

Adolescent and Young Adult Behavioral Health CoIIN Collaboration Guide

On the rise since 2011, major depressive episodes in adolescents and young adults (AYA) has become even more prevalent since the COVID-19 pandemic. Investments in improving mental health also have implications on physical health. As the World Health Organization states “Health is a state of complex physical, mental, and social well-being and not merely the absence of disease or infirmity. Mental health is an integral part of this definition.”

Many sectors play a role in improving mental health in AYA, yet often each functions in isolation; addressing their own specific mandates and requirements. Integration of public health, primary care, education, and community efforts can enhance the capacity of all sectors to carry out their respective missions while linking with other stakeholders to enable a collaborative movement towards improved mental health.

State Maternal and Child Health (MCH) programs, with their lifespan approach to health, are ideally positioned to spearhead the necessary collaboration to improve AYA mental health. MCH can serve as a funder, convener, and collaborator to effect changes in population mental health. This coordination could support quality improvement in clinical and educational setting and reduce duplication of efforts, which contribute to an already overburdened system.

This document was designed to help MCH programs identify potential collaborators active in AYA health in your state or region. As you consider partnering with other organizations, it is important to consider their primary interests and the potential contributions they could make to population mental health improvement efforts. This list is a starting point for collaboration; every region is different and there may relevant partners not on this list. The Collaboration Worksheet at the end of this document can help guide brainstorming of potential partners and how their current initiatives or priorities will benefit from a collaboration with your organization.

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Potential Collaborators

Maternal and Child Health Programs, State Health Departments

Primary Interests

- Improve health outcomes for citizens
- Account for the value received for public funds
- Coordinate community services

Key Contributions

- Convene key stakeholders
- Identify priority areas for improvement efforts
- Coordinate health improvement efforts
- Findings from analyses of state and local data
- Identify opportunities to inform state policy
- Support access to funding

Division or Department of Mental Health

Primary Interests

- Improve mental health outcomes for citizens
- Promote prevention and treatment of mental health disorders

Key Contributions

- Lead initiatives specific to mental health
- Provide access to direct service settings
- Identify opportunities to inform state policy
- Support access to funding

Division or Department of Education

Primary Interests

- Support academic success for all learners
- Ensure equitable access to high quality learning environments

Key Contributions

- Set policies and guidelines for healthy learning environments
- Findings from analyses of state and local data
- Oversee credentialing of educators and school-based staff
- Support access to funding

State Board of Education

Primary Interests

- High quality standards for schools

Key Contributions

- Set policies and academic standards

Youth and Families

Primary Interests

- Patient-centered care
- Address specific health care needs

Key Contributions

- Patient and family perspective
- Identify areas for improvement

Potential Collaborators

Health Care Professionals

Primary Interests

- Improve care delivery
- Access tools, materials, curricula, methodologies for improving care
- Partner with community resources to coordinate care and reduce duplication

Key Contributions

- Provide access to practice settings
- Identify areas for improvement
- Engage members of their practice in QI efforts
- Peer-to-Peer education
- Champion improvement efforts

Professional Health Organizations

Primary Interests

- Educate members about strategies for improving care
- Support members by providing technical assistance with QI efforts

Organizations: State chapter of the AAP, AAFP, AACAP; state association of Community Health Centers; National Association of School Social Workers; National Association of School Psychologists; National Association of School Nurses

Key Contributions

- Provide leadership and experience in working with health care professionals
- Connection to health care professionals
- Provide access to opinion-leaders among health care professionals who embrace and disseminate new approaches
- Help recruit health care professionals for participation in projects
- Provide training for Skilled Medical Professionals
- School-based health professional organizations provide valuable linkages to schools as a component of the system of care

Schools

Primary Interests

- Students in school, ready to learn and engage
- Positive school culture

Key Contributions

- Non-stigmatizing environment where many youth are consistently found
- Early identification and intervention of mental health needs

Potential Collaborators

Professional Education Organizations and Labor Unions

Primary Interests

- Support members in collaborative problem-solving
- Advocate for resources to support educators and their schools and students

Key Contributions

- Provide access and support to professionals who engage daily with AYAs
- Provide perspective on most pressing strengths, challenges and opportunities
- Give critical feedback on operational realities of cross-sector collaboration

Medicaid

Primary Interests

- Focus on underserved populations
- Support policies and practices to provide high quality, efficient care to beneficiaries
- Support a system of care to meet federal requirements under EPSDT
- Structuring payments systems to support quality and efficiency
- Access technical assistance for QI efforts

Key Contributions

- Identify priority areas for QI efforts
- Findings and analyses of state and local data
- Participate in various QI efforts
- Identify opportunities to inform state policy
- Support access to funding

Commercial Insurers

Primary Interests

- Ensure quality care for their members
- Meet QI mandates
- Access additional resources to support plan-initiated QI efforts

Key Contributions

- Involve health care plan leaders who serve as advisors for QI efforts
- Involve their internal QI team who help carry out state and local improvement efforts
- Provide findings from analyses of patient care and health outcome data
- Supply financial resources, including incentives for improvements in care

Potential Collaborators

Improvement Partnerships and Quality Organizations

Primary Interests

- Use measurement-based efforts and a systems approach to improve children's health care

Key Contributions

- Provide infrastructure for facilitating quality improvement processes in clinical settings
- Assist in implementing evidence-informed care
- Coordinate child health improvement efforts within a region

Community-Based Organizations

Primary Interests

- Promote emotional well-being
- Safe and healthy communities

Key Contributions

- Access in underserved communities
- Coordinate education and community events
- Peer and family supports

Academic Institutions

Primary Interests

- Conduct research and contribute to the existing knowledge base
- Transfer research into practice
- Educate students preparing to enter health care professions
- Train skilled medical professionals

Key Contributions

- Source for child psychiatrists for consultation
- Provide expertise in research, measurement and evaluation
- Provide access to content experts
- Staff QI projects
- Facilitate meetings
- Develop curricula
- Package and disseminate tools and materials that support best practices
- Disseminate findings from QI efforts

Legislative and Policymakers

Primary Interests

- Improve outcomes for citizens
- Increase accountability to improve the value received for public funds
- Streamline and coordinate services provided by various statewide programs

Key Contributions

- Provide policymaking opportunities
- Supply financial resources
- Establish mental health councils

Collaboration Worksheet

Use this worksheet to brainstorm the potential collaborators in your region. Identify any priorities and initiatives that may align with your work and how a collaboration would benefit their organization.

Collaborator	Priorities and Current Initiatives	Benefit to Collaborator
Maternal and Child Health Programs, State Health Departments		
Department of Mental Health		
Department of Education		
State Board of Education		
Youth and Families		

Collaboration Worksheet

Collaborator	Priorities and Current Initiatives	Benefit to Collaborator
Health Care Professionals		
Professional Health Organizations		
Schools		
Professional Education Organizations and Labor Unions		
Medicaid		

Collaboration Worksheet

Collaborator	Priorities and Current Initiatives	Benefit to Collaborator
Commercial Insurers		
Improvement Partnership and Quality Organizations		
Community-Based Organizations		
Academic Institutions		
Legislative and Policymakers		