Social Connectedness –
A Key Component to Youth Mental Wellness, Including Youth with Serious Mental Illness or Emotional Disturbances

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Disclaimer

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The views, policies, and opinions expressed in this presentation are those of the authors and do not necessarily reflect those of SAMHSA or HHS.
Wisconsin Office of Children’s Mental Health
Agenda

• OCMH – Who We Are
• Our Beginnings
• Our Evolution
• Our New Focus
Wisconsin’s children are safe, nurtured and supported to achieve their optimal mental health and well-being. Systems are family-friendly, easy to navigate, equitable, and inclusive of all people.
Our Charge

• Study, recommend ways, and coordinate initiatives to improve the integration across state agencies of mental health services
• monitor data related to children’s mental health and well-being

Our Values

• Collaborative across systems
• Data driven
• Family and youth guided
• Promote inclusivity and equity among all stakeholders
Dashboard

Fact Sheets
Tools for Mental Health Understanding
Children’s Mental Health Week

Governor Evers’ Proclamation on Children’s Mental Health Awareness Day – Thursday, May 5th.

Social Media Posts Available on OCMH Website: www.children.wi.gov
OCMH Beginnings

• Created in 2013-2015 Biennial Budget as a response to concern over children’s mental health, especially adverse childhood experiences, and in the interest of increasing trauma-informed care

• Established January 2014

• Director appointed by the Governor

• Office is served administratively by the Department of Health Services
SHIFT YOUR PERSPECTIVE
Apply Trauma-Informed Care
EMPOWERING. ENGAGING. EFFECTIVE.

ACEs
- HIV, High Risk: 58.9%
- Alcohol, Heavy Drinking: 25.5%
- Cardiovascular Disease: 21.3%
- Anxiety: 55.7%
- Mental Health Medical Treatment or Pharmacotherapy: 24.3%
- Separation or Divorce: 32.9%
- Cancer: 61.4%
- Hopelessness: 42.5%
- Mental Health Condition(s) Disturbed 14+ Days of Work/Activity: 67.2%
- Life Dissatisfaction:
Shift Our Perspective
from Programs to Systems Thinking

- Increase resilience
- Decrease toxic stress
- Increase access to effective children, youth and family mental health services

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- Increase resilience
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- Increase access to effective children, youth and family mental health services
The higher the bubble, the more funding for the services.

The size of the bubble is relative to the number of children served. Bubbles are colored by funding source.

Domestic Violence prevention services for children has the most children but is one of the least funded services.
Public health approach that includes awareness of ACEs, trauma informed care, and promoting children, family, and community resilience.

Workgroups:
- Resiliency
- Trauma Informed Care
- Access
- Infant Toddler
- Executive Council
- Collective Impact Partners
All Wisconsin adults support children’s social and emotional well-being.

OCMH will innovate, integrate and improve Wisconsin’s child, youth and family serving-systems.

**Innovate:**
Shift perspectives

- Policy is driven by (1) families and youth with lived experience, (2) science and (3) data.
- Stakeholders use a public health approach to improving children’s social and emotional development.
- Stakeholders understand early brain development, the impact of toxic stress and the role of resilience.
- Stakeholders develop policies and programs using a two-to-three generation perspective.

**Integrate:**
Facilitate collective impact

- Data sharing across systems contributes to data-driven decision making.
- Stakeholders are aware of of the continuum of state agencies’ initiatives related to children, youth and families and use this knowledge when developing policies and programs.
- Shared outcomes -- to be established.

**Improve:**
Ensure services promote healing and recovery

- Stakeholders understand root causes of disproportionality and develop action plans using this knowledge.
- Stakeholders understand root causes of high youth psychiatric hospitalization rates and develop action plans using this knowledge.
- Stakeholders understand medical professionals’ psychotropic medication prescribing patterns and develop action plans using this knowledge.
- Stakeholders understand root causes of high youth suicide rates and develop action plans using this knowledge.

Stakeholders use a public health approach to improving children’s social and emotional development.

Stakeholders understand early brain development, the impact of toxic stress and the role of resilience.

Stakeholders develop policies and programs using a two-to-three generation perspective.

Data sharing across systems contributes to data-driven decision making.

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**DRAFT 2/5/15**
Collective Impact is the commitment of a group of people from different sectors to a common agenda for solving a specific, complex social problem, using a structured form of collaboration.

FSG Reimagining Social Change
Collective Impact & Systems Thinking

Shifting the Conditions That Hold the Problem In Place

Six Conditions of Systems Change

- Policies
- Practices
- Resource Flows
- Relationships & Connections
- Power Dynamics
- Mental Models

Structural Change (explicit)

Transformative Change (implicit)

(semi-explicit)
Lived Experience Partners

• With their insights and guidance, state agencies and other collaborating partners are better able to recognize:
  • gaps in services,
  • ineffective programs, and
  • policies and practices that interfere with well-being
Lived Experience Leadership

- Lived Experience Partners
- Advocate to state agencies
- Consult on lived experience
- Trainings and Conference
- Our website
- Listening Sessions

OCMH Website

- About Lived Experience
- Bring Lived Experience to Your Work
- OCMH Lived Experience Partners
- Youth Leadership
- Become a Lived Experience Leader
- Case Studies & Success Stories
Tangible action steps taken to improve children’s mental health in Wisconsin
OCMH 2020 Priorities

Building Emotional Well-Being through Strong Foundations

From early childhood through middle school and on through high school, children need the support of caring families, teachers, and community to be mentally healthy and emotionally well.
How Are Wisconsin Kids Doing?
# WI Child Well-Being Indicators Dashboard

## Social & Economic Factors

<table>
<thead>
<tr>
<th>INDICATOR</th>
<th>US CURRENT</th>
<th>WI BASELINE</th>
<th>WI CURRENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Difficulty with social skills</td>
<td>22%</td>
<td>23%</td>
<td>29%</td>
</tr>
<tr>
<td>High school graduation</td>
<td>86%</td>
<td>88%</td>
<td>90%</td>
</tr>
<tr>
<td>School connectedness</td>
<td>Data Not Available</td>
<td>71%</td>
<td>61%</td>
</tr>
</tbody>
</table>

Source: OCMH 2021 Annual Report
Anxiety, Depression & Self-Harm

- **A majority (60%)** of Wisconsin's high school kids experienced depression, anxiety, self-harm or suicidal thoughts.

- **1 in 3 kids (29%)** ages 13-18 reported feeling sad or hopeless almost every day.

Source: Wisconsin Youth Risk Behavior Survey, 2019
Suicide

Deaths per 100,000 Ages 15-19

Trends in Reported Suicide Attempts

Source: JAMA Network

Source: National Youth Risk Behavior Survey
Kids Across the Lifespan are Struggling

Unrecognized mental health issues contributing to preschool expulsions

Losing the ability to make and maintain relationships

Increasing anxiety, depression & lack of belonging are contributing to teen suicide rate

Need the support of caring adults to launch and be mentally healthy

Lifespan of a Child

0-5 YRS 6-12 YRS 13-18 YRS 19-26 YRS

Family
OCMH 2021

Study → Collective Action

BUILDING EMOTIONAL WELL-BEING THROUGH STRONG FOUNDATIONS
From early childhood through middle school and on through high school, children need the support of caring families, teachers, and community to be mentally healthy and emotionally well.
What’s the One Thing?
Social Connectedness of Youth

Youth are socially connected when they are actively engaged in positive relationships where they feel they belong, are safe, cared for, valued, and supported.
# Social Connectedness Impact Team Visions

<table>
<thead>
<tr>
<th>Connection Category</th>
<th>Vision</th>
</tr>
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<tbody>
<tr>
<td>Family</td>
<td>Children have warm, positive relationships with their family that make them feel like they belong, are safe, cared for, valued, and supported.</td>
</tr>
<tr>
<td>Supportive Adult</td>
<td>Adults, especially older adults, connect with and establish affirming relationships with youth.</td>
</tr>
<tr>
<td>Cultural Identity / Community</td>
<td>Young people are regularly involved in spaces that help them feel connected to one another and their culture or identity.</td>
</tr>
</tbody>
</table>

Trusted relationships benefit both the youth and the adult
Children’s Mental Health Collective Impact

Collective Impact Advisory Council

Collective Impact Council

Lived Experience Partners

Family
Supportive Adult
Cultural Identity / Community

More than 200 stakeholders in total
Connect with Us

• Sign-up for our newsletter
• Visit our website: www.children.wi.gov
• Follow us on social
  – Twitter @WIKidsMH
  – Facebook Facebook.com/OCMHWI
• Join our network – OCMH@Wi.gov

Linda A. Hall, Director
linda.hall@wi.gov
43% Of high school students felt like they did not matter to people in their communities.

20% Of middle school students have seriously considered suicide.

2019 Maine Integrated Youth Survey

www.maineresilience.org
Defining Mattering

“Mattering is the sense of being significant and valued by other people... People who believe they matter to others have a key protective resource that can buffer them from life stressors and challenges throughout their lives.” - Gordon Flett

www.maineresilience.org
CULTIVATING YOUTH MATTERING IS AN UPSTREAM APPROACH TO CHANGING DOWNSTREAM OUTCOMES
MATTERING DOMAINS

HOME

WORK/SCHOOL

COMMUNITY

www.maineresilience.org
80.5% say they have at least one teacher who cares and supports them

76.6% say their parents help them succeed ‘most of the time’ or ‘always’

50.7% say they have support from adults other than their parents

2019 Maine Integrated Health Youth Survey
www.maineresilience.org
MATTERING & CONNECTEDNESS

• Mattering is strongly connected to social connectedness which is recognized by the CDC as one of the five priority social determinants of health (SDOH)

• Youth Connectedness has a lasting effect—youth who feel connected at school and at home are 66% less likely to experience health risk behaviors

Adolescent Connectedness

Youth Connectedness Is an Important Protective Factor for Health and Well-being
Catalyzing Action- Cultivating Mattering for Maine Youth

https://maineresilience.org/Resource-Library2
Cultivating Mattering for Maine Youth
Thought Leaders Roundtables – Dec 2020

Thought Leader Roundtable events were held on December 3rd & 9th, 2020

Common Themes Discussed:

- Need for rebuilding and leveraging school & community linkages
- Importance of youth voice, youth advocacy and engagement
- Need to support caregivers, teachers and youth development professionals
- Importance of Restorative Practices, trauma informed & resilience-based systems
- Connection and engagement of the business community
- Alternative measurement of Mattering, including the recognition of social determinants of health, culture & equity

https://maineresilience.org/Resource-Library2
Cultivating Mattering for Maine Youth
Community Conversations

● Nine community conversations in each of the public health districts across Maine

● Common Themes Discussed:
  ○ Recognizing adult privilege & adult power
  ○ Elevating youth decision making & youth voice
  ○ Honoring small acts of mattering
  ○ Encouraging intergenerational learning
  ○ Spaces for connection (arts & nature)
  ○ Inequitable resources & programs across the state
MATTERING INITIATIVE NEXT STEPS

- Community-developed solutions are essential
- Cross-sector strategies are key
- Involvement of youth and those with lived experience is important
MATTERING INITIATIVE NEXT STEPS

● Community engagement

Social Determinants of Health Accelerator Plans
The Centers for Disease Control and Prevention’s Closing the Gap With Social Determinants of Health Accelerator Plans fund 20 recipients to help accelerate actions in state, local, tribal, and territorial jurisdictions that prevent and reduce chronic diseases among people experiencing health disparities.

The conditions in which we are born, live, learn, work, play, worship, and age—known as social determinants of health (SDOH)—have a profound impact on health. They influence the opportunities available to us to practice healthy behaviors, enhancing or limiting our ability to live healthy lives.

Chronic diseases such as heart disease and stroke, cancer, diabetes, and obesity are the leading causes of death and disability in the United States. Differences in SDOH contribute to the stark and persistent chronic disease disparities among racial, ethnic, and socioeconomic groups, systematically limiting opportunities for members of some groups to be healthy.

www.maineresilience.org
MAINE YOUTH THRIVING
A Guide for Community Action

Maine Youth Thriving
A Guide for Community Action

www.maineresilience.org
Mattering

Daily update · April 30, 2022

United Way awards $50000 grant for Youth Mental Health - Daily Bulldog

Daily Bulldog

It will bring together civic organizations, businesses, schools, and law enforcement to develop and implement a county-wide Youth Mattering program.
All are welcome to attend our membership meetings!
info@maineresilience.org

Join MRBN
Become a member and receive free attendance at meetings as well as membership discounts at conferences and events

www.maineresilience.org
COMMUNITY OF PRACTICE INTIMATE DIALOUGE

Join Us For Part Two

https://us06web.zoom.us/meeting/register/tZ0kc-2rqqzgrHtQJKsnJxmHza_{Qpt2CfbKJ

Social Connectedness - A Key Component to Youth Mental Wellness, Including Youth with Serious Mental Illness or Emotional Disturbances

August 4, 2022 from 2:00-3:00pm ET
* Dive deeper into your questions
* Coordinate your efforts
* Expand your network

Part Two will be via Zoom so you will have the opportunity to interact with the presenters verbally or via chat.