

Achieving Reach in Youth Behavioral Health & Wellness through Catchment-Area Community Governance

Strategies to Achieve Alignment, Collaboration and Synergy across Delivery and Financing Systems

Research-in-Progress Webinar
May 22, 2024
12pm ET

colorado school of
public health

Welcome: Systems for Action

Presenters:

Sarah Cusworth Walker, PhD

Alya Azman, MPH

Commentary:

Andrew Hill, MS

Anna Tresidder, PhD

Q&A: Systems for Action

Presenters



Sarah Cusworth Walker, Ph.D., is an Associate Professor in the Department of Psychiatry and Behavioral Sciences at the University of Washington School of Medicine where she founded the CoLab for Community and Behavioral Health Policy and directs the Evidence-Based Practice Institute, a legislatively-established center focused on promoting effective children's mental health treatment.

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Alya Azman, MPH is a Research Analyst at the CoLab for Community and Behavioral Health Policy. Prior to joining CoLab, Alya worked at the Wraparound Evaluation and Research Team, engaging in implementation research on Wraparound care coordination to improve youth mental health.

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Project Aims and Background

Old Service Model



Fragmented and inconsistent child and youth mental health services

Future Landscape



Community Board

Youth Wellness Hub



Coordinated Service Network

Community Knowledge Exchange

Project Aims and Background

Building the infrastructure for community driven service prioritization and resource allocation



Community Board



Strategic Planning

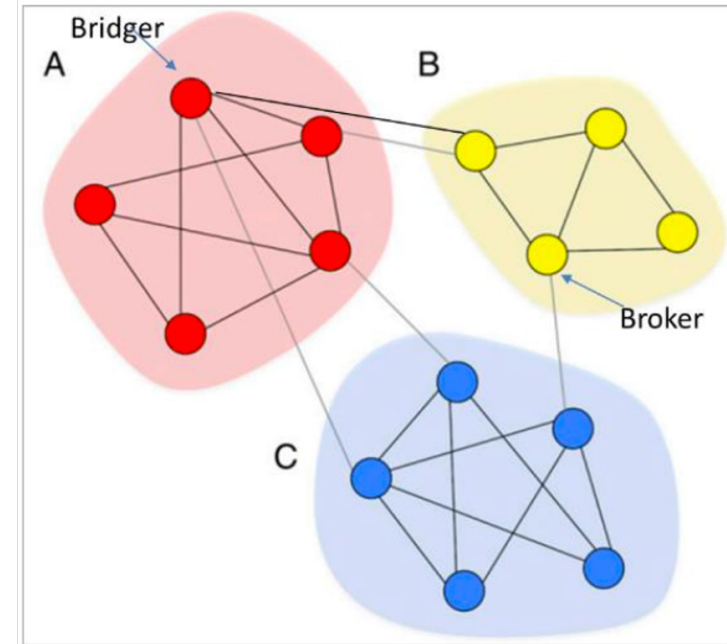


Communications



Implementation

- What is Social Network Analysis (SNA?)
 - Analytic method for exploring patterns of relationships/interactions across individuals, groups, or institutions
 - Used to examine how the configuration of networks influences how individuals/groups/systems function



Adapted for illustrative purposes from Barnes et al., (2016). Social networks and environmental outcomes. PNAS, 113 (23). <https://doi.org/10.1073/pnas.1523245113>

SNA for Youth Wellness Hubs

- We are interested in exploring relationships among multi-sector agencies, with data collected from individuals participating in the YWH Biannual Strategic Planning Process (n = 20)
- SNA will explore whether multi-sector agencies aligned internal and external activities to support this plan as measured by six-month changes in:
 - A. Connections
 - B. The strength of focus on similar issues
 - C. The allocation of time and resource to support the strategic plan

Community Survey Mailings

The Greater Parkland Youth Wellness Survey

- Respondents ranked the most significant goals and challenges confronting the youth in Greater Parkland.
- In total, 28 survey responses were collected across three phases:

In person

August - October 2023

Distributed flyers and surveys to residents and business in the Parkland area

- 11 survey responses

Push to web

Mid-October 2023

Distributed postcards through Every Door Direct Mail (EDDM)

- 5000 addresses in multiple neighborhoods
- 13 survey responses

Mailer with \$5

December 2023

Distributed mailers with \$5 gift card

- 100 addresses randomly selected in priority area
- 4 survey responses

Community Survey Mailings

The Greater Parkland Youth Wellness Survey

- Respondents ranked the most significant goals and challenges confronting the youth in Greater Parkland.
- The results are presented below:

	Most Important Goal	Biggest Issue Facing Youth	Biggest Mental Health Need	Biggest Needs (open ended)
1st	Being happy and self-confident	Violence	Anxiety	Safe & positive activities with caring adults
2nd	Having positive goals for the future	Lack of motivation	Depression	

Parkland Community Engagement Summit

- Facilitated by Safe Streets on February 3, 2024
- Attended by around 25 Parkland residents
- Discussed the biggest issues currently facing youth, families, and residents in the area
- Priorities and issues identified:



Accessibility & awareness

Accessibility, connectivity, communication, awareness of opportunities



Social emotional wellness & health

Bullying, anxiety, counselor workload, low self-esteem, harassment



Public safety issues

Vandalism, car theft, street racing, youth vaping and drug use



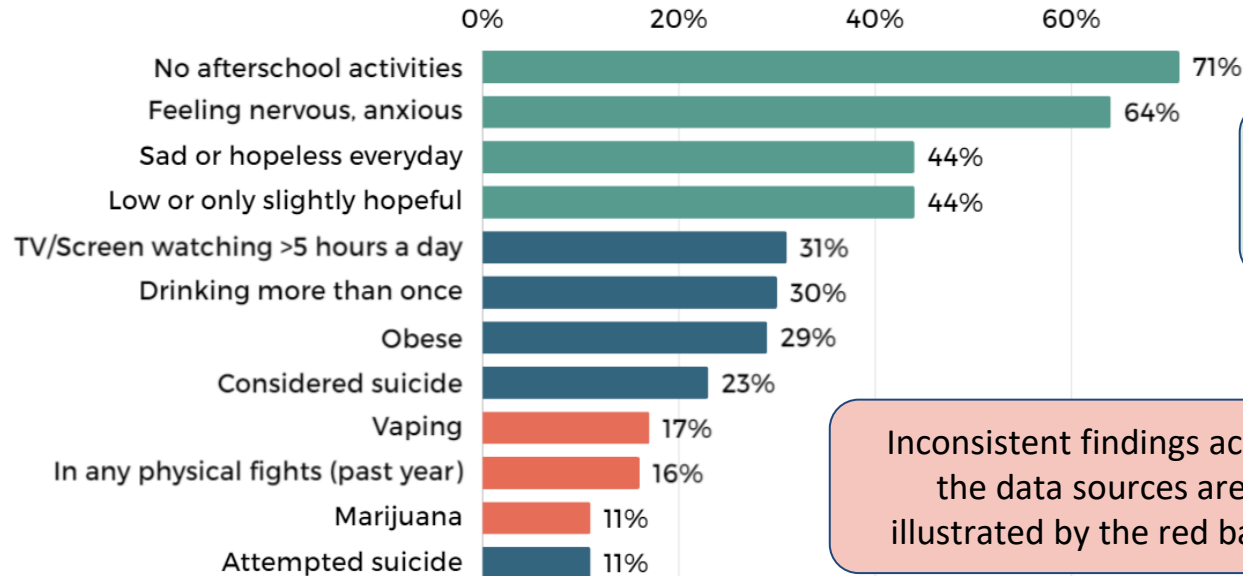
Foundational needs

Housing, nutrition, and finances, lack of financial opportunities, homelessness

Healthy Youth Survey

- A statewide assessment of youth health behaviors (n = 1,148).

Franklin Pierce 8th Graders' Health Behaviors



The surveys and the summit results reveal an overlap in findings. Overlapping results are represented by the green bars in the graph.

Inconsistent findings across the data sources are illustrated by the red bars.

Research Next Steps and Observations



Greater Parkland Zone Youth Wellness Assessment

FEBRUARY 23, 2024

Methods used to develop a community-informed plan for improving youth mental health in the Greater Parkland area
May 2023-January 2024

1. Relational and geospatial mapping
2. Street contacts and mailings
3. Social network analysis
4. Resource mapping
5. Community listening sessions

Information integration and synthesis involved the following analytic approaches:

1. Descriptive statistics
2. Rapid qualitative coding
3. Data triangulation

Integrated Recommendations

Greater Parkland Youth Wellness Zone

I. RESOURCES

- 1. Economic capacity.** Build from existing, successful universal basic income pilots in the City of Tacoma. Coordinate with the county Community Land Trust Initiative to explore partnership.
- 2. Community engagement.** Build from the strong momentum of the Parkland Community Association to a. bring in more school-aged households to the PAC; and b. to work with Safe Streets to make youth development a core function of neighborhood block organizing; and c. Increase the number of parents attending the Franklin-Pierce YOUTH FIRST coalition.
- 3. Youth Afterschool Activities.** Plan for a **100% participation goal** for all 8th graders in the Franklin-Pierce School District. Partner with the Summit-Parkland Youth Association to plan for rapid expansion of youth sports opportunities. Partner with Schools Out Washington to build capacity in Parkland for a range of afterschool activities in the arts, youth leadership and other subjects.
- 4. Primary prevention of anxiety, depression, and suicide.** Contract with local providers or external vendors to implement a mental health and mood management series in all 8th grade health classes in the Franklin-Pierce School District. Expand Triple P, already a supported program by the Youth First coalition, to faith-based communities from diverse cultures (see appendix). Expand community dissemination of 988 and suicide hotline information through social media and school newsletter.
- 5. Secondary prevention of anxiety, depression, and suicide.** Expand successful collaborations with HopeSparks to ensure local primary care clinics (Greater Lakes, Community Health Care, school-based health care) are using brief interventions for depression and anxiety using high quality components (e.g., Seattle Children's FAST program). Develop school-based referral system for suicide prevention.
- 6. Tertiary prevention of anxiety, depression, and suicide.** Assess and increase the capacity, as needed, of licensed mental health providers at Greater Lakes, ACTS behavioral health, Castille Williams, Bailey and Bailey to provide effective treatment per recommended guidelines (see appendix). Hire additional mental health providers as needed.
- 7. Quaternary prevention.** Ensure listed primary healthcare and mental/behavioral health outpatient are referring to Family Behavioral Health - Community Services in-home mental health services.

Commentary: Excelsior Wellness



Anna Tresidder, Ph.D. Dr. Tresidder is a public health researcher with 10+ years of experience in both healthcare systems improvement and behavioral health organization and operations management. Her background includes research on family-oriented addiction and recovery treatment approaches as well as directing operations of Excelsior Wellness, a non-profit that provides holistic and comprehensive health services focused on the wellbeing of youth and families in Spokane, WA.

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Andrew (Drew) Hill is the CEO for Excelsior Wellness, a non-profit continuum of healthcare, education, housing, social, and human service organizations in the Inland Northwest. Drew supports an inter-professional leadership team committed to delivering comprehensive and accessible care, fostering hope for children, young adults, families and neighborhoods. Drew emphasizes the importance of multi-generational community development and strengthening access to neighborhood services to address systemic inequities across the lifespan. Drew has extensive experience in aligning resources and funding to fill gaps across sectors, ensuring comprehensive support for the communities served.

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Commentary: Excelsior Wellness

"Every community has the potential to create environments where people can lead healthy lives, no matter where they live, work, learn, or play."

- Robert Wood Johnson

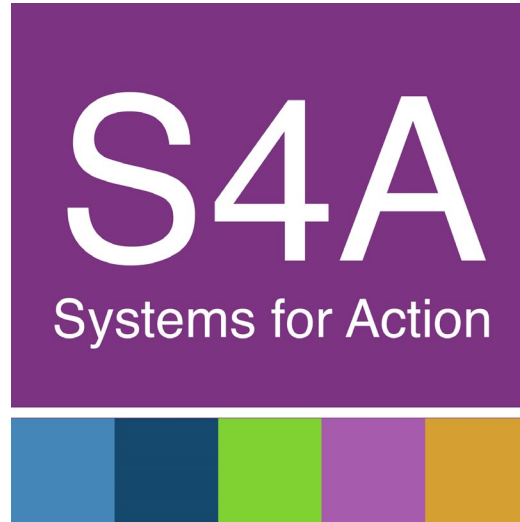
"Cities have the capability of providing something for everybody, only because, and only when, they are created by everybody."

- Jane Jacobs

"We live in a world in which we need to share responsibility. It's easy to say 'It's not my child, not my community, not my world, not my problem.' Then there are those who see the need and respond. I consider those people my heroes."

- Fred Rogers

Questions?



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Can California's CalAIM Medicaid Transformation Initiative Achieve Systems Integration? Identifying Key Facilitators of Cross-Sectoral Coordination for Individuals with Complex Needs or at High Risk

Wednesday, June 12th | 9am PT / 12pm ET

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