



Meeting Adolescents Where They Are: New Directions in Behavioral Health

A GIH Strategy Session

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Sustaining Effective Behavioral Health Approaches: Research, Practice and Policy

Olga Acosta Price, Ph.D.

Director, Center for Health & Health Care in Schools

Associate Professor, GW School of Public Health & Health Services

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OBJECTIVES FOR THIS MORNING

- *Share lessons learned*
- *Present data & information*
- *Offer guiding questions*

What prevents teens from seeking help? STIGMA

Afraid that others would think poorly of them

Embarrassment or even feeling ashamed about the fact that they have a problem

People often look down on others who deal with emotional stress

FOR ALL OR A FEW?

“Everyone has mental health needs, whether or not they have a mental illness, just as everyone has physical health needs, whether or not they are sick”

Lynne Friedli

Behavioral Health Continuum

**Wellness
Promotion**

Prevention

**Early
Intervention**

Treatment



BROAD CHALLENGES

- ACCESS TO CARE
- QUALITY OF CARE
- CULTURE OF CARE



“Mental illness is the chronic disorder of young people.”

- 22% of 13-18 year olds have a mental health condition with severe impairment
- Half of lifetime diagnosable mental illness start by age 14, and about 75% start by age 24



What prevents teens from seeking help?

We don't actually know that its okay to need help and ask

We feel as though we might be judged or not taken seriously

LESSONS

- Practice is constrained by stigma
- Prevention and intervention can be complementary
- Youth at center, but Adults matter
- Families have complex lives, and solutions must reflect this complexity
- Integrated approaches often lead to best outcomes

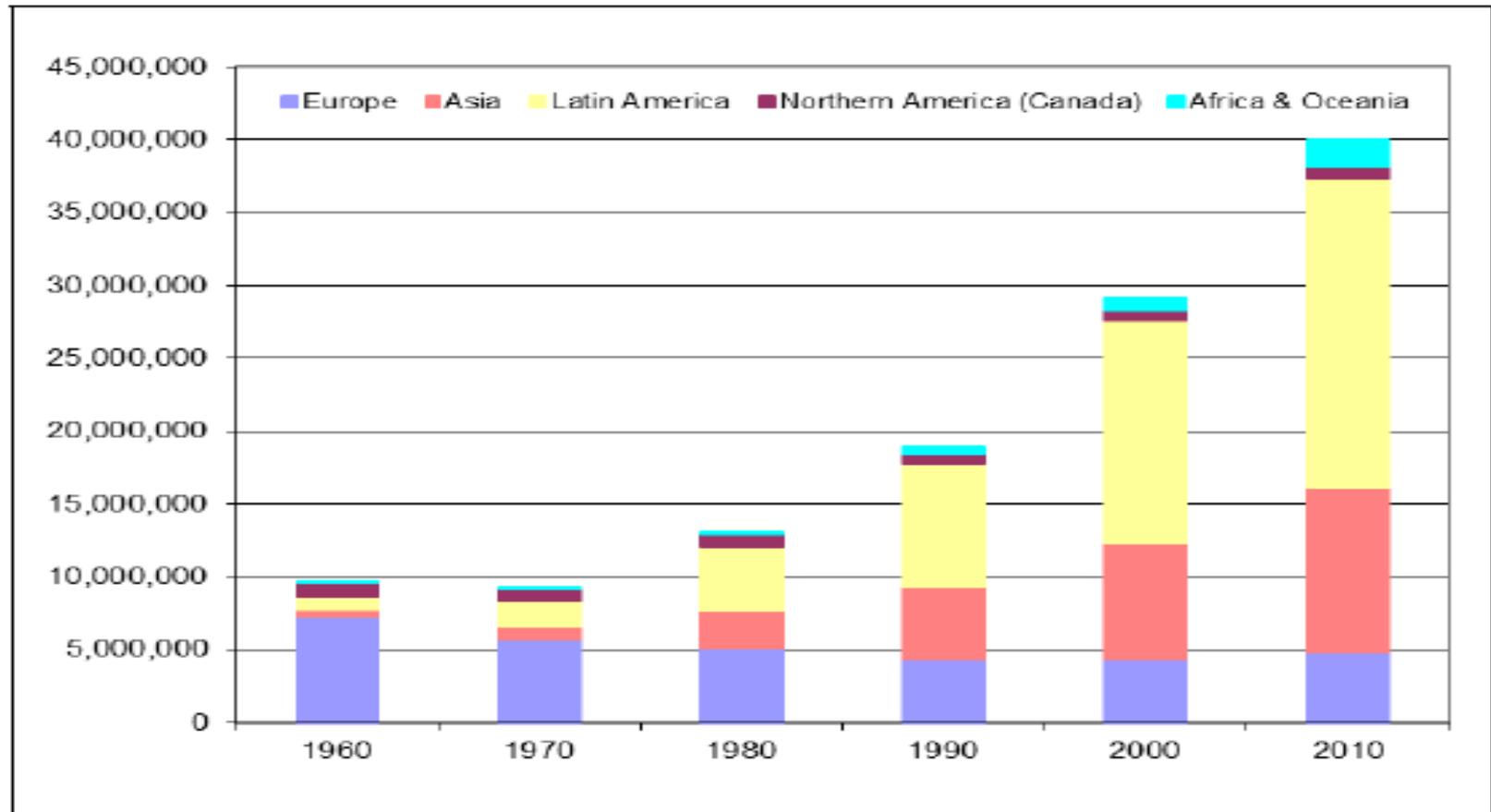
75% of children receiving mental health support receive it in....

SCHOOL



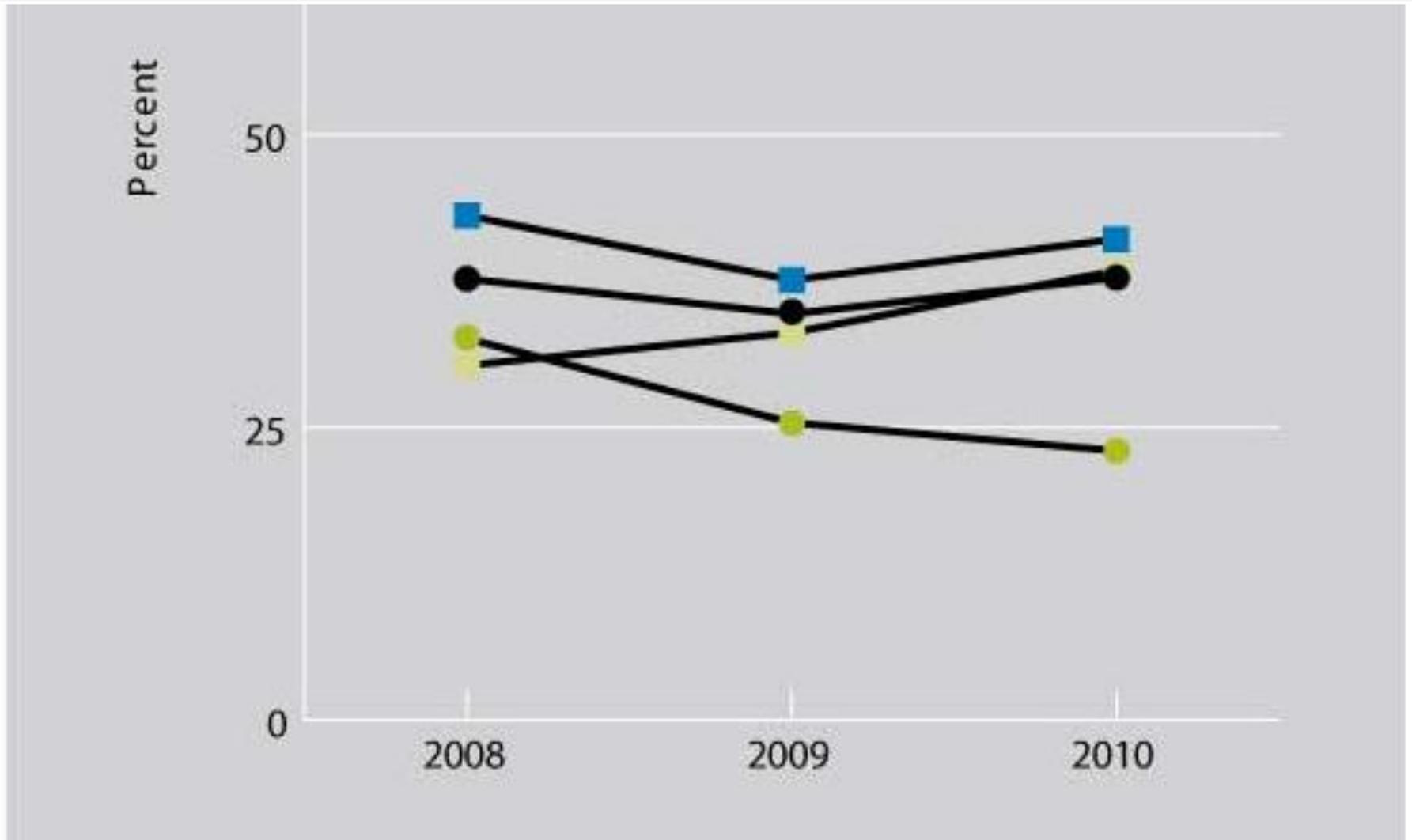
The number of foreign-born residents in the United States is at its highest level in U.S. history, reaching 40 million in 2010

Figure 3. Foreign-Born Residents by Region of Origin:
1960, 1970, 1980, 1990, 2000, and 2010



Source: U.S. Census Bureau data: decennial census 1960, 1970, 1980, 1990, and 2000, and the American Community Survey for 2010.

Adolescents 12-17 with depression who received treatment in past year



Study of Eleven States

Predominant focus
on illness and
limited connection
to wellness and
health-promoting
activities



Study of Eleven States: Select Findings

Challenges include:

- State budget deficits and fragmentation that limit access to quality care
- Financial and political pressures = Prevention competes with Treatment for money and attention
- **Bright Spots** emerged as a result of collaboration, advocacy, & cross-sector partnerships



Only 20 percent of children with diagnostic disorders saw a mental health specialist



Only 40 percent of children diagnosed with a serious emotional disorder saw a specialty mental health clinician



Fewer than ten percent of children receiving mental health services got them for more than three months

Despite the “bright spots”, the availability of mental health services remains insufficient to help many children who need care

What prevents teens from seeking help?

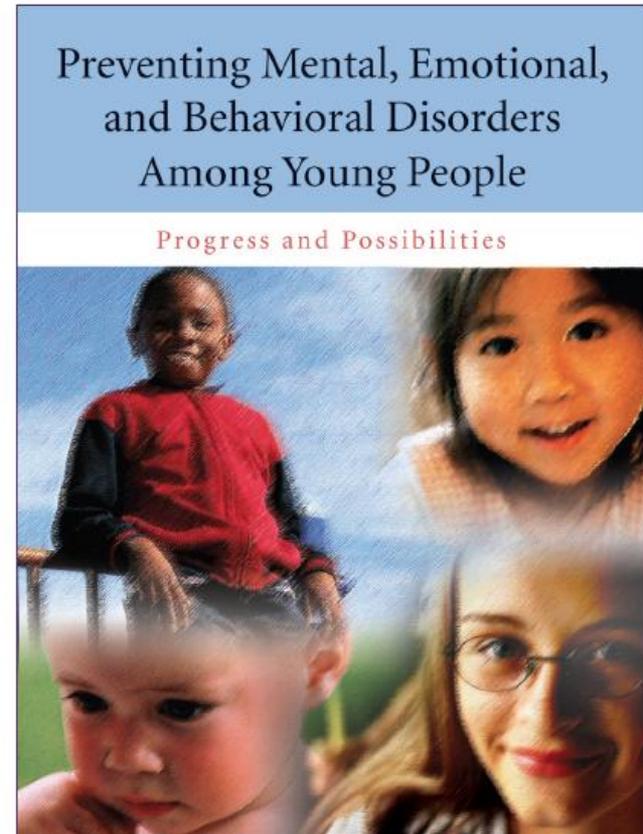
We think we can handle it all on our own... (and) are more than capable of figuring out our own issues

Adults do not understand because they were born in a different generation so they can't relate

We so desperately want independence that we don't actually want to jeopardize the possibility of it

Prevention on the Radar: 2009 IOM Report

“The school setting represents one of the best opportunities for prevention interventions, whether universal, selective, or indicated.”



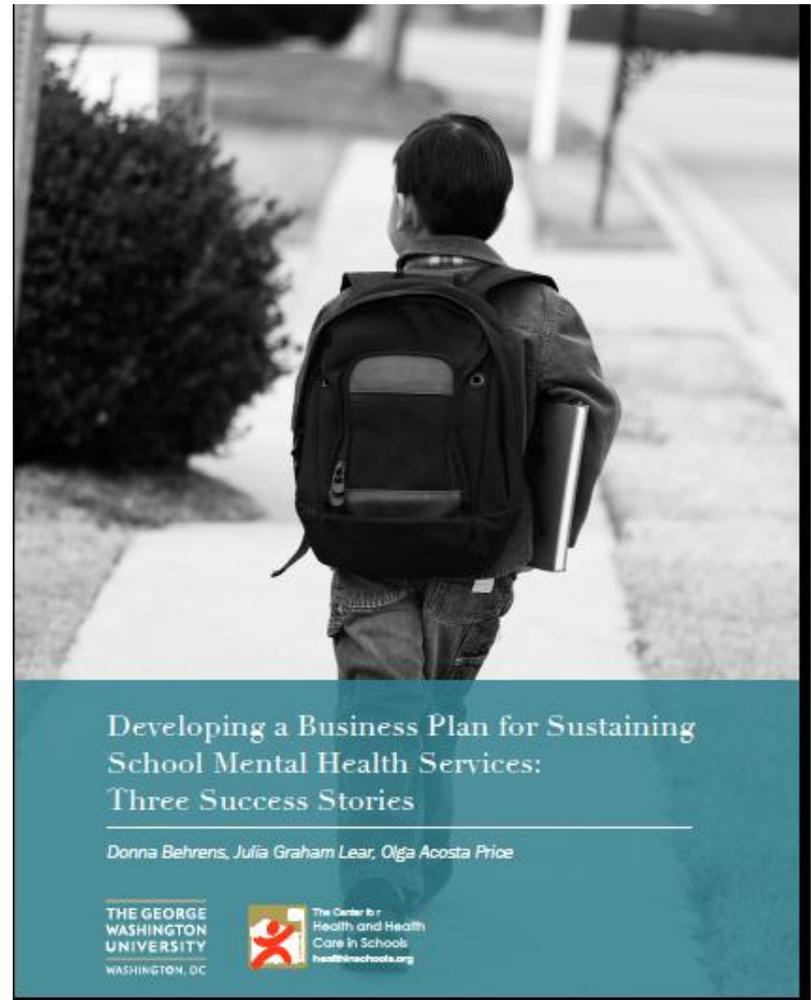
Advancements to Celebrate

- Improvements in knowledge of 'what works'
- Innovative partnerships and successful collaboration
- LIMITED: *Strategies for sustaining advancements proven to be effective*



Findings from 3 Case Studies

- They left no money on the table
- They adopted a “no margin, no mission” approach
- They invested in billing infrastructure
- They knew the 3 E’s essential to third party reimbursement



LESSONS: Factors Contributing to Sustainable Approaches

- Aligning/integrating existing initiatives can yield benefits
- Knowing the powerbrokers and how to influence them
- “Champions” who can navigate the political terrain and who will “stay the course”
- Resources for partnership building, planning, and collaboration
- Use other examples (‘bright spots’) as templates for change

Key Take Aways

- Education must be a part of a health solution
- Consider the unique needs of the populations with the greatest health disparities
- Sustainability should not be an afterthought



QUESTIONS TO CONSIDER

**Would stakeholders from both health AND education be able to articulate the benefits of this approach or program?*



**For whom is the EBP effective and what adaptations will maximize success?*



**How will the program, initiative, or approach be sustained long term?*

Olga Acosta Price, Ph.D.
Director, Center for Health and
Health Care in Schools
oaprice@gwu.edu
(202) 466-3396
www.healthinschools.org