Champions for Children’s Mental Health

Challenges and Opportunities

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\[ T = (V + B + A) \times (CQI)^2 \]
You are never more than 6 degrees away from Kevin Bacon…

About five degrees away from a frog…

2 degrees
You are never more than 2 degrees away from a mental health champion…

2 degrees
2 degrees
SAMHSA Mission

Reduce the impact of substance abuse and mental illness on America’s communities

- Behavioral health is a component of service systems that:
  - Improve health status
  - Contain health care and other costs to society

- Prevention Works
- Treatment is effective
- People recover from mental and substance use disorders
SAMHSA’s Strategic Initiatives

- Prevention of Substance Abuse and Mental Illness
- Trauma and Justice
- Military Families – Active, Guard, Reserve and Veteran
- Health Reform
- Housing and Homelessness
- Jobs and Economy
- Health Information Technology for Behavioral Health Providers
- Behavioral Health Workforce - In Primary and Specialty Care Settings
- Data, Outcomes and Quality – Demonstrating Results
- Public Awareness and Support
Key Tasks

Addressing child, youth and family behavioral health issues within each strategic initiative.

Demonstrating that initiative is “making a difference” and program is worth keeping, adapting, enhancing.

Do the right thing and do things right.
Program Funding and Children Served

Through Fiscal Year (FY) 2009: 102,000 children & youth & their families served
Average # of children/youth served per year = 11,306
Average FY 2008 program cost per child/youth served = $7,830
System of Care Communities of the Comprehensive Community Mental Health Services for Children and Their Families Program

**Funded Communities**

<table>
<thead>
<tr>
<th>Date</th>
<th>Number</th>
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<tbody>
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<td>2009</td>
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<td>2008</td>
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<td>1997–1998</td>
<td>23</td>
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<td>1993–1994</td>
<td>22</td>
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Anxiety about the future? Now more than ever a System of Care Approach is needed

- SOC Policy and Practice creates efficiencies
- Improved outcomes across child serving sectors
- Need to expand and make common practice
Systems of Care Work...

System Of Care
Overall Youth Report Card

- Youth Are Spending More Time In School
- Youth Are Improving School Grades
- Youth Behaviors Are Improving
- Youth Are Demonstrating Improved Emotional Health

2 degrees
Systems of Care Work

Systems of Care work when families & youth drive the process!
Think beyond the norm...

Implement Authentic Family-Driven Care
Empower Youth
Create New Partnerships
Eliminate Disparities
Increase Youth Involvement
Authentic Family Driven Care
Parent Support Provider Initiative
The Quality Direction

- Assess
- Identify Technical Assistance
- Improve
Employment Status of Caregivers at Intake and 6 Months

- Employed: 55.5% (n = 4,737)
- Employed After 6 Months: 76.4%
- Unemployed Due to Child's Problems: 23.6%
- Unemployed Due to Other Reasons: 15.9%
Five Most Frequently Taken Antidepressants, Antipsychotics, and Psychostimulants

Antidepressants
- Zoloft: 20%
- Prozac: 10%
- Paxil: 11%
- Wellbutrin: 13%
- Endep/Elavil**: 14%
- Other*: 31%

Other
- Other Geodon: 5%
- Abilify: 11%
- Zyprexa: 12%
- Seroquel: 22%
- Risperdal: 46%
- Other Metadate: 2%
- Dextro: 6%
- Concerta: 25%
- Ritalin: 26%
- Adderall: 39%

* Includes Desyrel, Celexa, Effexor, Anafranil, Lexapro.
** Elavil was discontinued in 2003.

- Antidepressants
- Anxiolytics
- Antimanics
- Antipsychotics
- Psychostimulants
- Antihypertensives
- Anticonvulsants

Year

FDA Warning

0%
10%
20%
30%
40%
50%
60%
70%
80%
90%
100%
Trends in Suicide Attempts Prior to Intake and Depression-Related Problems

FDA Warning

Suicide attempts
Depression-related problems
Activities in Progress

Web Site

• NAMBHA created a Web site that will serve as a national source of information and resources about mental health disparities.

www.endmentalhealthdisparities.org
Activities in Progress

TeleHealth

• Community [TeleHealth resource guide].
• Health Buddy project for Native American veterans with PTSD.
• Rural Meeting
Next Steps and New Priorities

Community-Defined Evidence and Practice-Based Evidence

LGBTQI2-S
Systems of Care Work!!

Focus on youth and families: Involving youth and families in strength-based treatment approaches works!!
5 things to remember when doing this work...
Be on the lookout for new opportunities…
2010 National Children’s Mental Health Awareness Day
Community Level Activities

Nationwide Art Action

Nationwide Art Action Symbol

MY FEELINGS ARE A WORK OF ART

NATIONAL CHILDREN’S MENTAL HEALTH AWARENESS DAY
ART ACTION 2010
MAY 6, 2010

A Life in the Community for Everyone
SAMHSA
Use the buddy system when working on systems change…
Embracing a Public Health Model

Mental Health

Public Health
A Public Health Approach to Children’s Mental Health

A Conceptual Framework

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Celebrate the uniqueness of the families you work with
The National Building Bridges Initiative

Advancing partnerships among residential and community-based service providers, youth and families to improve lives.
Highlights of BBI

- National Steering Committee
- Two National Summits held (2006 and 2007) (3rd planned: June 7 – 10, 2010)
- Workgroups:
  - Outcomes
  - Youth/Family Partnerships
  - Social Marketing
- Documents to support the field:
  - Joint Resolution
  - Matrix/Self Assessment Tool
  - Family & Youth Tip Sheets
  - www.buildingbridges4youth.org
- State and Local Efforts (NY, PA, GA, MA)
BBI Products & Resources

- **BBI website (www.buildingbridges4youth.org):** The new BBI website is official and was launched on 1/29/10! Please visit the website and review all of the BBI documents available to support work with children, youth and families.

- **BBI Self-Assessment Tool (SAT) and the SAT Glossary:** Residential programs, the youth and families they serve, and their community program counterparts now have a useful tool available to assess their current activities against best practices consistent with the BBI JR Principles.
  - The SAT: designed to be used with groups of residential and community staff, advocates, families and youth to facilitate discussion on how program and community efforts to implement best practices can be most effectively supported.
  - The SAT Glossary provides a definition of terms used throughout the SAT.
  - Will be available on the BBI website with additional information about how to use the SAT.
**BBI Products & Resources**

- **Family Tip Sheets - *Short and Long Versions***: The BBI Family Advisory Network, comprised of family members and advocates who have had children in out-of-home care programs, have developed both short and long versions of the Family Tip Sheet.

- The Family Tip Sheets support family members by identifying important issues that family members might consider relative to their child’s residential experience and information they may want to explore with their residential provider.

- It is recommended that both versions be distributed to family support/advocacy organizations; residential and community programs should also provide new and existing family members with copies of both documents.

- State and county policy makers and associations may want to distribute both versions of the Family Tip Sheet to programs they oversee or to their member organizations.
• **Youth Tip Sheets - Short and Long Versions:** The BBI Youth Advisory Group has completed both short and long versions of the Youth Tip Sheet, entitled: *Your Life – Your Future: Inside Info on Residential Programs from Youth Who Have Been There*. The Youth Tip Sheets offer both words of support and a framework for guiding youth to ask questions that will help them be informed partners in their own care. Both the short and long versions of the Youth Tip Sheets can also be used as part of an admission packet.

- **The Youth Tip Sheet – Short Version** is for youth who may be considering a residential program and/or those about to enter or who are already in a residential program. Ideally, a youth advocate or youth mentor would review the Youth Tip Sheet with the youth individually.

- **The Youth Tip Sheet – Long Version** will interest youth who wish to gain a more in-depth understanding of how they can ‘take charge’ of their own treatment and recovery and can be used by advocates, providers, families and policy makers to ensure that residential and community programs serving youth, and their families, are truly youth-guided.
Find the holes in the bread and make ‘em work…

Got a question about how to develop a family-driven, youth-guided system of care?
Start here
www.systemsofcare.samhsa.gov
Technology “R” Us
“The possibilities are endless. The time to take action is now.”

~ Gary M. Blau ~
So get more families & youth involved…

We need more dads!
Talk to your colleagues about the values and principles of systems of care...
Yes, there will be naysayers who will say “arrgghhh!!!!” to systems of care…
But you can counteract that by documenting your success…
And spread the word that Systems of Care work!