

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

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Disclaimer

This webinar was developed (in part) under contract number HHSS283201200021I/HHS28342003T from the Substance abuse and Mental Health Services Administration (SAMHSA), the U.S. Department of Health and Human Services (HHS).

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

OCMH Vision



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



Data

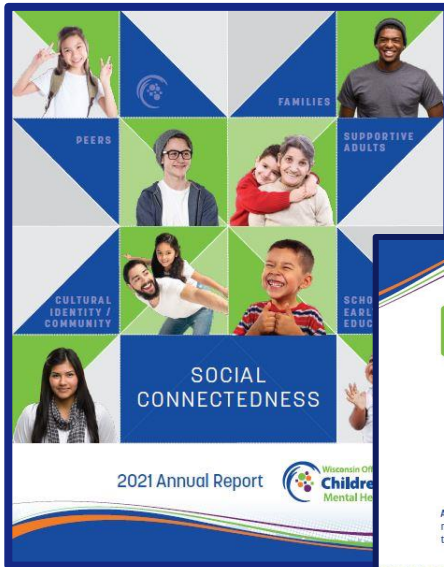


**Collective
Impact**



**Lived
Experience**





Annual Report

2021 Annual Report



Dashboard

DASHBOARD

Wisconsin Child Well-Being Indicators Dashboard

LEGEND

- ✖ Wisconsin is going in the wrong direction.
- ⚠ Wisconsin seems to be headed in the wrong direction, but is within the margin of error (not statistically significant) or unknown (significance unknown).
- This indicator did not change (difference of 0.5% or less before rounding).
- ⬆ Wisconsin seems to be headed in the right direction but is within the margin of error (not statistically significant) or unknown (significance unknown).
- ✔ Wisconsin is going in the right direction.

All data points are pre-pandemic unless followed by an asterisk (*). Years for baseline and current measures are selected to include approximately five years of data, depending on the data source. See the Indicator Description document at children.wi.gov for a detailed description of the indicator.

HEALTH BEHAVIORS

INDICATOR	US CURRENT	WI BASELINE	WI CURRENT	
Cyberbullying	16%	19%	17%	⚠ <i>National research shows decrease in cyberbullying when schools were remote in-person.</i>
Frequent e-cigarette use (High School)	11%	3%	0%	✖
Perception of risk using alcohol	43%	36%	37%	⬆
Students who did not sleep 8+ hours on a school night	78%	65%	73%	✖
Students who experienced sexual dating violence	8%	10%	13%	✖
Students who use electronics 3+ hours	Data not Available	34%	40%	✖
Teen birth rate per 1,000	16.7	16.2	12.5	✔

**I share data and statistics because it brings awareness to the issues that affect children all over. It isn't just one crisis, one city, one county – data can show us problems that affect kids across the state and country!*

KIMBERLEE COO
Lived Experience Partner...
Children's Mental Health

Wisconsin Office of Children's Mental Health

Fact Sheets

SUPPORTING CHILD WELL-BEING THROUGH STRENGTHENING SOCIAL CONNECTIONS AND RELATIONSHIPS

MAY 2021

WHY WE CHOSE THIS TOPIC:

Symptoms of emotional distress feel and look different for every youth. Having strong, positive, and consistent sources of social connection allows youth to talk about how they feel in a safe environment. Providing youth with positive childhood experiences (PCEs) can buffer symptoms of emotional distress. In general, PCEs include supportive relationships with adults and being socially connected with their peers, family, community and culture.

WHAT THE RESEARCH SAYS: 1-8

A study conducted using Wisconsin data evaluated the associations between PCEs and adult depression. It identified seven specific factors that protect children from emotional distress, reduce the harmful effects of trauma, and grow towards becoming a resilient child.

- 1 Ability to talk with family about feelings
- 2 Family is supportive in difficult times
- 3 Participation in family and community traditions
- 4 Feeling of belonging in high school
- 5 Feeling of being supported by friends
- 6 Having at least two non-parent adults who care
- 7 Feeling safe and protected by an adult at home

It is especially important for a teenager's physical and psychological health to be part of a social network beyond their family. As they develop their own identity, peers offer support and relief from depression, anxiety, and stress.

WHAT'S HAPPENING IN WISCONSIN?

Remember the 5 Strengths

- 1 **Parenting as Children Grow**
Have your children's best and most important interests in mind.
- 2 **Building Great Strengths**
Encourage your child's natural talents and interests.
- 3 **Connecting with Others**
Like your child's friend, you should be a friend too. Be there for your child.
- 4 **Helping Kids Understand Feelings**
Encourage your child to talk about their feelings and share their feelings.
- 5 **Modeling How to Find Help**
Encourage your child to ask for help. Let's not just talk, let's see how we can help you need.

Whether it's fostering positive peer relationships, educating parents about how to communicate effectively with their child, or promoting ways to become socially connected in the community, Wisconsin understands the importance of positive childhood experiences.

To assist families in building upon their strengths, the Wisconsin Child Abuse and Neglect Prevention Board identifies five essential attributes that help parents and caregivers develop better connections with children called **"Keys for Families"**

For more information, visit www.wisconsin.gov or www.children.wi.gov

Wisconsin Office of Children's Mental Health
- continued -

Tools for Mental Health Understanding



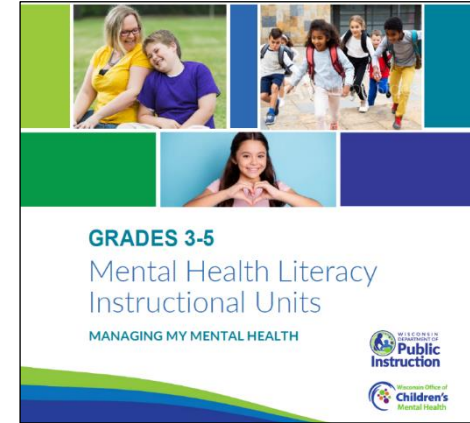
Name: _____

Pronouns: _____

▶▶▶ I need support in the next 5 minutes. ◀◀◀

Here's what I need from you to help me:

1. _____
2. _____
3. _____ (over)



Accessing Children's Mental Health Services



FEELINGS THERMOMETER



Children's Mental Health Week



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

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

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

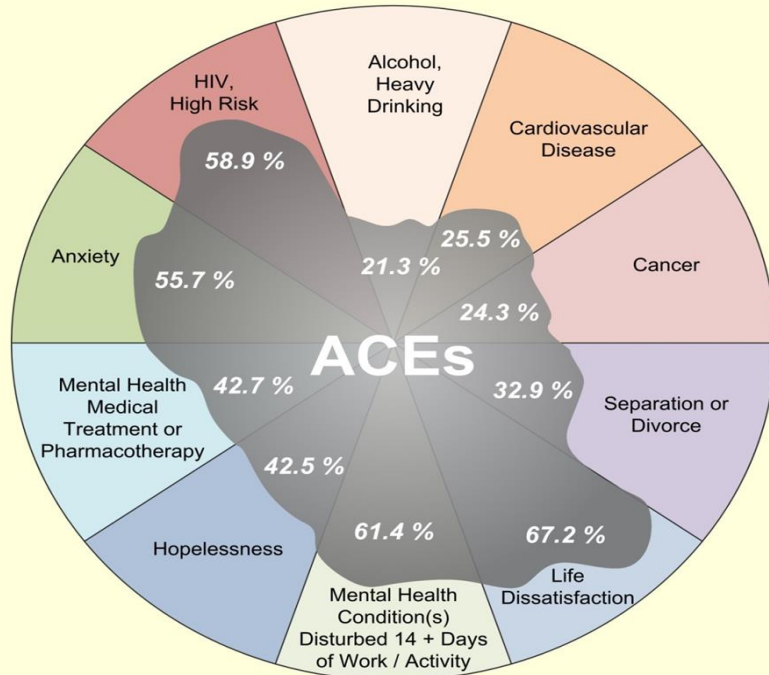
EMPOWERING. ENGAGING. EFFECTIVE.



SHIFT

YOUR PERSPECTIVE

Trauma-Informed Care



Shift Our Perspective from Programs to **Systems** Thinking



DCF

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



DHS

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



DPI

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



CTF

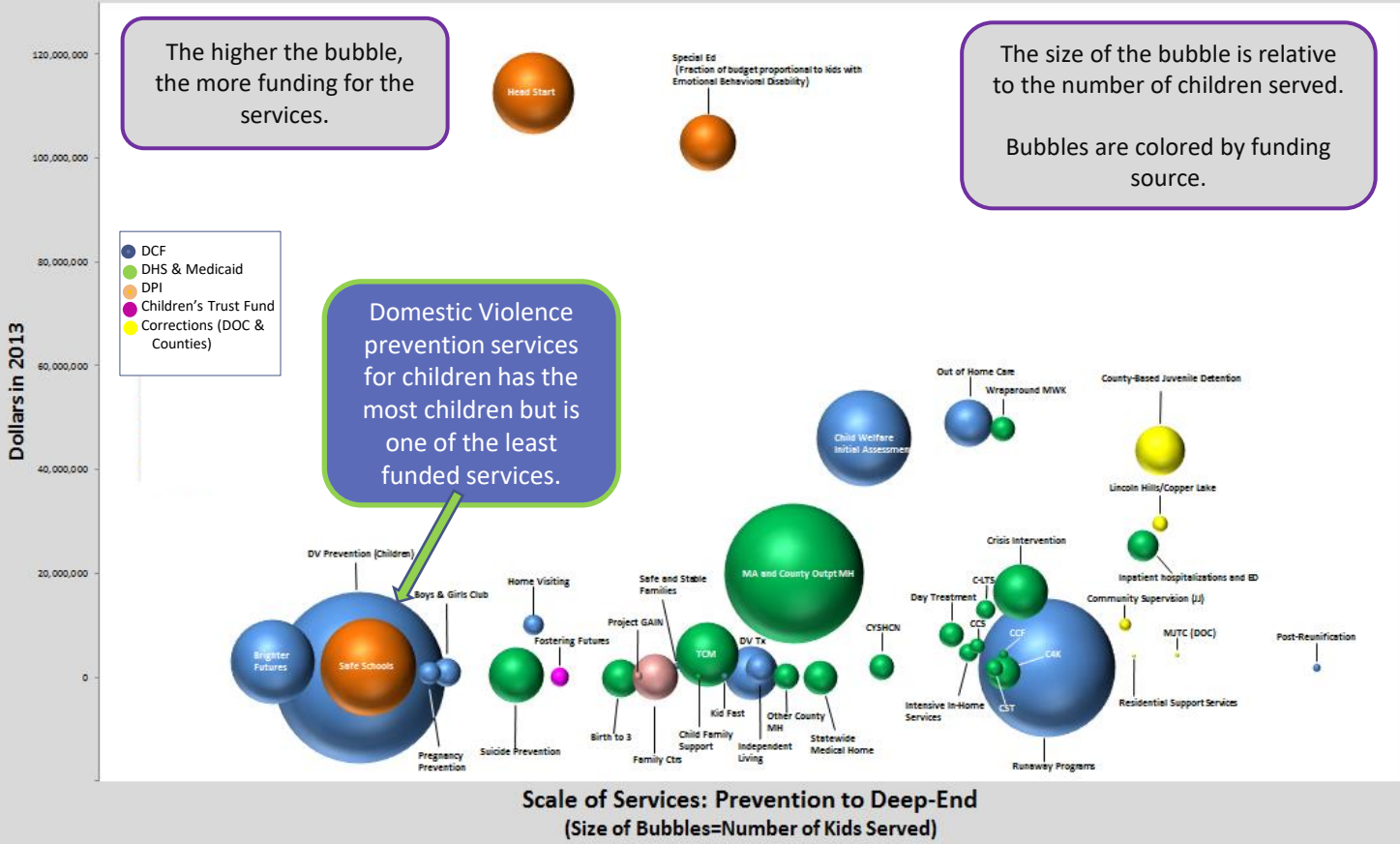
- Increase resilience
- Decrease toxic stress
- Increase access to effective children, youth and family mental health services



DOC

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

2013 Resource Allocation for Children's Services

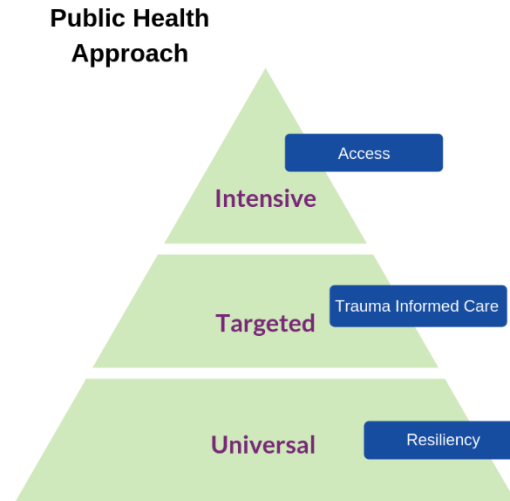


Public Health Approach

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



WISCONSIN OFFICE OF CHILDREN'S MENTAL HEALTH STRATEGY MAP

VISION

All Wisconsin adults support children's social and emotional well-being.

MISSION

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

ACTIONS

Innovate:
Shift perspectives

Integrate:
Facilitate collective impact

Improve:
Ensure services promote healing and recovery

OUTCOMES

Policy is driven by (1) families and youth with lived experience, (2) science and (3) data.

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

Stakeholders understand root causes of disproportionality and develop action plans using this knowledge.

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

Stakeholders are aware of the continuum of state agencies' initiatives related to children, youth and families and use this knowledge when developing policies and programs.

Stakeholders understand root causes of high youth psychiatric hospitalization rates and develop action plans using this knowledge.

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

Shared outcomes -- to be established.

Stakeholders understand root causes of high youth suicide rates and develop action plans using this knowledge.

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

Stakeholders understand medical professionals' psychotropic medication prescribing patterns and develop action plans using this knowledge.

Collective Impact

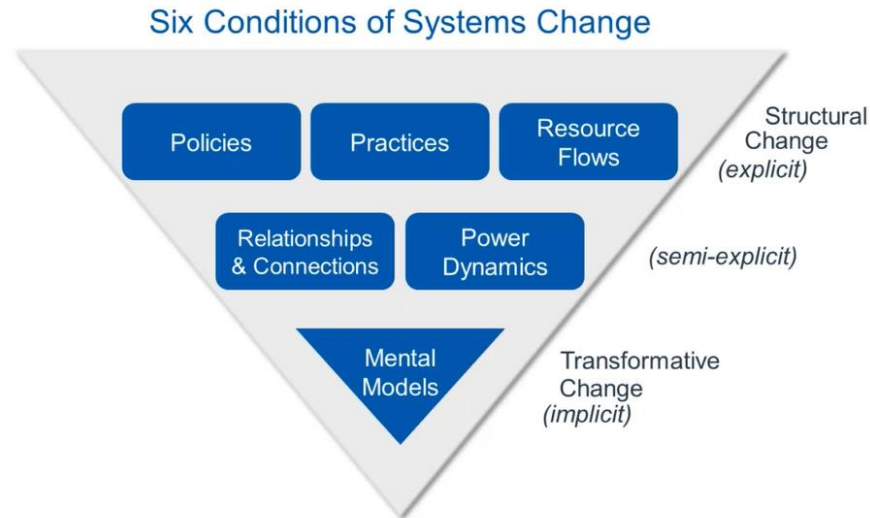
Collective Impact is the commitment of a group of people from different sectors to a common agenda for solving a specific, complex social problem, using a structured form of collaboration.

5 Characteristics of Collective Impact



Collective Impact & Systems Thinking

Shifting the Conditions That Hold the Problem In Place



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](#)

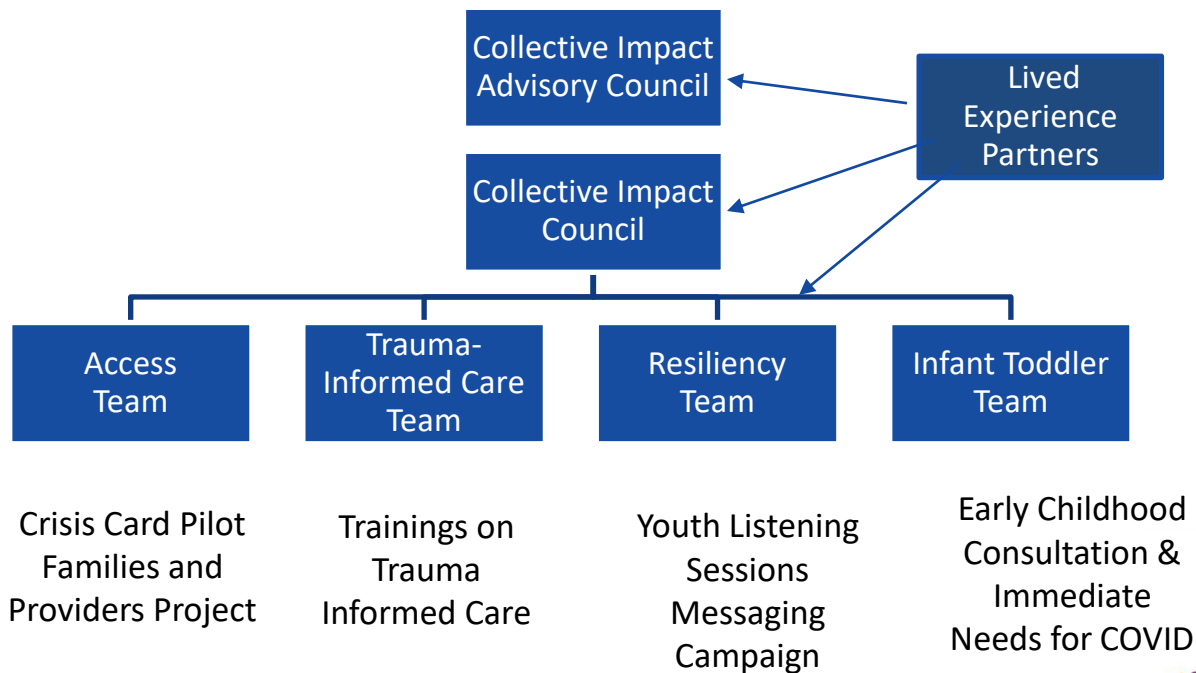
[OCMH Lived Experience Partners](#)

[Youth Leadership](#)

[Become a Lived Experience Leader](#)

[Case Studies & Success Stories](#)

Children's Mental Health Collective Impact



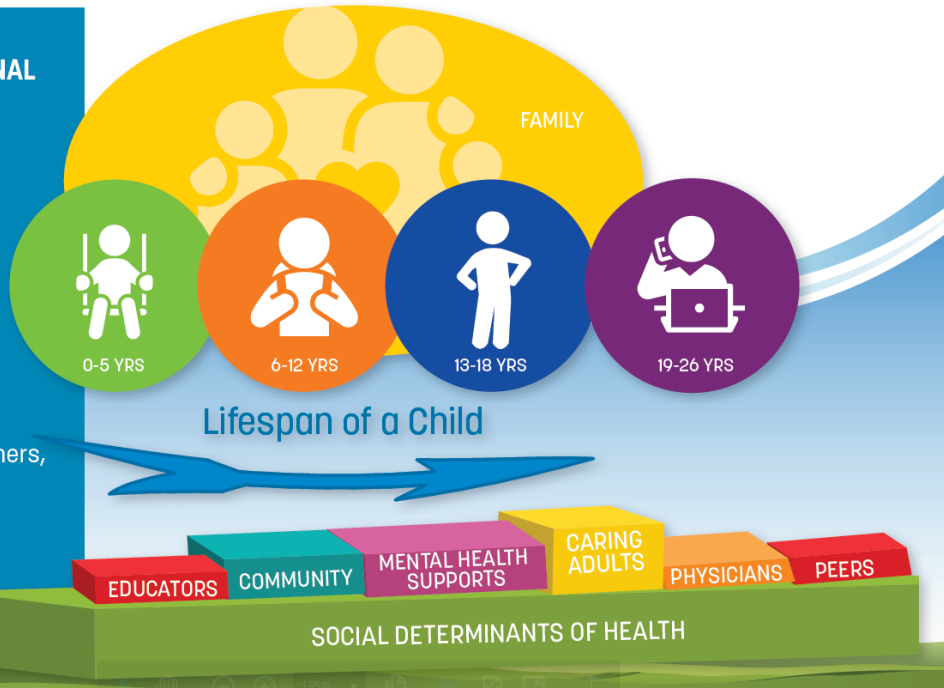
Tangible action steps taken to improve children's mental health in Wisconsin



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

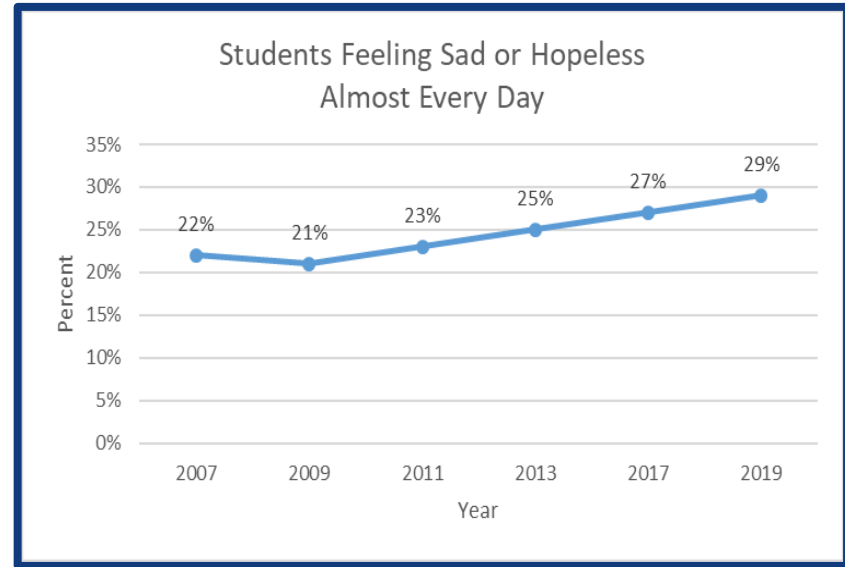
Social & Economic Factors

INDICATOR	US CURRENT	WI BASELINE	WI CURRENT	
Difficulty with social skills	22%	23%	29%	
High school graduation	86%	88%	90%	
School connectedness	Data Not Available	71%	61%	

Source: [OCMH 2021 Annual Report](#)

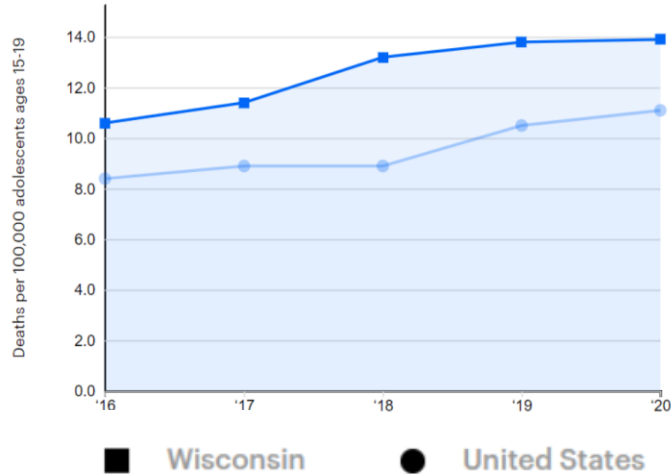
Anxiety, Depression & Self-Harm

- **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.



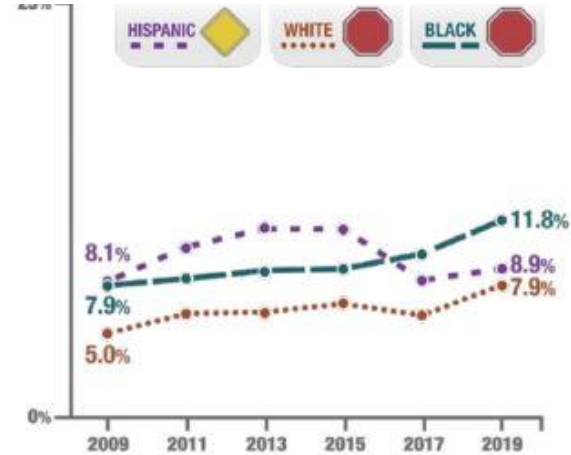
Suicide

Deaths per 100,000 Ages 15-19



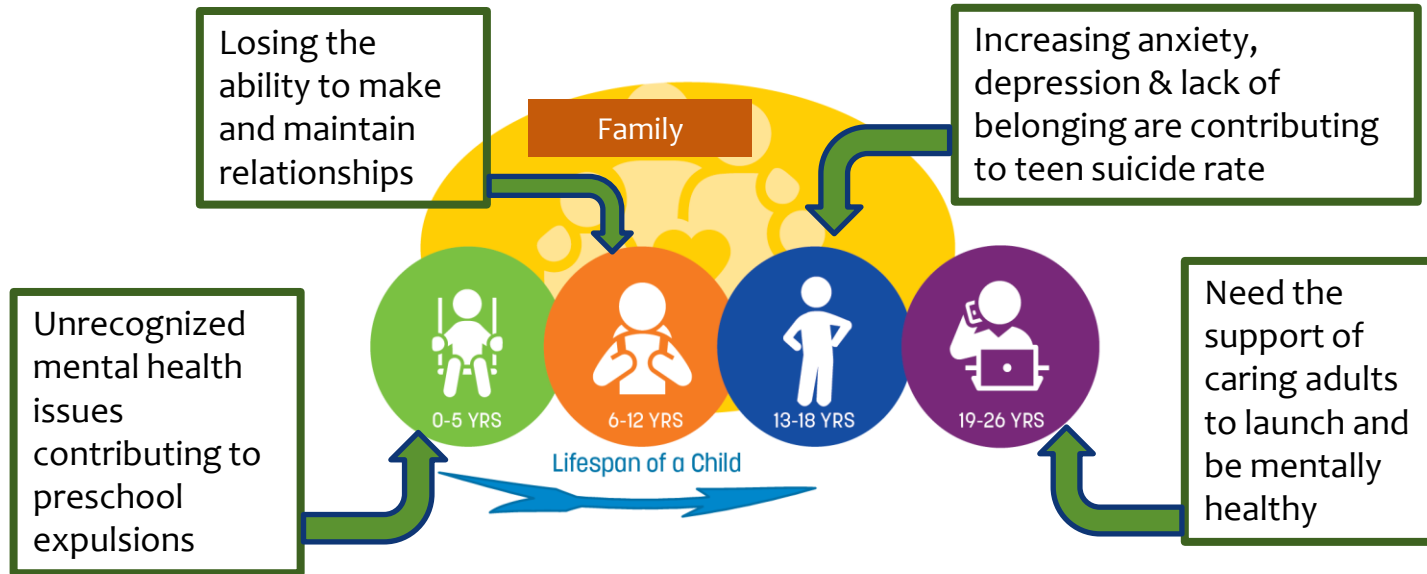
Source: [JAMA Network](#)

Trends in Reported Suicide Attempts

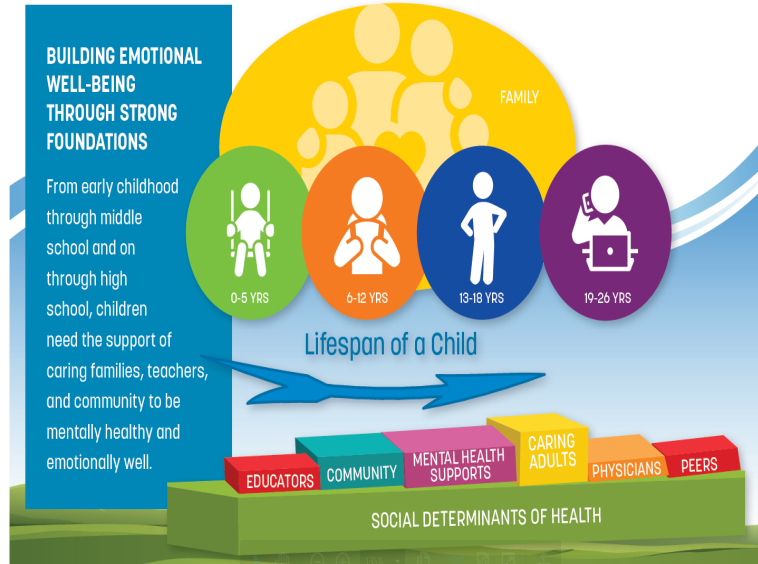


Source: [National Youth Risk Behavior Survey](#)

Kids Across the Lifespan are Struggling



OCMH 2021



Study



Collective Action




What's the One Thing?

Social Connectedness of Youth



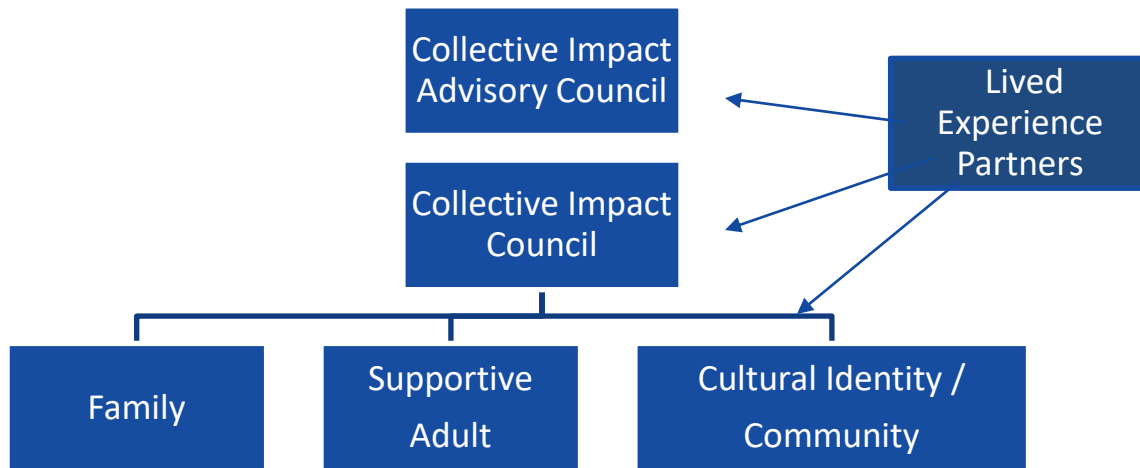
Youth are socially connected when they are actively engaged in positive relationships where they feel they belong, are safe, cared for, valued, and supported.

Social Connectedness Impact Team Visions

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

Trusted relationships benefit both the youth and the adult

Children's Mental Health Collective Impact



*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](https://twitter.com/WIKidsMH)
 - Facebook [Facebook.com/OCMHWI](https://www.facebook.com/OCMHWI)
- Join our network – OCMH@Wi.gov



Linda A. Hall, Director
linda.hall@wi.gov



Maine Resilience Building Network

CULTIVATING YOUTH MATTERING

Kini-Ana
Tinkham, RN





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

CULTIVATING YOUTH MATTERING IS AN UPSTREAM APPROACH TO CHANGING DOWNSTREAM

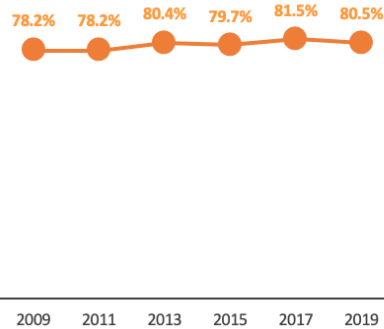


MATTERING DOMAINS

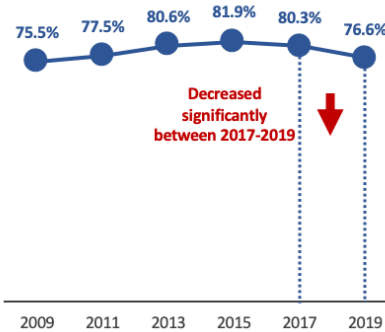


RELATIONAL SUPPORTS

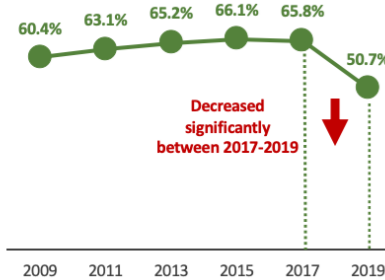
MIYHS HS 2019: Assets and Supports



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

MATTERING & CONNECTEDNESS

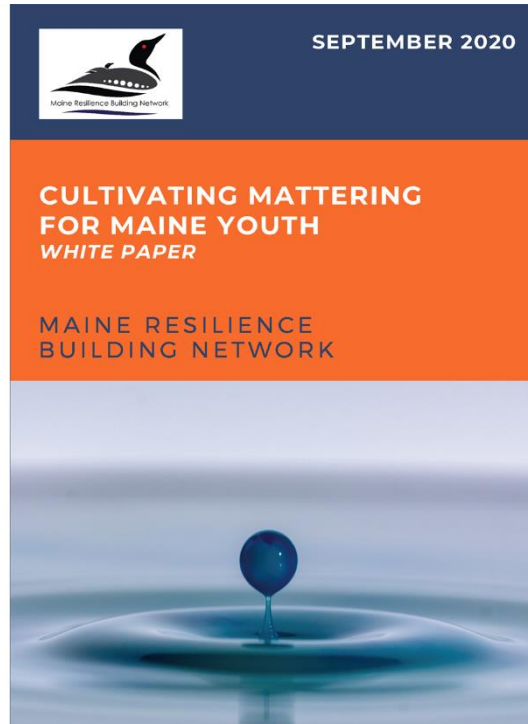
Adolescent Connectedness



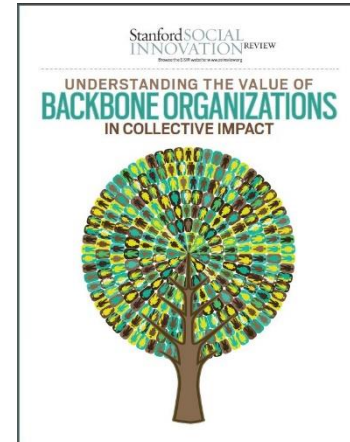
Youth Connectedness Is an Important Protective Factor for Health and Well-being

- 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

Catalyzing Action- Cultivating Mattering for Maine Youth



<https://maineresilience.org/Resource-Library2>



www.maineresilience.org



Cultivating Mattering for Maine Youth Thought Leaders Roundtables –Dec 2020



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



<https://maineresilience.org/Resource-Library2>



Common Themes Discussed:

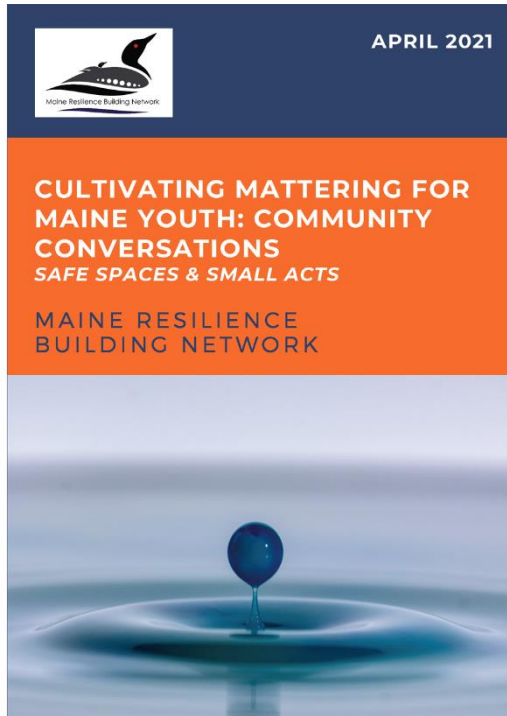
- Need for rebuilding and leveraging school & community linkages
- Importance of youth voice, youth advocacy and engagement
- Need to support caregivers, teachers and youth development professionals
- Importance of Restorative Practices, trauma informed & resilience-based systems
- Connection and engagement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

www.maineresilience.org



Maine Resilience Building Network

Cultivating Mattering for Maine Youth Community Conversations



<https://maineresilience.org/Resource-Library2>

- 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

www.maineresilience.org



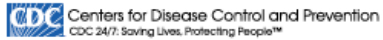
MATTERING INITIATIVE NEXT STEPS

- 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 funds 20 recipients to help accelerate actions in state, local, tribal, and territorial jurisdictions that prevent and reduce chronic diseases among people experiencing health disparities.

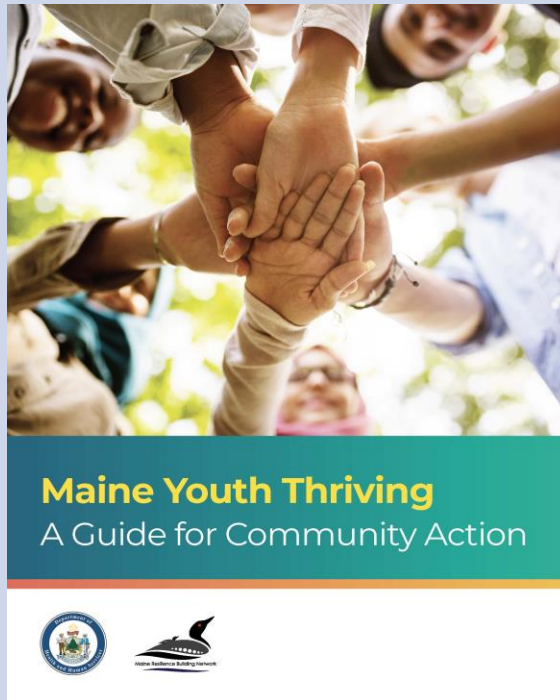
The conditions in which we are born, live, learn, work, play, worship, and age—known as [social determinants of health](#) (SDOH)—have a profound impact on health. They influence the opportunities available to us to practice healthy behaviors, enhancing or limiting our ability to live healthy lives.

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.



MAINE YOUTH THRIVING

A Guide for Community Action



www.maineresilience.org



IMPACT

Franklin County Youth Mattering Initiative

HOW TO BUILD MORE AUTHENTIC CONNECTIONS WITH YOUNG PEOPLE

FROM THE MAINE RESILIENCE BUILDING NETWORK

Connectedness and a sense of mattering are some of the strongest protective factors we can offer children who need extra support.



BE YOURSELF

Young people, just like adults, are fully capable of telling the difference between sincerity and pretense. It's important to both model and live the value of being comfortable as yourself. This kind of visible self-love encourages young people to embrace their own identities and full selves too!

LET THEM MAKE DECISIONS

Young people have few opportunities to make decisions for themselves. Encourage self-determination by offering them the opportunity to pick where to go to dinner, the music playing in the car, or even what color to paint a communal space! It's important not to force them to make decisions, however, just offer them the opportunity.



MEET THEM WHERE THEY ARE

Accept that some young people are not interested in connecting with adults they don't know. Respect their boundaries.

Use the technology they use if that is possible. We are lucky there are so many ways for us to communicate with young people!

Be aware of generational differences. In general, young adults have different values, language, technology dependence, and



Mattering

Daily update · April 30, 2022

NEWS

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.

ABOUT MRBN

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 DIALOGUE

Join Us For Part Two

https://us06web.zoom.us/meeting/register/tZ0kc-2rqzgrHtQJKsnJxmHza_rQpt2CfbKJ

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.