

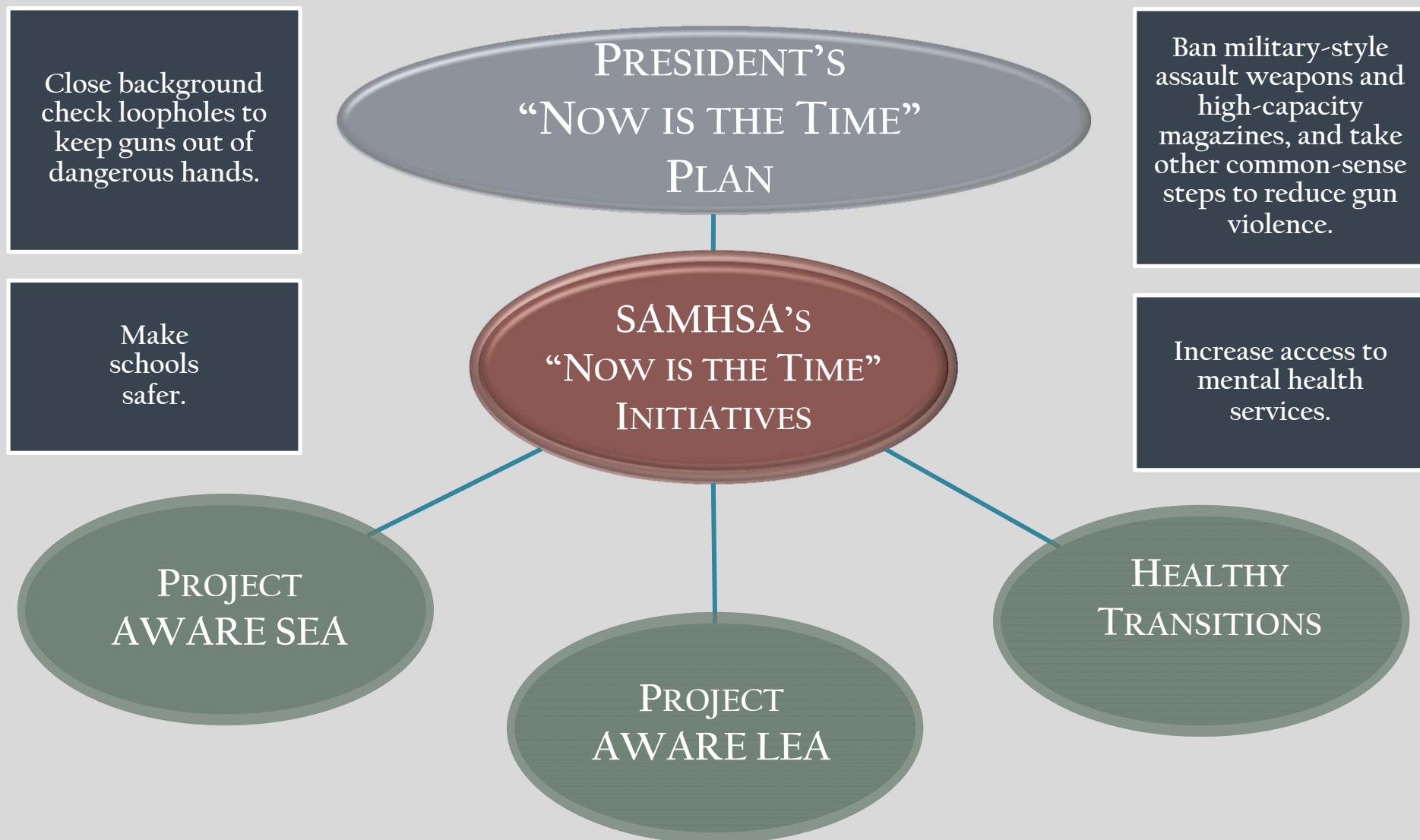
**PA** HEALTHY TRANSITIONS  
PARTNERSHIP

# PRESIDENT'S "NOW IS THE TIME" PLAN



[http://www.whitehouse.gov/sites/default/files/docs/wh now is the time full.pdf](http://www.whitehouse.gov/sites/default/files/docs/wh_now_is_the_time_full.pdf)

# SAMHSA's "NOW IS THE TIME" INITIATIVES



# PURPOSE

The purpose of the Pennsylvania Healthy Transitions (PAHT) Partnership is to develop a coordinated and comprehensive approach to the provision of services and supports to address serious mental health conditions, co-occurring disorders, and risks for developing serious mental health conditions among youth 16 – 25 years old.

# EVALUTION

## **System Level Data**

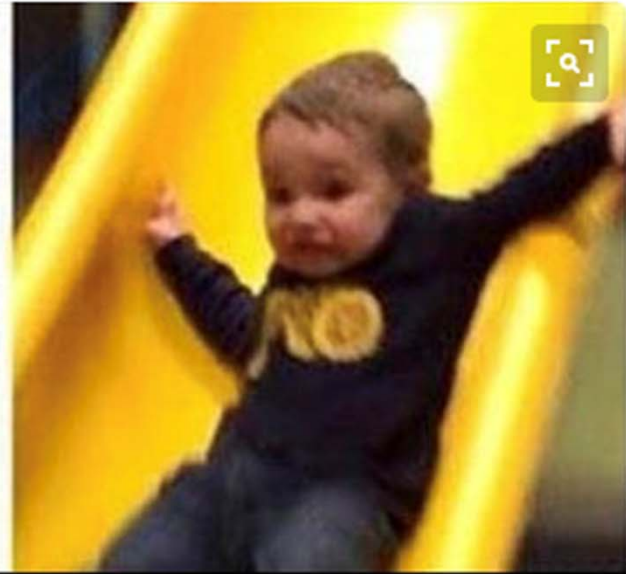
- Collects data to assess infrastructure development, prevention, and mental health promotion.

## **Individual Youth and Family Level Data**

- Collects demographic and descriptive information for counties to use to assess their system integration and potential cultural or linguistic disparities.
- Collects data to evaluate individual outcomes, satisfaction, and progress that youth and young adults experience because the county is implementing the Healthy Transitions grant.

## **National Evaluation**

- All 17 states are part of a larger data collection effort that assesses how the Healthy Transitions grants across the country are being implemented.



**Me sliding into adulthood**





**NITT-TA**  
NOW IS THE TIME  
TECHNICAL ASSISTANCE CENTER

# Healthy Transitions

**BUCKS YOUNG ADULT ADVISORY GROUP,  
BUCKS COUNTY DEPARTMENTS OF  
MENTAL HEALTH &  
BEHAVIORAL HEALTH**



*PRESENTER*

Barbara Miller

Emily Ferris

Bucks Young Adult Advisory Group

# OUR COMMUNITY

- Our Composition
  - 23 Boroughs, 31 townships, governed by 3 person Board of Commissioners
  - Geographically, the County is divided into 3 distinct regions- Upper, Central, and Lower County
  - Ranges from agricultural land to densely populated municipalities
  - Children's Services, including school districts, work collaboratively

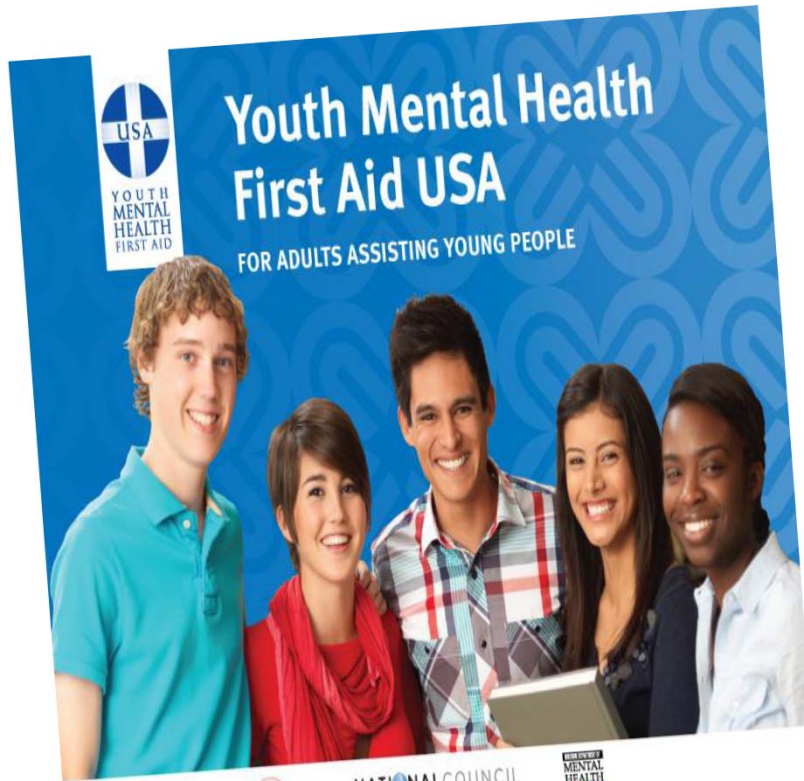


# OUR COMMUNITY

## ☐ Our Needs

- Limited public transportation and affordable housing
- Disconnected youth, with serious mental health conditions and co-occurring issues
- Challenges to create county-wide services and supports due to the size, as well as economic and cultural disparities
- Service gaps between the children and adult systems
- TAY/Families have difficulties finding “the right door”
- Greater involvement of youth and families in NITT:HT

# OUR GRANT & COMMUNITY PARTNERS

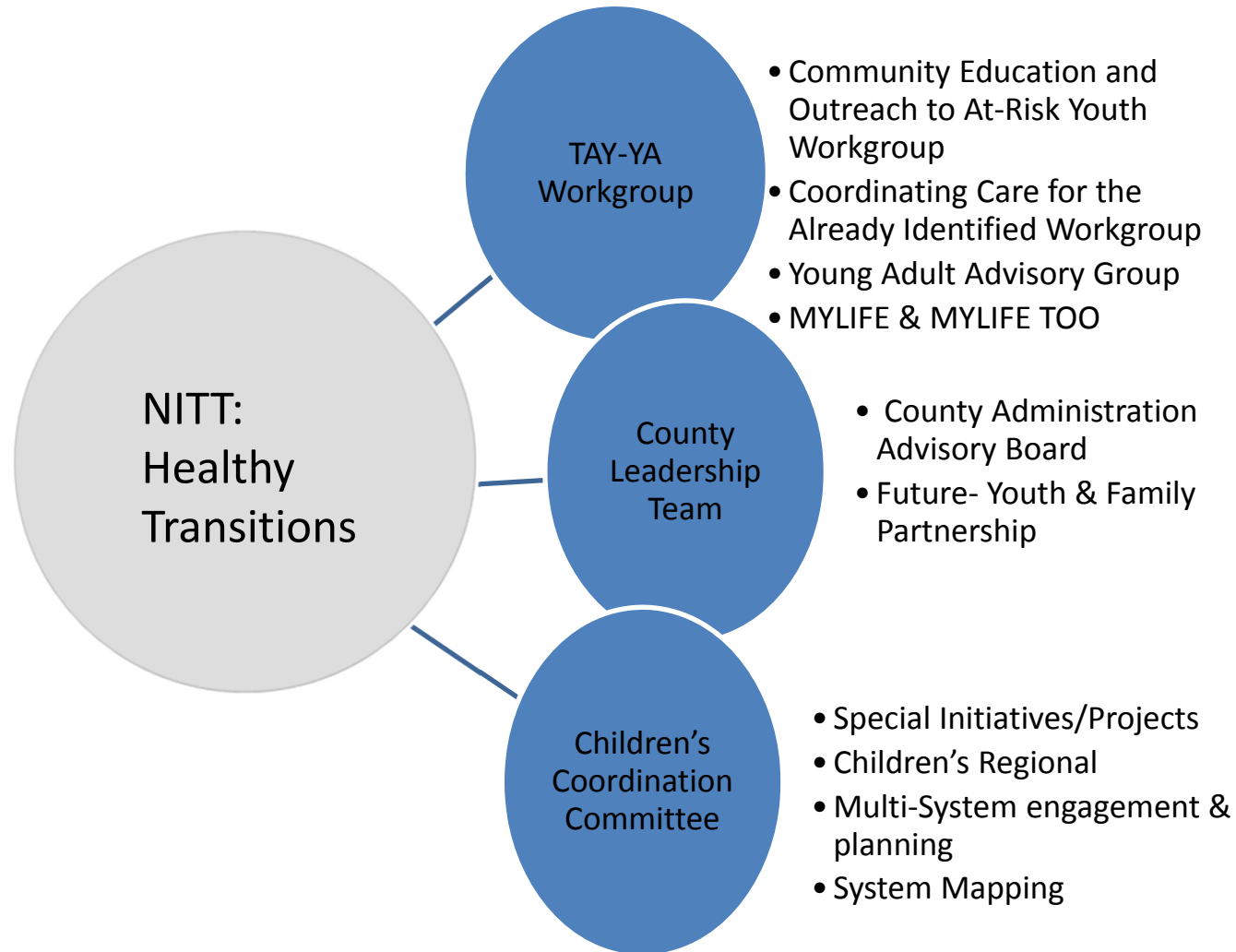


# OUR VISION FOR POSITIVE CHANGE

- Increased awareness of TAY-YA through community education, events, and training
- Youth and family recruitment, equal partnership, and leadership development
- Services and supports that are responsive to the unique needs and priorities of TAY-YA
- Centralized referral process to expedite the pathway into adulthood
- Coordinated efforts between the child and adult serving systems
- Certified Peer Specialist support to engage both Disconnected At- Risk and Identified Youth



# STAKEHOLDERS



# INNOVATIVE APPROACHES & OPPORTUNITIES

- TIP-Housing collaboration =  
Shared Living Program
- Specialized Student Assistance Program
  - High Fidelity Wrap Around TAY Team
- TAY RISE (Reaching Independence with Support and Encouragement)
- Youth and Family Peer Support & Outreach
  - Social Media and Website Development

# COMMUNITY OUTREACH & EDUCATION

- YOUTHTOPIA bring-a-friend event in partnership with MY LIFE
  - Suicide Prevention Walk and Outreach Campaign
  - NAMI Stride for Mental Health Awareness Walk
    - Youth Mental Health First Aid
- Creating Healthy Transitions for Bucks County TAY Event for Youth, Families, and Providers
  - TAY provider trainings
  - Youth and Family Leadership
  - Community Presentations



**NITT-TA**  
NOW IS THE TIME  
TECHNICAL ASSISTANCE CENTER

Healthy  
Transitions

## WASHINGTON COUNTY

### *PRESENTER*

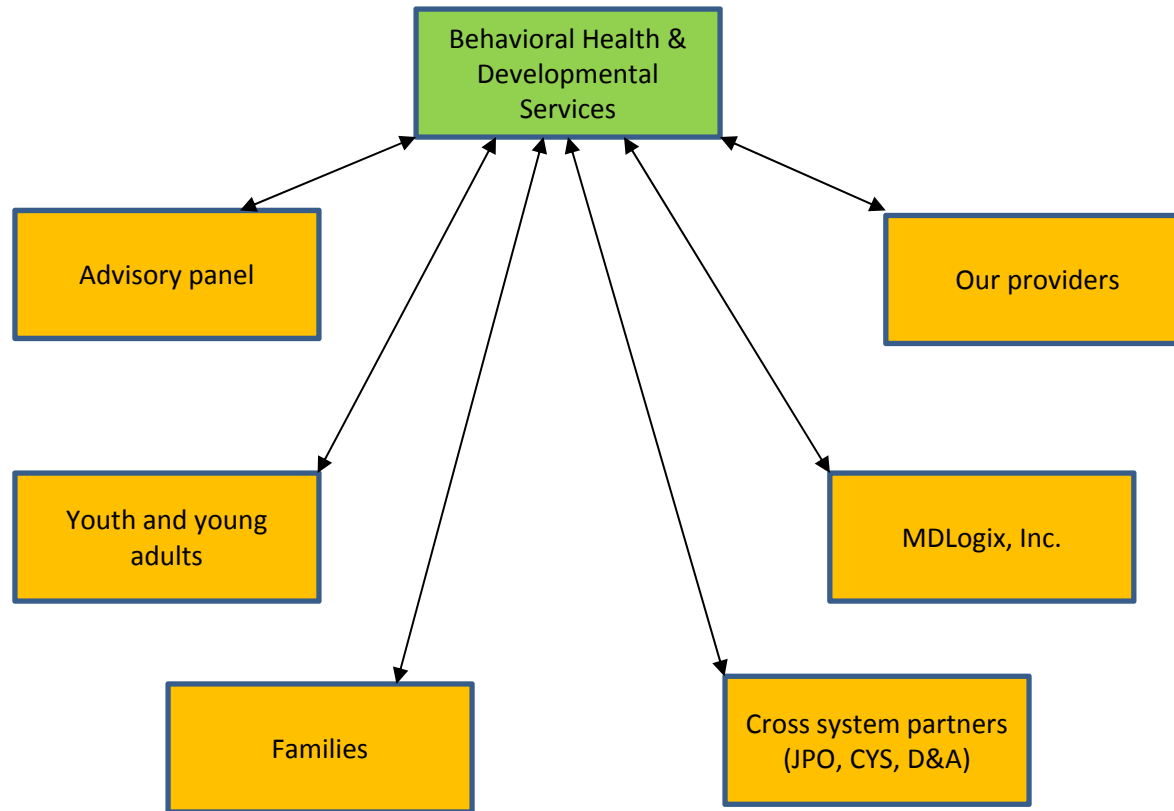
Alicia Logue  
Consultant

# Washington county





# Our Partners



# Youth driven

- Youth representatives on advisory panel
- Teen center staffed by youth
- Expansion of teen center to serve 19-25



# Comprehensive assessment of needs

- Comprehensive needs assessment
- Focus groups
  - What worries you the most about transition to adulthood?
  - What services/supports do you need to be successful?
  - What advice would you give to adults/professionals who are trying to help you?



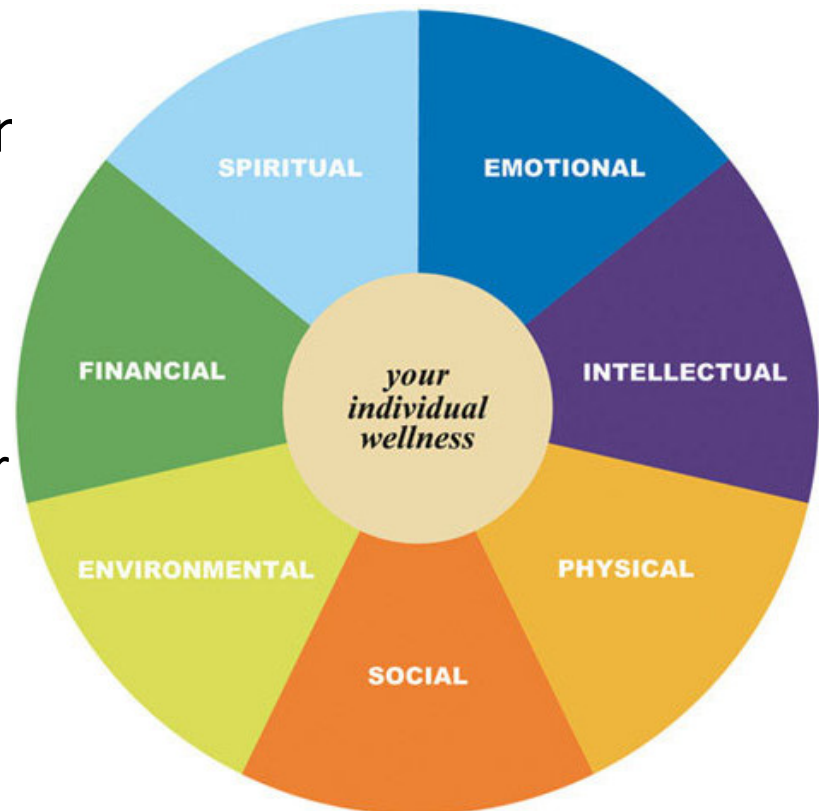
# Outreach

- Mental Health Awareness Events
- Youth Mental Health First Aid Trainings
- Website designed for youth



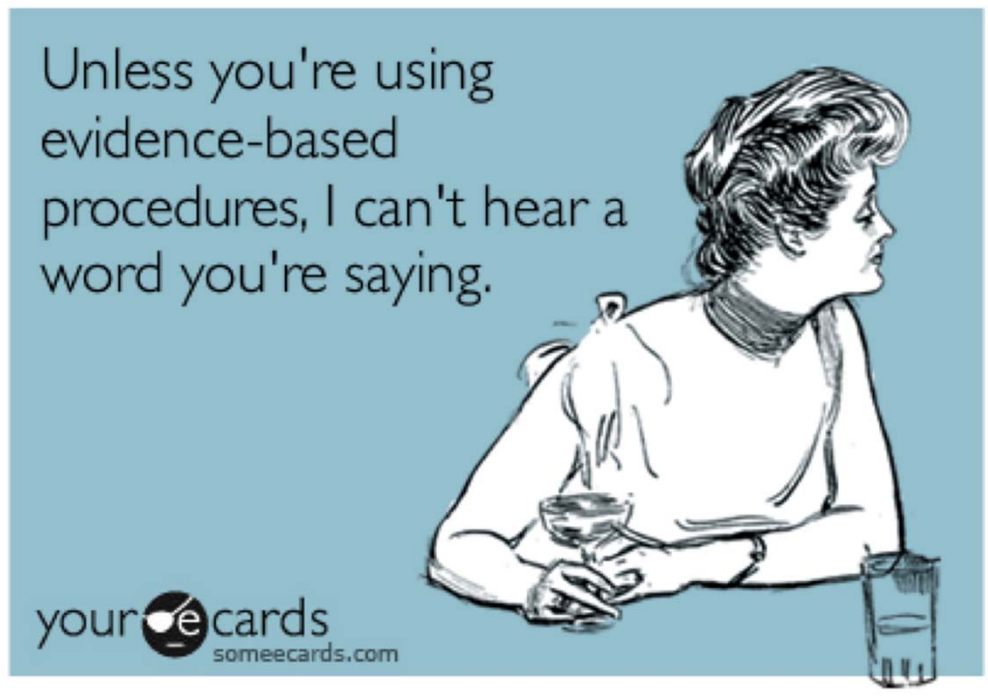
# Identification, referral, & coordinated care

- Inpatient screening and triage of TAYYA
- Web-based screening tool in Primary Care offices and schools with
  - Linkage to behavioral health services
  - Training PCPs on how to refer to MH services
- Transition Age Care Coordination
  - Community Support Plan



# Evidence-based practice

- Training EBP providers on youth culture
  - CBT and DBT Training and provision of services specific to needs of youth
  - Needs of LGBTQI youth
- Linking identified youth to existing EBP
  - Supported employment, supportive housing, CBT, IMR, Psych rehab, Peer supports



# Future plans

- Continued training and community outreach
- Enhanced outpatient services for youth with co-occurring and complex needs
- Expansion of teen center to Mon Valley
- Certified Peer Specialists for youth
- Housing models
- Modified ACT

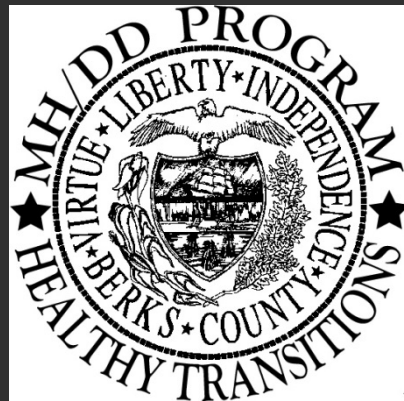




**NITT-TA**  
NOW IS THE TIME  
TECHNICAL ASSISTANCE CENTER

Healthy  
Transitions

# BERKS COUNTY, PENNSYLVANIA



**Sheila Bressler, LSW**  
**CASSP Coordinator**

**Danielle Knox,**  
**Youth Representative**

**Presenters:**

**Lauren Heydt, LSW**  
**Program Manager**

**Thaeda Frantz, Ph. D.**  
**Family Representative**



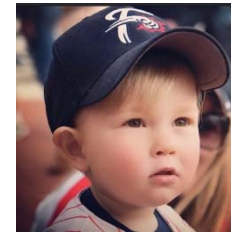
# Berks County on the map...



# Thaeda, Danielle, Sheila, Lauren



Sheila



Lauren



Danielle



Thaeda



# All About Berks ...



**Reading  
Fightin Phils  
Baseball Team**



**Pagoda**



**ICY TEA/ICY CRACK  
Clover Farms Drinks**



**Home of  
Taylor Swift**



**Pretzel Capital  
of the world**



**Whoopie Pies**



**Reading Railroad**

# Our Community

## Berks County



- According to the 2010 US Census, Berks County had a total estimated population of 411,442. It is estimated that 14% (59,140) of the total population is aged 15-24 and falls into the target population age range.
- According to the US Census, 83.2% of the Berks County population identifies themselves as White and 4.9% as Black or African American. 16.4% of the population identifies themselves as Hispanic or Latino.
- In 2013 calendar year, 16,224 individuals (all ages) utilized a mental health service through the HealthChoices program. Of those that used a mental health service, 2,734 (17%) of them were ages 16-25.



# **Specific Needs of the Population**

- **Youth with a history of trauma and who may be at risk of homelessness or are homeless**
  - **Housing for TAY**
- **Enhancing programs for TAY**
  - **Peer support (16 and 17 year olds)**
  - **Mobile and Psych Rehab (16 and 17 year olds)**
  - **Site based Psych Rehab (16 and 17 year olds)**
- **Creating a Site Based Psychiatric Rehabilitation Program**
  - **Solely for 16-25 year olds**
  - **A place for them to go**
- **Increasing awareness**
  - **Providing the community at large information and resources regarding mental health services here in Berks**

# Bucks County Young Adult Advisory Group

- Comprised of young adults (ages 16 – 25) with experience of the mental health system
- Provides guidance and feedback
  - To the Bucks County NITT-HT Grant Subcommittees
  - Bucks County Transition-Age Youth and Young Adult Workgroup
  - Bucks County Suicide Prevention Taskforce
- Project Examples
  - Website and Social Media
  - Centralized Referral Process
  - Suicide Prevention Outreach Campaign
  - Youth and Family Inclusion Process

# SOCIAL MEDIA

# TAYINBUCKS.ORG



Barbara Miller  
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Mary Garrett Itin  
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Emily Ferris  
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# Washington County

Healthy Transitions

# Topics

- Transition age peer support services
- Refresh drop in center
- Coordinated care model
- Common elements and best practices

# Transition Age Peer Support Services

- Shared experience
- Trained transition age youth in recovery
- Includes social and recreational component

# Offers individuals:

- Hope
- Choice
- Support and understanding
- Goal achievement
- Relapse prevention strategies

## Differs from traditional MH services

- Reduced reliance on professionals
- Voluntary participation
- Equality among participants
- A nonjudgmental atmosphere
- Informality of peer mentoring services avoids artificial barriers such as those between "consumers" and "professionals" since peer mentors are also persons who have received services

# Developmentally appropriate and specific to needs of youth in transition

- Making and maintaining friendships
- Employment skills
- Managing school stress
- Becoming independent from parents/caregivers
- Including/respecting parents/caregivers
- Wanting to be treated like an adult but also wanting assistance because they are a child

# Refresh Drop In Center

- Expansion of existing teen center
- Offers a non-judgmental safe place
- Diversity is honored
- Staffed by young adults
- Open Friday-Sunday
- Offers recreation, acceptance, friendship, and support
- Video games, movies, crafts, music, coffee, plus educational topics to raise awareness and support (relationships, finances, depression, drugs, etc)
- No cost
- Everyone welcome

# Transition Age Care Coordinator

- Single point of contact
- All life domains
- Coordination and collaboration
- Strengthens relationships
- Transition to adulthood
- Does not replace the role of case manager



# Transition Age Care Coordinator

- Engages and empowers youth
- Youth-driven, collaborative team meetings
- Links youth to existing EBP
- Links youth to natural supports
- Writes community support plan
- Monitors coordination, implementation, and adherence

# Community Support Plan

- Single plan used by all providers supporting the youth
- Initial meeting to draft plan and assign roles/tasks
- Follow up meeting to review written plan and next steps
- 30 day review calls with team

# BEST PRACTICE ELEMENTS

- Input from youth focus groups
- Youth are main point of contact (not parents)
- Address all life domains
- Supports are developmentally appropriate
- Team members have clearly defined role/task
- Collaborative supports
- Encourage problem-solving, decision making, and self advocacy
- Be there. Listen. Do what you say you will do.

# Understanding youth culture

- Flexible scheduling
- Non-clinical language
- Desire for privacy and independence
- Offering food/drinks
- Understanding/using technology
- Home-like, welcoming office settings
- Open-minded, non-judgemental approach
- Clear boundaries
- Relevant resources

# TAP Social event-pizza party



"Never give up on someone with a mental illness. When "I" is replaced by "We," illness becomes wellness."

Shannon L. Alder



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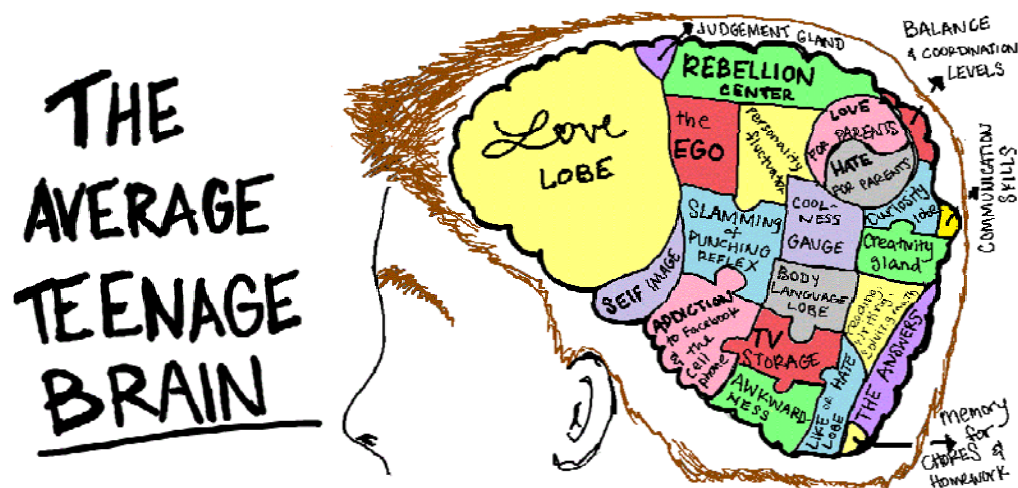
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# WHAT IS BERKS UP TO?

- **Hired a Program Manager to oversee the grant implementation**
- **Leadership team (meets once a month)**
- **2015 Awareness event: Snap Out The Stigma**
- **Education and Training: Adolescent Brain Development**





- **Suicide Awareness Symposium**
  - Partnered with a local Teen Theater Ensemble to educate youth/young adults/school districts/and the community about mental health and suicide
  - Welcomed Jordan Burnham a young adult who survived a suicide attempt by free-falling from his 9th floor bedroom window

- **Suicide Prevention: Speak Up:  
Reach Out Art Contest**

- An opportunity for community members to submit art work to interpret hope: suicide prevention and mental health

- **We had**  
**First Place**



**26 entries**  
**Phoenix**  
**Rising**

- **Opened a Site Based Psychiatric Rehabilitation Program specific for 16-25 year olds**
  - **HOPE SPRINGS CLUB HOUSE**



- **User friendly Transition Aged Youth website**
- **Kiosk (CHECK UP FROM THE NECK UP) implemented on Penn State Berks College Campus**
- **Suicide prevention PSA (high school students, college students)**



# 2016 Awareness Event: Strike Out The Stigma

- **A countywide event for Berks County to promote understanding that mental health awareness is paramount and suicide is a preventable community health problem.**
- **The goal of this event was to encourage, emotional well-being by promoting the concepts of communication, hope and community awareness in an effort to prevent suicide and raise awareness about mental health.**



# Strike Out The Stigma



**Mental Health Awareness 2016**

- **Dunk tank that featured Dr. Michalik: Mental Health and Developmental Disabilities Administrator , Commissioner Kevin Barnhardt, Executive Director of the Red Cross: Adrian Grieve, and Coroner: Dennis Hess**
- **Free Raffle tickets for five different baskets that focus on wellness and that mental health matters**
- **Stress balls, pens, bags, shirts all promoting and focusing on mental health awareness and suicide prevention**





- **Filling in the Gaps – not allowing youth/young adults to fall through the cracks and enhancing services (Mobile Psych Rehab, Peer Support, Site Based Psychiatric Rehabilitation)**
- **Continue to work to increase awareness of TAY-YA through community education, events, and training**



# Our Leadership Team



**JPO**



**Education**



**APO**



**MH/DD**



**Youth/Young Adults**

**Employment**



**Family**

**CCBH**



**Children and Youth Services**



**D/A**



# Family Member Involvement

Thaeda:

Being a family representative on the leadership team has afforded me a rare opportunity to have my experience with my son count for something. Managed care and limited funding often ties the hands of folks who want to do more good for people suffering from mental illness. As someone who has experienced those limitations first hand, I am grateful for the chance to have a voice and to positively impact other families in situations similar to mine.



# Our Youth Involvement

**Caitlin 19 years old:**

"Being on the leadership team is a great experience. Through the programs we are going to put into place we can reach out to transition aged youth and help them better their lives. Being on the team means a lot because I was able to turn my life around and I would like to help others my age do the same. It's not easy to do, but it is worth the effort"

**Kelsey 16 years old:**

"The Leadership Team is the best way to get active in helping people with mental disorders. They are a great experience for me"

**Areana 16 years old:**

"I am very honored to be a part of the Leadership team because it opens my eyes to new experiences and let's me take part in such a serious topic."

**Danielle 17 years old:**

"I have never seen a more passionate and hard-working group of people then I do with the Leadership Team. To be able to spread awareness about the hardships that people with mental illnesses go through is so important. As well as creating a safety net that is built on empathy and knowledge about recent mental illness research. For the past 7 years I have always done my best so that people know that mental illness (especially depression) is not the definition of who someone really is or what they can achieve."



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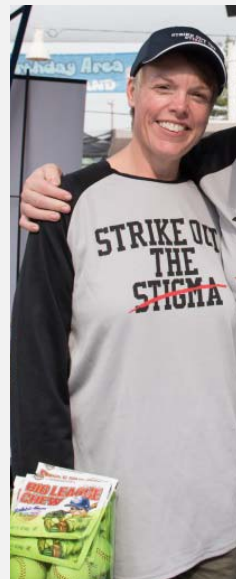
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# Questions?



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