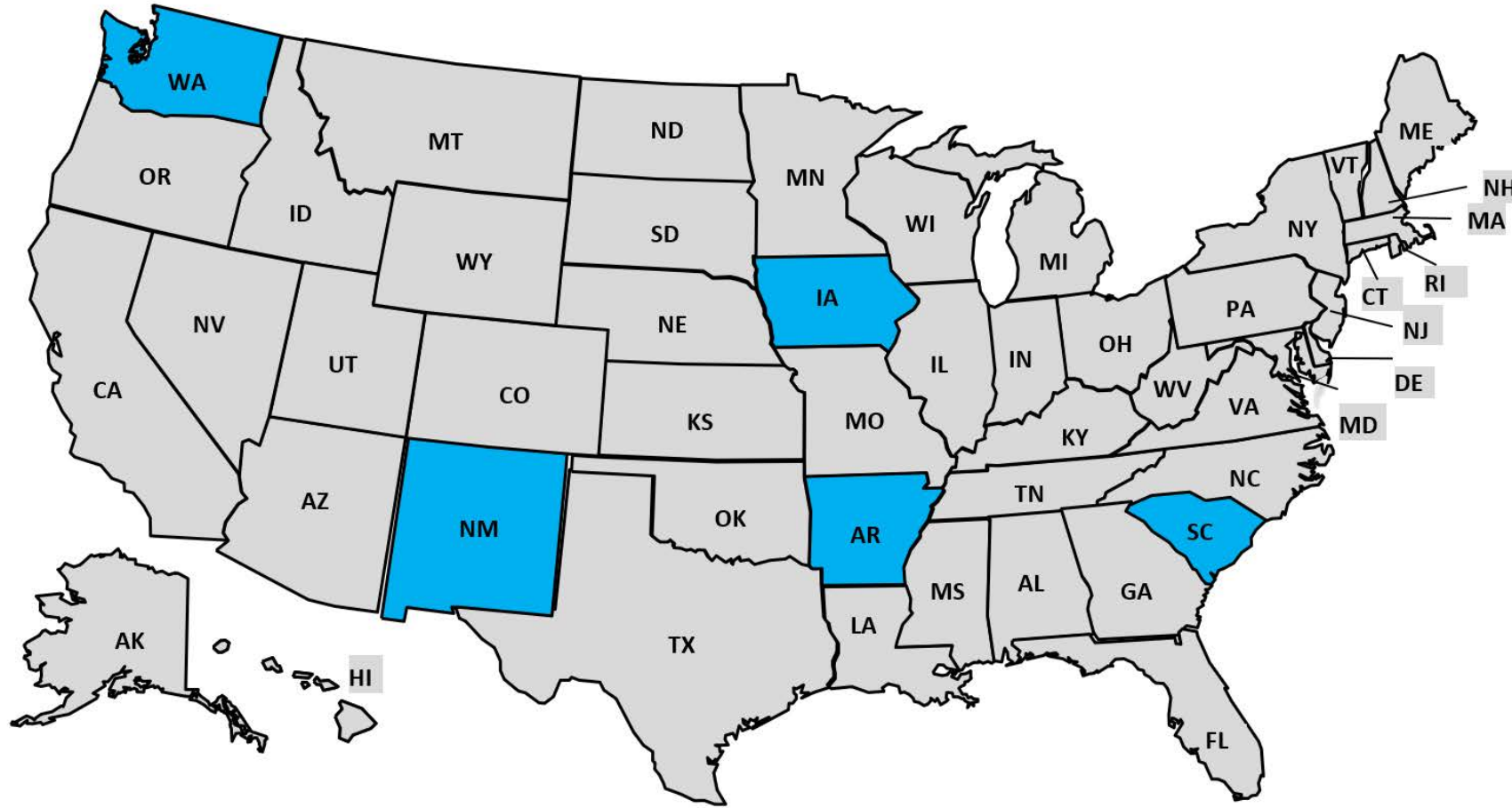


PRISM Virtual Learning Session #6: Adolescent Mental Health during COVID-19

Tuesday, August 25, 2020



PRISM Learning Community: Cohort 1



Today's Agenda

1:50 pm	Begin Login – Zoom Instructions provided. The learning session includes two components: online meeting space and audio discussion.
2:00 pm	Welcome and Introductions <ul style="list-style-type: none">• Welcome remarks• Review session objectives and agenda
2:05 pm	College, COVID-19 & Disability Justice <ul style="list-style-type: none">• Marissa Howdershelt, Member of Mental Health America's Collegiate Mental Health Innovation Council and Student at University of California, Riverside
2:19 pm	Adolescent Mental Health: Services for Youth Leaving Incarceration <ul style="list-style-type: none">• Dr. Andrew Hsi, MPH, MD, Professor, Department of Family and Community Medicine and Pediatrics; Principal Investigator of FOCUS and ADOBE Programs, UNM Health Sciences Center
2:33 pm	Adolescent Mental Health & Advocacy <ul style="list-style-type: none">• Angela Kimball, National Director of Advocacy & Public Policy, National Alliance on Mental Illness
2:47 pm	Panel Discussion
2:57 pm	Closing Remarks & Adjourn



Objectives

- Recount the challenges COVID-19 has created for youth mental health including educational, interpersonal, and health-related disruptions.
- Examine one successful program and lessons learned to support youth released from a detention center through an enhanced medical home model that emphasizes mental health and wellbeing.
- Describe two strategies that state health officials can implement to support and advocate for youth and adolescents with mental health needs.

Please note:

The content, findings, and conclusions shared in this presentation are those of the speakers and do not necessarily reflect the official positions of or endorsements by ASTHO, AMCHP, or the PRISM project funder (HRSA).





Marissa Howdershelt

- Member, Mental Health America's Collegiate Mental Health Innovation Council
- Student, University of California, Riverside



**COLLEGE,
COVID-19 &
DISABILITY
JUSTICE**

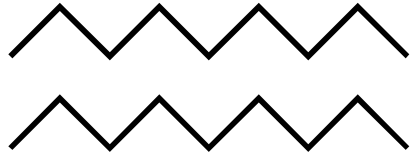
MARISSA HOWDERSHELT
(THEY/THEM)

MHOWD001@UCR.EDU

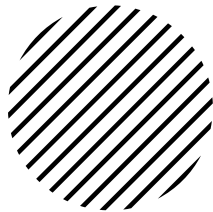


A little bit about me...

- Fourth year undergraduate student at UC Riverside
- Major: Public Policy (Minor-Education)
- 2019-2020 CMHIC Member (MHA)
- Campus Advocacy
- Systemwide Advocacy



“The Personal is Political”



Some questions I'd like to pose & answer:

- How can we be our own best ally?
- What does it mean to radically love yourself?
- Bipolar II Disorder: what is it and how has it effected every aspect of my life?



UC Advocacy

- **2018-2019 ASUCR Lobby Corps** - an organization in the student government external office of UC Riverside
- What are student basic needs?
- How can professors, staff and administration further support college students?

CMHIC 2019-2020



Collegiate Mental Health Innovation Council:

- What is it?
- Research that I did:
 - Leave of Absence Policies in the University of California system
- Takeaways from the council and actions moving forward



COVID-19 IMPACT...

- **On School**
 - **On Disability Accommodations**
 - **On Mental Health**
- 

During late June, 40% of U.S. adults reported struggling with mental health or substance use*

ANXIETY/DEPRESSION SYMPTOMS



STARTED OR INCREASED SUBSTANCE USE



TRAUMA/STRESSOR-RELATED DISORDER SYMPTOMS



SERIOUSLY CONSIDERED SUICIDE†



*Based on a survey of U.S. adults aged ≥18 years during June 24-30, 2020

†In the 30 days prior to survey

For stress and coping strategies: bit.ly/dailylifecoping



THE URGENCY FOR DISABILITY JUSTICE

For ALL Students

- Higher education and Academia has failed in accessibility towards students with disabilities
- What does it truly mean to have a fully funded and inclusive university experience?

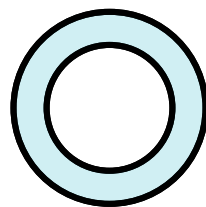
For an equitable future

- Socioeconomic justice and racial justice IS disability justice
- When we begin to problematize and critique current “social stigmas/norms” from an **intersectional** lens, transformation is possible.






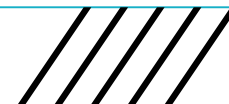
**WE MUST DO
BETTER
FOR ALL
COLLEGE
STUDENTS**



References & Acknowledgments



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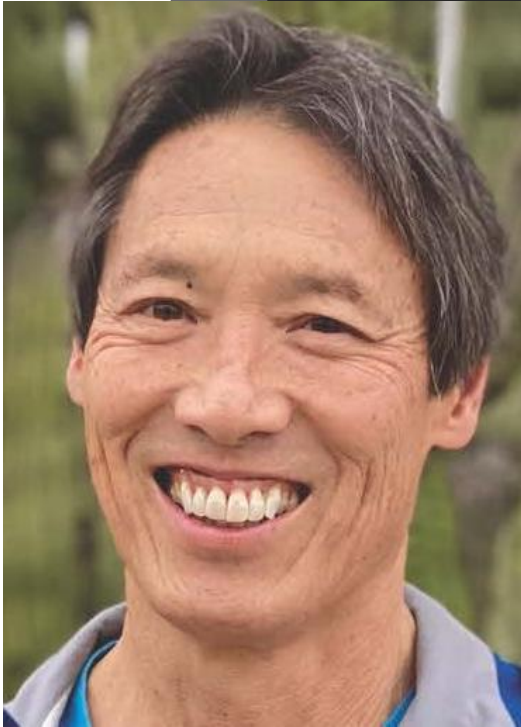
An abstract painting with vibrant colors and textures. The background features a mix of yellow, orange, blue, and purple hues, with visible brushstrokes and splatters. The overall style is expressive and modern.

**THANK
YOU!!!**

C O N T A C T I N F O :

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- Principal Investigator, FOCUS and ADOBE Programs, UNM Health Sciences Center

ADOLESCENT MENTAL HEALTH: SERVICES FOR YOUTH LEAVING INCARCERATION

andrew hsi, md, mph

principal investigator ADOBE Program;

<https://hsc.unm.edu/research/research-centers/institute-for-resilience-health-and-justice/adobe.html>

director of the health sciences institute for resilience, health, and justice

university of new mexico health sciences center

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ADOBE PROGRAM

Bernalillo County, NM

Behavioral Health Services Initiative

Prevention of Adverse Childhood Experiences



BACKGROUND

- Cohort data for youth committed in 2011
 - 100% had axis 1 psychiatric diagnoses
 - 96.4% had substance use disorder prior
 - Psychiatric services in facility
 - No formal SUD treatment, no MAT
 - Discharge planning limited, no service safety net
- Funding identified in 2017 for juveniles in county detention
- System of care created based on data from state prison
- First clinic started February 2017



- **Mental health services for youth and family members who might affect risk of re-incarceration**
 - **Psychiatric services; psychiatrist and psychiatric nurse practitioner**
 - **Time to appointment from release from detention; 8 days**
 - **July 2019 to June 2020; 200 visits with psychiatric services, 46 new patient visits**
 - **Psychiatric visits include family members, most often parent of referred youth**
 - **Primary medical assists with psychiatric medication management, youth and family**
 - **Medication assisted treatment for opioid use disorder with buprenorphine; young person and family**
 - **Combined approach to methamphetamine, marijuana, alcohol use disorders**
 - **Attention to naloxone rescue access**

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Contact Us

Office Location
1001 Medical Arts Ave. NE
Albuquerque, NM 87102

Clinic Location
3401 4th St. NW
Albuquerque, NM 87107

505-272-7258 for all questions

[Meet Our Team](#)

[HSC Research](#)

[UNM > HSC > Home](#)

ADOBE Program

The UNM ADOBE program provides wrap-around services for youths that have been incarcerated in the Bernalillo County Youth Services Center (YSC). The services include: medical and mental health, legal advice, home navigators and education support.

Our primary goal is to lower the risk of the youth re-engaging in delinquent/criminal behavior.

Our team:

Our medical team consists of a Primary Care Doctor, Nurse Practitioner, Psychiatrist, and Psychologist. Clients first appointments are scheduled within 2 weeks of their discharge from YSC. We currently schedule appointments at two different locations:

North Valley Clinic 3401 4 th St SW Albuquerque, NM 87107	South East Heights Clinic 8200 Central SE Albuquerque, NM 87108
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- **Integrated wrap around services; coordinated with psychiatric and medical care**
- **Navigation provided for health, legal, criminal justice, social determinant needs**
- **Education and vocation futures supported, coordinate with school nurse, counselors**
- **Critical supports for mental health**



Educational Liaison:

- Identify youth's educational strengths, areas of improvement and future life goals.
- Provide a link between home, school and medical team.
- Meet with school personnel at regular intervals regarding the youth's educational performance and academic needs.
- Advocate for necessary educational services.
- Navigation of Albuquerque Public Schools, Albuquerque area Charter Schools, High School Equivalency Programs and Higher education options.

Home Navigators:

Improve the life of the youth and their families by facilitating change and providing means for self-empowerment within their community. Navigators are able to assist families with some of the barriers they face. Some of the services include:

- Assistance in navigating housing and rental resources
- Assistance in navigating food, clothing and utilities resources
- Assistance in filling out social services applications.
- To explore opportunities for youth to participate in extracurricular programs and activities.
- Job readiness

In partnership with [UNM Law Clinic](#)

Referrals can be made for:

- Housing landlord issues
- Immigration issues
- Guardian/custody issues
- Emancipation

Contact for Referrals

Please call [272-7258](tel:272-7258) to set up an initial medical appointment or for more information.



ADAPTATIONS AND CHALLENGES FOR COVID-19

75% psychiatric visits remote, telephone
Plan for zoom visits, better assessment of patient
25% medical visits remote
All navigation by phone, mainly text
Educational support by phone or text

Major needs:

Behavioral health integrated with ADOBE
Community access inconsistent before pandemic
Increase intention by behavioral health to coordinate

Future initiatives:

Kids in school with behavioral emotional challenges
Coordination with DA for kids in homes with DV



QUESTIONS, COMMENTS?

THANK YOU

andrew hsi, md, mph
principal investigator ADOBE Program;
<https://hsc.unm.edu/research/research-centers/institute-for-resilience-health-and-justice/adobe.html>

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Angela Kimball

- National Director of Advocacy & Public Policy, National Alliance on Mental Illness



Adolescent Mental Health & Advocacy

ANGELA KIMBALL, NATIONAL DIRECTOR OF ADVOCACY & PUBLIC POLICY

NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS)

PRISM VIRTUAL LEARNING SESSION: ADOLESCENT HEALTH & MENTAL HEALTH CARE

AUGUST 25, 2020



Mental health and substance use disorders are the chronic conditions of youth

50% OF ALL LIFETIME MENTAL HEALTH CONDITIONS
APPEAR BY AGE 14; 75% BY AGE 24



Mental health conditions are common, the rate of treatment is low, and the cost to individuals, families and communities is extremely high

The RIPPLE EFFECT of Mental Illness

Having a mental illness can make it challenging to live everyday life and maintain recovery. Let's look at some of the ways mental illness can impact lives — and how the impact can ripple out.



People with serious mental illness have an increased risk for chronic disease, like diabetes or cancer

PERSON



Rates of cardiometabolic disease are twice as high in adults with serious mental illness



19% of U.S. adults with mental illness also have a substance use disorder



At least **8.4 million** Americans provide care to an adult with an emotional or mental illness

FAMILY



Caregivers spend an average of **32 hours** per week providing unpaid care



20% of people experiencing homelessness also have a serious mental illness

COMMUNITY



37% of people incarcerated in state and federal prison have a diagnosed mental condition



70% of youth in the juvenile justice system have at least one mental health condition



1 in 8 of all visits to U.S. emergency departments are related to mental and substance use disorders



WORLD



Depression is the leading cause of disability worldwide



Depression and anxiety disorders cost the global economy **\$1 trillion** each year in lost productivity

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/instats

NAMI Helpline
800-969-6344 (T234)



NAMI



NAMICommunicate



NAMICommunicate



www.nami.org

nami
National Alliance on Mental Illness





With early and effective
mental health services and
supports, recovery is possible

DISABILITY AND POOR OUTCOMES SHOULD BE THOUGHT
OF AS AVOIDABLE TREATMENT AND SYSTEM FAILURES



Yet, adolescence is when there is a sharp drop-off in use of primary care

WE NEED PUBLIC HEALTH APPROACHES—AND NEW POLICIES—TO NORMALIZE MENTAL HEALTH CARE AND LOWER BARRIERS TO ACCESS FOR YOUTH



POLICY LEVERS

- **Medicaid expansion** (allows young adults with mental health conditions get coverage if they are low income)
- **9-8-8 three-digit mental health and suicidal crisis hotline** (operational July 2022)
- **Crisis Now model of services** (24/7 crisis lines, non-law enforcement mobile crisis response, and crisis stabilization programs)

POLICY LEVERS



- Public awareness campaigns
 - CDC's Know the Signs. Act Early. (but for mental health)
 - Thrive NYC
- School-based and school-linked mental health care
- Oregon's student mental health day

POLICY LEVERS

- Integration of mental health into primary care settings
- Expanded telehealth
- Family First Act (states can apply to use federal child welfare funds more flexibly)



LEVERAGING ADVOCACY



- Find points of shared interest (hospitals, health plans, schools, child welfare, foundations, racial and social justice organizations)
- Make a unified ask (many groups with the same message)
- Use the power of youth (Oregon's MH Day success)
- Use the power of media/social media

Discussion



REMINDER

Please send us your technical assistance requests!

ASTHO and AMCHP are happy to help answer questions, find resources, and facilitate connections.

Your Input Matters

- Please help us evaluate today's learning session by visiting <https://bit.ly/prismvls6> on your device now.
- Thank you!

