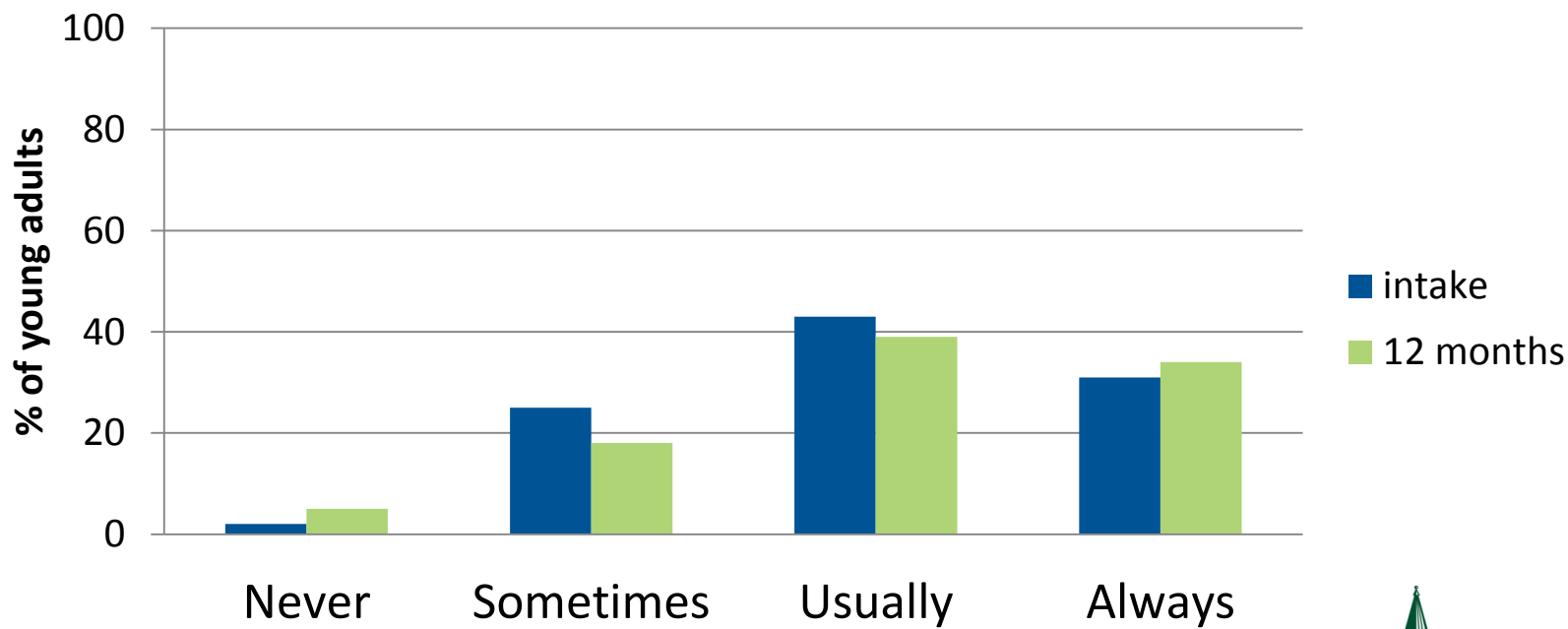


Evaluation findings: Health Care Quality

(examples from the YAHCS)

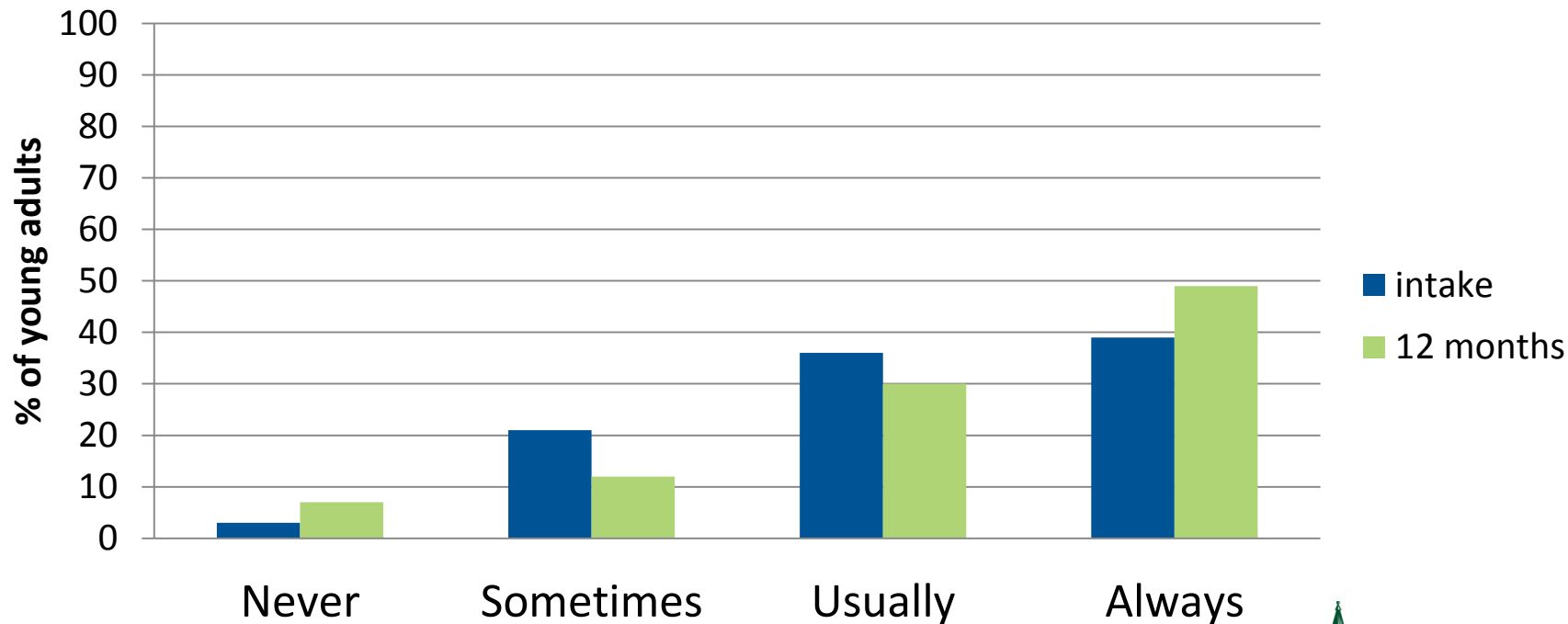
In the Past 12 Months...

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



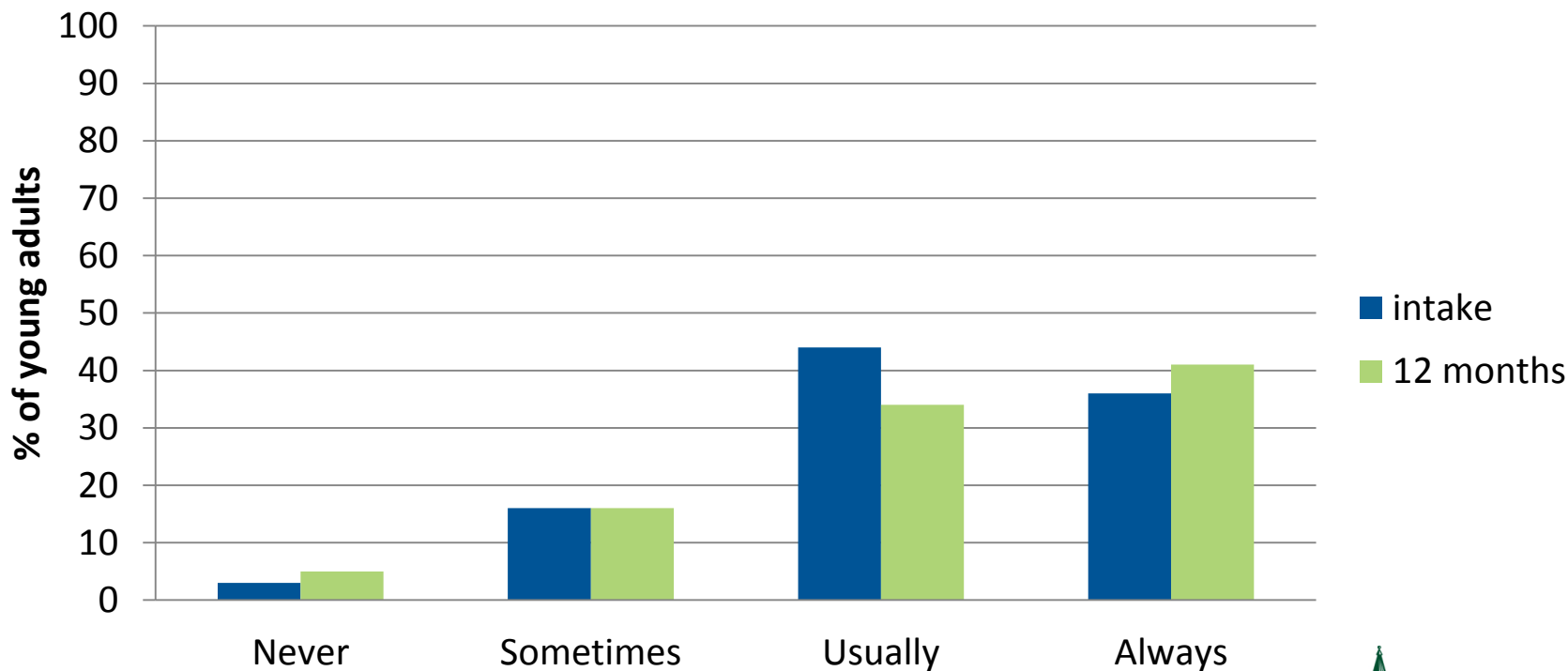
In the Past 12 Months...

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



In the Past 12 Months...

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



Overall Measure of Quality

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: **7.34** (*SD* = 1.9)

12 month follow-up: **7.17** (*SD* = 2.0)

Limitations & Summary

There are some limitations...

- Unable to develop a comparison group;
- Non-random assignment of individual clients to the evaluation study they were in;
- Approximately 35% loss to follow-up at 12 months;
- Wide variability in the actual interventions, and
- Relatively low statistical power.

What we learned: Services Seem to Work!

Data show that YIT and related services

- Helped to improve young Vermonter's functioning, helping them to find and stay on pathways to being pro-social, contributing members of their communities, and
- Decreased their involvement with costly programs such as criminal justice programs.

Other outcome areas, such as accessing quality health care and promoting strengths, were largely unchanged, but had relatively high starting points (for this population).

Thank You

Questions & Comments:
thomas.delaney@uvm.edu