

4 What's Next

An Innovation Station Cutting-Edge Practice

Purpose: This document is intended to support MCH professionals to implement a practice found in Innovation Station. This resource provides the information needed to replicate the practice and is divided into two sections: the first section provides a high-level overview of the practice while the second section describes how to implement the practice. For additional information on any of the content provided below, please reach out to the practice contact located at the bottom of this document.

Section I: Practice Overview

Location:	Connecticut	Title V/MCH Block Grant Measures Addressed NPM 10: Adolescent Well-Visit
Category:	Cutting-Edge	
Date Submitted:	08/2020	

Practice Description

Our aim with this practice was to foster wellness and build mental health resiliency skills in high school students. To accomplish this, we formed a collaboration between CT Department of Public Health (DPH), CT School Based Health Clinics (SBHC), and the Jordan Porco Foundation (JPF), to implement JPF's 4 What's Next psychological resiliency program in several high schools through the School Based Health Centers.

Purpose

The 4 What's Next curriculum is supported by DPH through both fiscal and technical assistance education. As a primary prevention program, 4 What's Next is a tool to support adolescent well visits which can be identified as a result of screening for behavioral/social-emotional well-being.

The CT Maternal and Child Health Block Grant continues to support the adolescent well visits as a National Performance Measure chosen for the upcoming Five-year State Action Plan. Adolescent well visits support the CT goal of adolescents are safe, healthy and have the social-emotional skills needed to thrive. School Based Health Centers are a key partner to assist with strategies to promote the adolescent well visit and implementation of primary prevention programs that help to build resilience in high school students.

4 What's Next is a primary prevention program that builds psychological resiliency in high school and middle school students to help bridge the gap between "now" and "next". 4 What's Next provides skills to handle stress and distress now and in their future. The 4 What's Next

Framework aims to teach students how to effectively handle distress by “reaching in” and utilizing independent coping strategies, “reaching out” by seeking and accepting help outside of themselves, or a combination of the two.

This process is followed by an assessment of how well their chosen coping method is working and encourages them to reevaluate if needed. Over the course of 5 thirty-minute modules, students will identify individual manifestations of distress, understand how internal and external stressors impact mental health, and build resilience by learning specific actions to improve mental wellness.

Core Components

The program helps build psychological resiliency in high school students, provides skills to handle stress and distress now and in this population’s future. The core components of this program included virtual training that is accessed online, an established site with an identified adult facilitator, and follow-up with JPF’s programs staff.

Practice Activities

Core Component	Activities	Operational Details
Training	Online training accessed online	In order to implement the program effectively, site facilitators receive access to an online library of resources including lesson plans and training videos to accompany each module.
Identification	Identify staff that can facilitate the program at the site(s)	The site will register for the program online with the Jordan Porco Foundation. The program is delivered by one or more adult facilitators, regardless of teaching experience or background knowledge of mental health.

Section II: Practice Implementation

Internal Capacity

The following personnel are needed for program implementation:

- 1 JPF programs staff person (either Director of Programs or Program Coordinator)
- Minimum of 1 site facilitator. Their position or role can vary (guidance, health teacher, etc. Number of facilitators needed depends on the breadth of implementation. For example, 1 facilitator can run 1 or more groups, but if the program is being embedded into a health class curriculum, then multiple health teachers might be facilitating different groups.
- For this partnership, we utilized additional collaboration between multiple agencies to create a coordinated implementation effort statewide across School Based Health Centers
- The program structure and minimal licensing fees allows JPF to provide personnel resources to support participating sites. The program does not require any special mental health training in order to facilitate and equips facilitators of varying professional backgrounds with facilitation instructions in the form of comprehensive lesson plans and training videos.
- DPH utilized internal resources to capture pre/post survey data and analysis

- Child and Family Agency’s (CFA) involvement via the SBHCs allowed for program facilitation within the high schools

Collaboration/Partners

The following parties and stakeholders collaborated on the 4 What’s Next program:

- Jordan Porco Foundation (JPF)
 - Director of Programs – coordinated license procurement, consulting, and follow-through
- Connecticut Department of Public Health (DPH) – 3+ staff
 - Epidemiologist – took over an independent pre/post survey development and analysis
 - Adolescent & Child Health Unit – recruitment of SBHC involvement
- Child and Family Agency (CFA) – developed implementation strategy within both high schools and were responsible for facilitating the program at each (2 staff)

This program relied heavily on communication processes such as regular phone conferences with e-mail communication and updates in between to stay informed on program activities.

Practice Cost

Budget			
Activity/Item	Brief Description	Quantity	Total
\$300 4WN Program License	Licensing fee	25	\$7500
Total Amount:			\$7500

Practice Timeline

Practice Timeline				
Phase	Description of Activity	Date/Timeframe	# of hours needed to complete/oversee activity	Person(s) Responsible
Planning/ Pre-implementation	Developed data collection and SBHC recruitment strategy	July/August 2019	Varies	DPH staff; JPF staff
	Purchased 25 4WN program licenses from JPF to distribute to CT SBHCs over a 2-year period	August/September 2019		DPH
	Recruited 2 SBHCs to work closely with CT DPH and JPF to run 4WN	August 2019		DPH and CFA (Child and Family Agency)
	SBHC garner internal support and plan for implementation	August-October 2019		CFA, Fitch HS, New London HS
Implementation	Facilitate Modules 1-5	January-March 2020	10 hours	CFA

	Survey collection	January-March 2020		CFA, DPH staff
Sustainability	Continue recruiting additional SBHCs to implement program	January 2020-Present	4-5 hours	DPH

Resources Provided

www.4whatsnext.org – Visit our website to register for the program

Lessons Learned

The following are lessons learned from the 4 What's Next program:

- Many high schools' biggest challenge in implementing 4 What's Next is finding the time in the school day and the personnel resources to facilitate. By utilizing the SBHCs for facilitation, this mitigates one of the biggest barriers and makes the program more accessible.
- Identifying an implementation strategy within the school – this took the most time and culminated in collaboration between CFA (Child and Family Agency) and the 2 SBHC high schools they work with to develop 2 different strategies. One high school used a single small group facilitation model, while the other was able to reach more students by integrating into an existing class.
- COVID-19 – Schools in CT closed just before one of the SBHC high schools were planning to deliver the final program module, halting implementation. JPF offered license extensions so that the program can continue when schools are back. Additionally, in response to COVID-19, JPF has developed additional implementation resources to allow for easier virtual implementation moving forward
- If using grant funds to provide this program broadly across multiple sites, purchase the licenses in bulk all at once from the Jordan Porco Foundation and then have each site register for the program with the fee waived when they are ready to do so. Though not always possible, using an existing class structure to implement the program was more successful and allowed for greater impact.

Next Steps

We will continue to have additional SBHCs sign up and run the program using the purchased licenses and hope to see the same sites repeat the program year after year, either through provided funding or their own.

Practice Contact Information
<i>For more information about this practice, please contact:</i>
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