

PATHWAYS TO PROGRESS

Strengthening Systems for Adolescent & Young Adult (AYA) Mental Health



GLOBAL AIM

IMPROVE STATE-AND SYSTEMS-LEVEL POLICIES AND PRACTICES RELATED TO AYA MENTAL HEALTH.



OPPORTUNITIES FOR CHANGE

PROVIDE information to young people, their families, their providers, and their communities

FOCUS on prevention: support creation of safe, culturally sensitive and identity-inclusive environments for AYAs

ADDRESS inequities in AYAs accessing high quality mental health supports and treatments

CHANGE policies and infrastructure to promote a more robust and equitable mental health system that meets the unique needs of AYAs



APPROACHES

- Educate providers, young people, and their communities on state-specific confidentiality laws and mandatory reporting regarding mental health discussions and treatment

- Educate AYAs and families on safe use of social media

- Stigma reduction campaigns

- Educate AYAs on how to navigate health insurance systems for mental health treatments and supports

- Educate young people, their families and their communities on signs of depression

- Share treatment and crisis resources with young people, their families and their communities

- Educate young people, their families, and their communities on effective prevention techniques and promote self-care

- Implement universal interventions in schools and early care settings (e.g. FRIENDS)

- Implement universal interventions in communities (e.g. Communities That Care)

- Prioritize culturally relevant prevention initiatives for communities most impacted by adverse mental health outcomes

- Address upstream influencers of mental health such as bullying, child maltreatment, intergenerational trauma, and family violence.

- Workforce development to promote availability of providers that are representative of the communities in which they provide services, the racial/ethnic make-up of their patient population, etc.

- Support a pipeline for new mental health providers (e.g. mentoring, loan forgiveness, scholarships)

- Collect data that is reflective of the diverse identities of AYAs (race, parenting status, ability, age, geographic location, legal status, gender, etc.) to better understand inequities in prevalence of mental health concerns and inequities in access to and quality of treatment and supports

- Mental health services and supports (including peer-to-peer supports) available where AYAs access primary and acute healthcare regardless of legal status or ability to pay for services

- On-site counseling services in schools that don't stigmatize youth seeking care

- Use of telehealth and mobile clinics

- Establish or support child and adolescent psychiatric consultation lines (e.g. PMHCA)

- Support health insurance policies that cover the cost of preventive mental health services at the same rate as other preventive services

- Support health insurance policies that require \$0 co-pays for preventive mental health services to match the \$0 co-pay requirement for other preventive services

- Support health insurance policies that pay provider the same amount of money to conduct a virtual visit as they pay for in-person visits

- Support policies that allow mental health providers to provide telehealth services across state lines

- Educate on the need for investment of financial resources in specialty mental health services (by insurance, state and/or federal funds, etc.),

- Support policies and practices that remove barriers to being able to legally provide mental health services in the United States

- Support policies to develop Alternative Payment Models that link payment to measures of AYA well-being and reward interventions that address health inequities

- Support research and data collection that builds the evidence for effective systems- and policy-level solutions for addressing inequities in mental health outcomes for AYAs

- Promote access to mental health services and supports that do not require health insurance coverage

AMCHP
ASSOCIATION OF MATERNAL & CHILD HEALTH PROGRAMS

Adolescent & Young Adult Health
National Resource Center