



# Assessment, Capacity-Building, and Resource Navigation for AYA Mental Health

Title V Maternal & Child Health Federal-State Partnership Meeting

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November 7, 2023

# Acknowledging and responding to AYA mental health status and needs

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- Under the AYA National Resource Center, a multi-disciplinary and multi-cohort collaborative was launched in 2018 to focus on increased Major Depressive Episode (MDE) screening and referral to treatments for adolescents (and young adults)
- State Title V programs led the charge via the “public health arm” of this collaborative focused on systems-level changes in policies and practices

## Purpose

To improve the **health of adolescent and young adults** (ages 10-25) by strengthening the capacity of **state maternal and child health (MCH) programs** and their **clinical partners** to address the needs of adolescents and young adults

Achieve an **80%** screening rate of patients ages 12-25 for a major depressive episode using an age-appropriate **standardized tool** with documentation of a **follow-up plan** if the screen is positive.

# The Change of CoIINs

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- Lessons learned include the development of approaches for integrated mental health that can be applied to other AYA clinical outcomes, increased visibility of Title V programs in AYA behavioral health initiatives, and the building of relationships with other state agencies (i.e. Mental Health and Education) to coordinate statewide efforts.
- The collaborative also highlighted the value of using Title V performance measures as drivers of public health and clinical partnerships, the importance of QI expertise in improving health outcomes, and the varying capacity of Title V divisions to prioritize outcomes in this age cohort. Additionally, targeted QI initiatives focused on specific outcomes were effective in building infrastructure and relationships to address other public health issues.

# Collaboration Guide

## 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



# Legacy Products

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- **Pathways to Progress:** This infographic provides a comprehensive overview of potential approaches to improving mental health for AYAs, serving as a Key Driver Diagram or logic/program model.
- **Self-assessment:** State/jurisdictional Maternal & Child Health Capacity to Improve Systems of Mental Health Care for Adolescents and Young Adults. This tool helps guide MCH programs through a comprehensive assessment of capacity to improve mental health care for AYAs, as well as suggestions for developing a program based on assessment results.
- **State Snapshots:** This tool presents an overview of the approaches and lessons learned from ten state MCH programs participating in the Center's AYA Behavioral Health CoIIN.





## 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

SELF-ASSESSMENT:

STATE/JURISDICTIONAL

MATERNAL & CHILD

HEALTH CAPACITY TO IMPROVE

SYSTEMS OF MENTAL HEALTH

CARE FOR ADOLESCENTS &

YOUNG ADULTS





## State Snapshot:

# ARIZONA (AZ)

### Team Makeup (Organizations/Individuals Represented):

- Arizona Department of Health Services (ADHS): Title V MCH Program (ColIN team lead)
- ADHS Suicide Prevention Program
- Arizona Department of Education
- Arizona Health Care Cost Containment System (AHCCCS) – Arizona's Medicaid program
- Arizona Chapter of the American Academy of Pediatrics
- Arizona State University
- Bring Change 2 Mind
- Family Involvement Center
- Girl Scouts of Arizona
- Graham County
- Governor's Office – Youth, Faith, and Family
- Help Hope for Youth
- Inter Tribal Council of Arizona
- Mercy Care Arizona Health Plan
- Mercy Maricopa Integrated Care
- PV Health Solutions
- Sabetta Consulting
- Touchstone Behavioral Health

### Arizona ColIN Team Accomplishments and Lessons Learned:

- Include youth mental health services to statewide web-based resource: The ColIN team discussed updating [Arizona's 211 resource page](#) by adding providers who offer or refer behavioral health services for youth. The AZ ColIN team met with the coordinator of the 211 website to discuss the necessary steps for including a list of behavioral health providers serving young people. This addition was possible, but there were specific criteria that needed to be met.
  - Lessons learned:
    - Statewide resource websites like 211 may have their own criteria for including providers on their lists, such as a provider's accepted payment methods.
    - There are various types of service providers for adolescent mental health, so the ColIN team needed to select a few disciplines to start with, such as licensed counselors and psychologists.
    - Surveying providers for inclusion on 211 would likely take 3-6 months to complete, so it might be more strategic to search for existing lists of providers through other mental health resources.
- Create a [stigma reduction campaign website](#): The AZ ColIN team researched existing stigma reduction content and conducted focus groups with youth to understand their reasons for seeking or not seeking help, their needs for resources, and tested potential campaign content. The Arizona Department of Health Services (ADHS) hired an advertising agency to develop the media campaign and worked with the ADHS Information Technology (IT) team to build the [campaign website](#).
  - Lesson learned: Some steps in developing the media campaign took longer than anticipated due to lengthy contracting processes and delays in obtaining source materials for the campaign.

Continued ▶

# State AYA-BH ColIN Snapshots

# **Mind Matters: AYA Mental Health Capacity Building For Title V**

# Current Initiatives

## Collaboration to Improve Depression Screening and Care for Young People

## #ScreenToInterveneForAYAs: Blog on Youth Mental Health

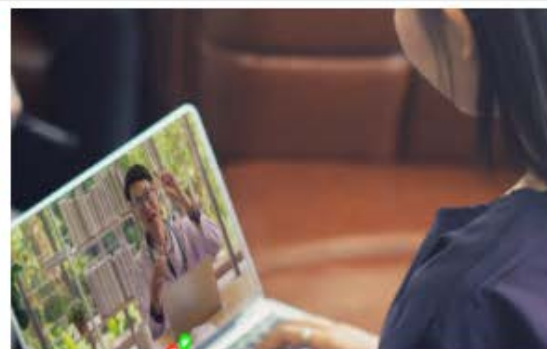
## Improving Preventive Visits for Adolescents

## Mind Matters: AYA Mental Health Capacity Building for Title V Series

This set of four [e-learning modules](#) is developed for Title V staff interested in how they can leverage their jurisdiction's MCH block grant program to improve systems of mental health care for AYAs. Each of the four modules functions as a standalone learning experience, and users can navigate between each module at their leisure, and in the order they prefer. Within each module, learners will find an introduction and background to the topic, key resources, examples of MCH programs in action, a summary of takeaways, and an opportunity for individual reflection on the content that's been covered.



Emerging Topical Issues in AYA Mental Health ☺



Innovation in Service Delivery ☺



Integration of Mental Health into Primary Care ☺



MCH Workforce Capacity and Skillsets ☺



# TeenLink Hawai'i

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teenLinkHawai'i

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**AMCHP**  
ASSOCIATION OF MATERNAL & CHILD HEALTH PROGRAMS

# Thank you!

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Iliana Siarmalis-White  
Associate Director of  
Adolescent Health and Youth Engagement  
[iwhite@amchp.org](mailto:iwhite@amchp.org)