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

Title V Maternal & Child Health Federal-State Partnership Meeting

November 7, 2023
Acknowledging and responding to AYA mental health status and needs

- Under the AYAH 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 CoIlNs

- 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 CIIIN Collaboration Guide**

On the rise since 2011, major depressive episodes in adolescents and young adults (AYAs) 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 complete 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 AYAs, yet often each function 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 the AYA mental health. MCH can serve as a funding, convenor, and collaborator to effect changes in population mental health. This collaboration 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

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<th>Primary Interests</th>
<th>Key Contributions</th>
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<tr>
<td>Improve health outcomes for citizens</td>
<td>Convoy key stakeholders</td>
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<td>Account for the value received for public funds</td>
<td>Identify priority areas for improvement efforts</td>
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<td>Coordinate community services</td>
<td>Coordinate health improvement efforts</td>
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<td>Findings from analyses of state and local data</td>
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<td>Identify opportunities to inform state policy</td>
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<td>Support access to funding</td>
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#### Division or Department of Mental Health

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<th>Primary Interests</th>
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<tr>
<td>Improve mental health outcomes for citizens</td>
<td>Lead initiatives specific to mental health</td>
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<td>Promote prevention and treatment of mental health disorders</td>
<td>Provide access to direct service settings</td>
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<td>Identify opportunities to inform state policy</td>
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<td>Support access to funding</td>
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#### Division or Department of Education

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<td>Support academic success for all learners</td>
<td>Set policies and guidelines for healthy learning environments</td>
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<td>Ensure equitable access to high quality learning environments</td>
<td>Findings from analyses of state and local data</td>
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<td>Oversee credentialing of educators and school-based staff</td>
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<td>Support access to funding</td>
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#### State Board of Education

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<td>High quality standards for schools</td>
<td>Set policies and academic standards</td>
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#### Youth and Families

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<th>Primary Interests</th>
<th>Key Contributions</th>
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<td>Patient-centered care</td>
<td>Patient and family perspective</td>
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<tr>
<td>Address specific health care needs</td>
<td>Identify areas for improvement</td>
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Legacy Products

- **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 AYA-BH CoiIN 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
Thank you!

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