Systems Alignment to Optimize Health among Youth Experiencing Homelessness

Research-in-Progress Webinar Series
March 27, 2024
12-1pm ET

Roadmap

1. **Overview of Our Systems Alignment Research**

2. Systems Alignment Strategies

    ○ Trainings

    ○ Youth Health Connect

    ○ Mental Health Supports

    ○ Site-based Health Services

3. Data Systems Alignment

4. Next Steps

5. Q&A

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Systems for Action

The Youth Health and Housing Lab leads community-engaged, youth-driven multisector work at the intersection of housing, healthcare and public health to optimize health and bolster resilience among youth experiencing homelessness.

Scan for our website!

4.2 million

Youth experience homelessness annually in the U.S.

Running away

Being thrown out

Rough sleeping

Staying in shelter

Couch-surfing

Background

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Photo by Nicolas Lobos on Unsplash
Photo by Gabriel Brito on Unsplash
Photo by Zachary Nelson on Unsplash
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Background

Key Frameworks

9 evidence-based, guiding principles to help youth overcome homelessness
February 2014

Developed by the Homeless Youth Collaborative on Developmental Evaluation
Technical Assistance by Michael Quinn Patton, PhD and Nora F. Murphy, PhD
Supported by the Otto Bremer Foundation

Strengths-based

Youth-centered

Anti-oppressive

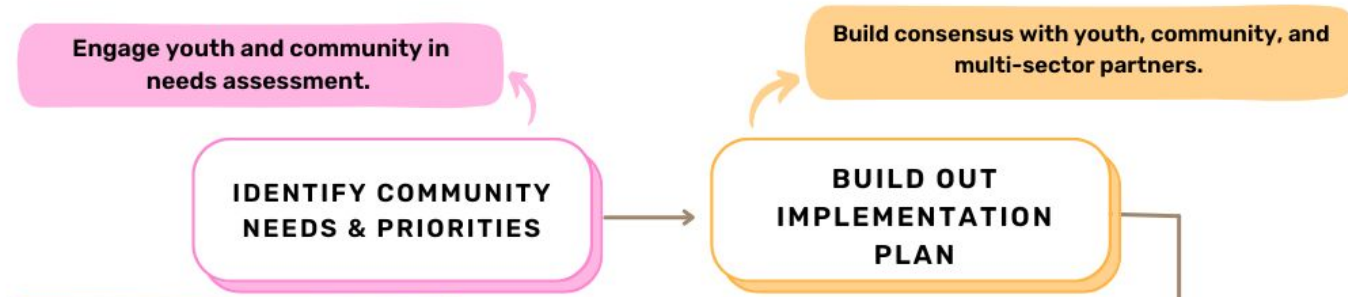Community-engaged

Trauma-informed

Harm reduction

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Youth Participatory Action Research

Engage youth and community in needs assessment.
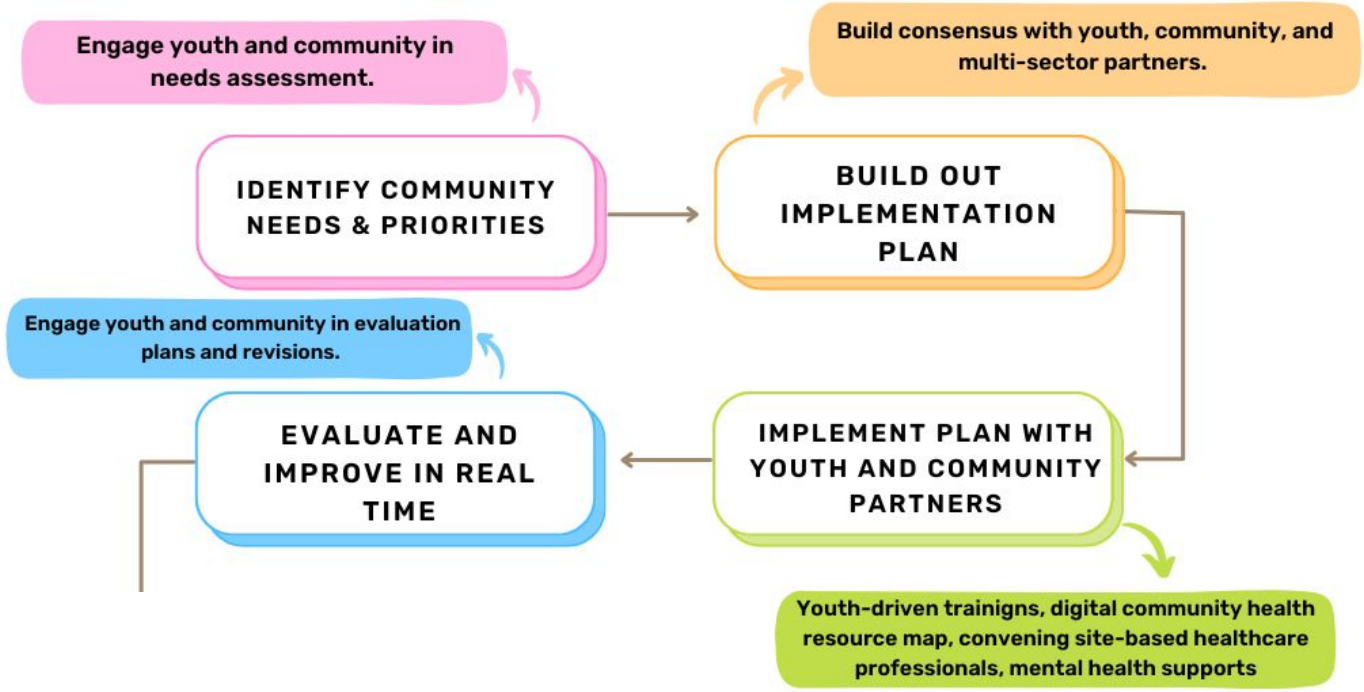
IDENTIFY COMMUNITY
NEEDS & PRIORITIES

Engage youth and community in needs assessment.

Build consensus with youth, community, and multi-sector partners.

IDENTIFY COMMUNITY NEEDS & PRIORITIES

BUILD OUT IMPLEMENTATION PLAN

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BUILD OUT IMPLEMENTATION PLAN

IMPLEMENT PLAN WITH YOUTH AND COMMUNITY PARTNERS

Youth-driven trainigns, digital community health resource map, convening site-based healthcare professionals, mental health supports

Engage youth and community in needs assessment.

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IDENTIFY COMMUNITY NEEDS & PRIORITIES

BUILD OUT IMPLEMENTATION PLAN

Engage youth and community in evaluation plans and revisions.

EVALUATE AND IMPROVE IN REAL TIME

IMPLEMENT PLAN WITH YOUTH AND COMMUNITY PARTNERS

Youth-driven trainigns, digital community health resource map, convening site-based healthcare professionals, mental health supports

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DISSEMINATION & TRANSLATION

Translate research into action, working alongside youth and community members.

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What does it look like
from your perspective for youth
and others with lived experiences
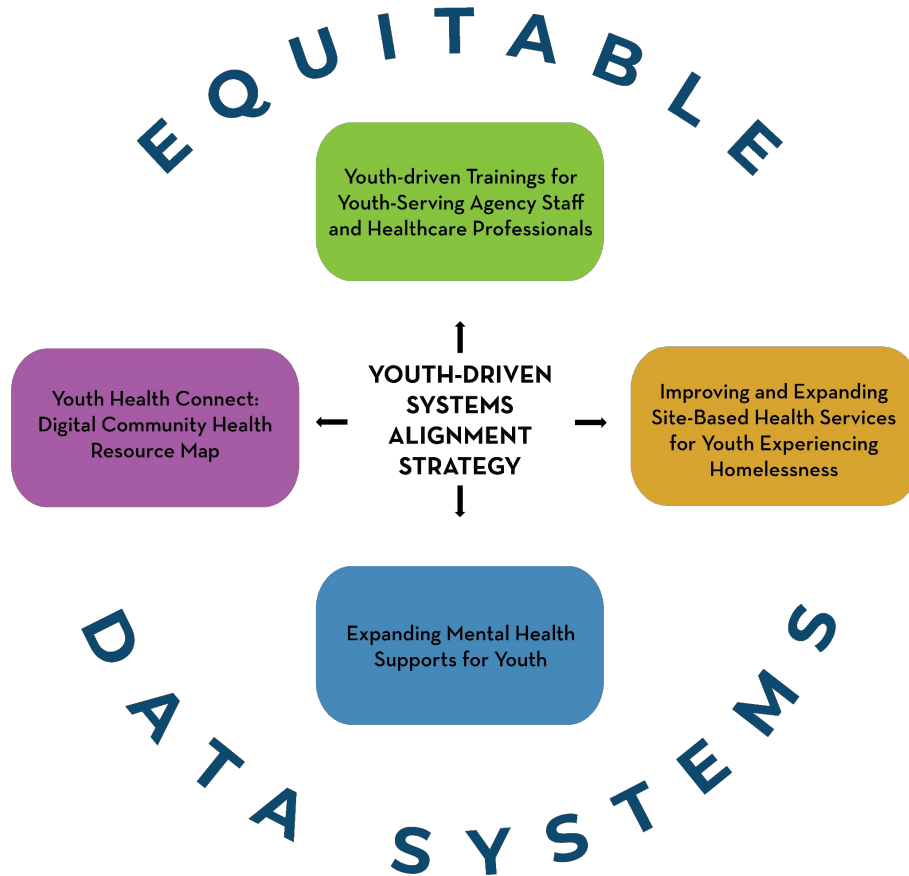to meaningfully engage in research
and why is it important?

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3. Data Systems Alignment
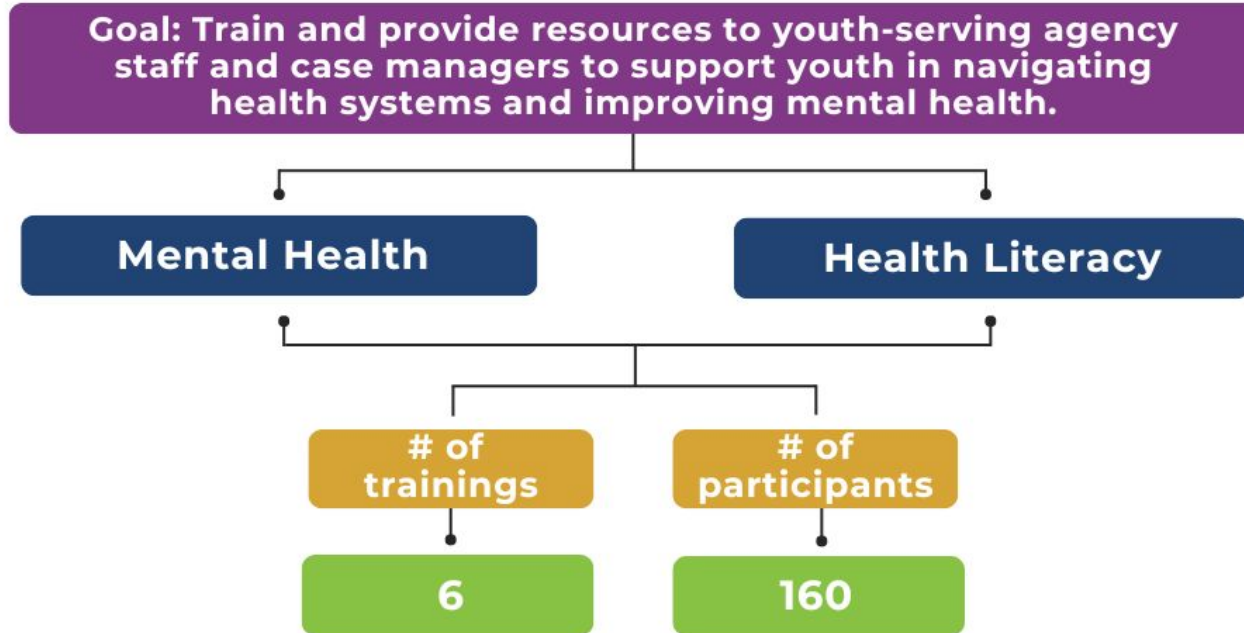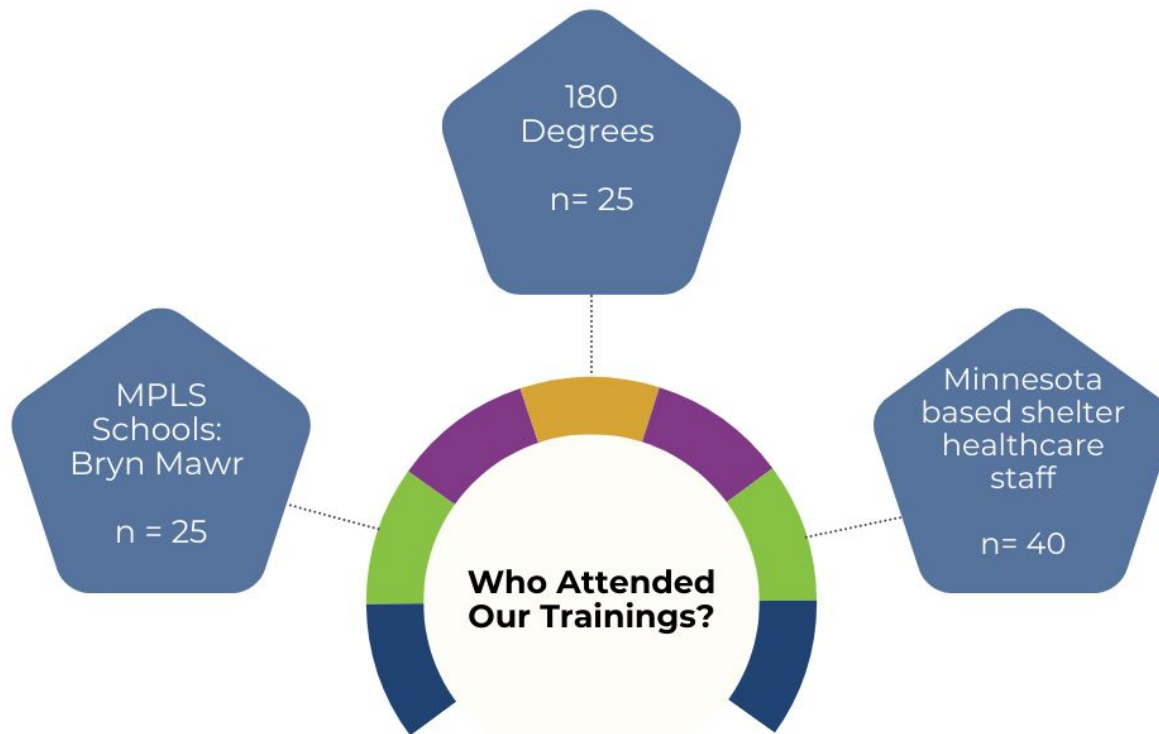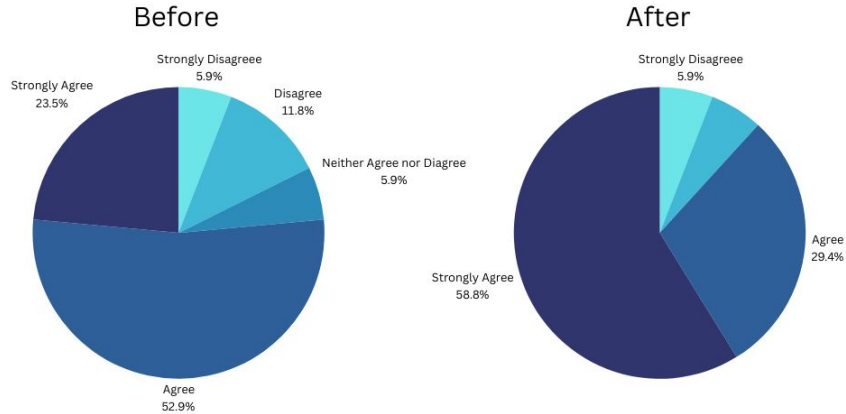
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Systems Alignment Strategies

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EQUITABLE

Youth-driven Trainings for Youth-Serving Agency Staff and Healthcare Professionals

Youth Health Connect: Digital Community Health Resource Map

YOUTH-DRIVEN SYSTEMS ALIGNMENT STRATEGY

Improving and Expanding Site-Based Health Services for Youth Experiencing Homelessness

Expanding Mental Health Supports for Youth

DATA SYSTEMS

Roadmap

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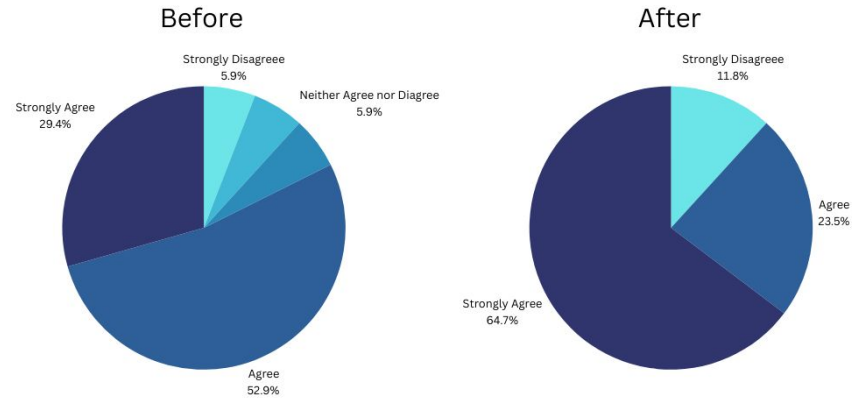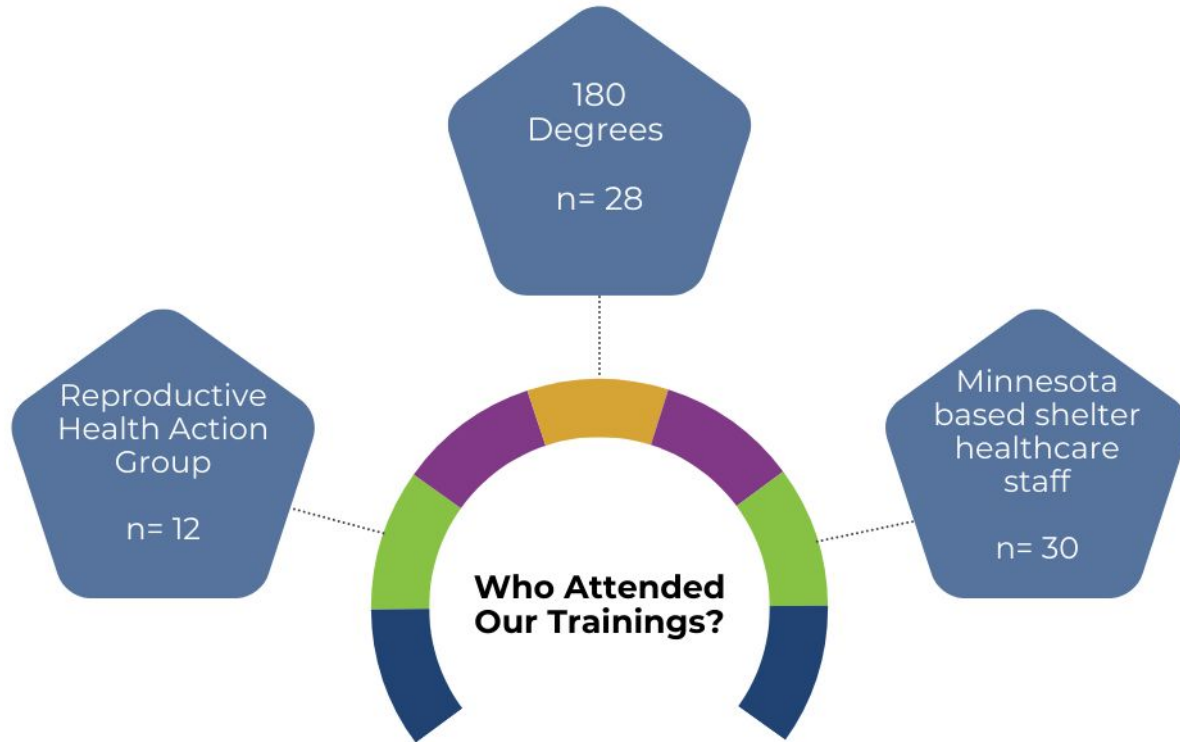3. Data Systems Alignment

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Goal: Train and provide resources to youth-serving agency staff and case managers to support youth in navigating health systems and improving mental health.

- Mental Health
- Health Literacy
  - # of trainings
    - 6
  - # of participants
    - 160

Systems Alignment Strategy: Mental Health Trainings

I feel confident applying a trauma-informed approach in my work.

Before
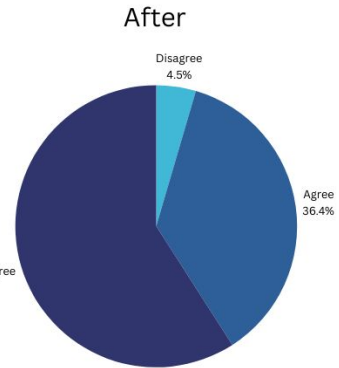- Strongly Disagreee 5.9%
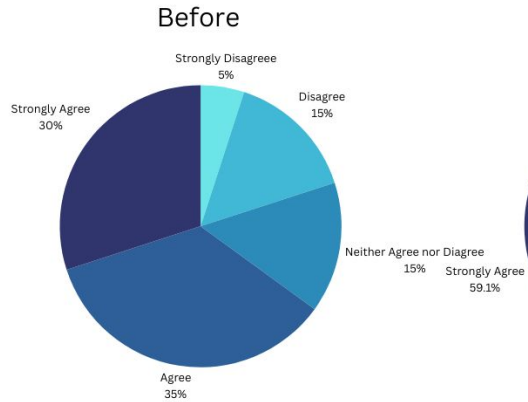- Disagree 11.8%
- Neither Agree nor Diagree 5.9%
- Agree 52.9%
- Strongly Agree 23.5%

After
- Strongly Disagreee 5.9%
- Agree 29.4%
- Strongly Agree 58.8%

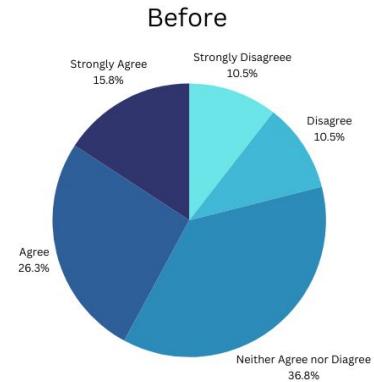I can identify strategies to best support youth in improving their mental health.

Before
- Strongly Disagreee 5.9%
- Neither Agree nor Diagree 5.9%
- Agree 52.9%
- Strongly Agree 29.4%

After
- Strongly Disagreee 11.8%
- Agree 23.5%
- Strongly Agree 64.7%
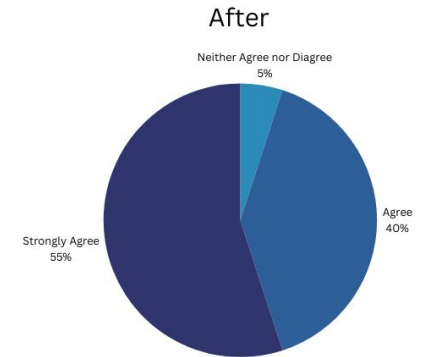
What was it like participating
in the trainings?

What do you think were the most important
take-home points from the trainings?

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Idea for Youth Health Connect comes out of focus groups with youth and YSA staff

Digital Community Health Resource Map

Website Features!

Mapping Tool
See on a map where a clinic is located

Feedback Form
Anonymous way for youth to offer improvements

Filter by Resource Type
Ex. well care, prenatal care, online appointments

Filter by Patient Population
- Youth Friendly
- Cultural Responsiveness
- Ability Friendly
- Size Diversity Friendly
- LGBTQ+ Friendly

Filter by Patient Population Age
Ex. Clinics that see ages up to 18 vs 24

What other features would you like to see?

Has anyone had experience with web design or know anyone that is experienced in web design?

Make website printable!

...ting an awareness section where we can include icons that are coded to specific warnings for points of care

Make sure we are NOT including the fake pregnancy care places as ...

Chat forum capabilities to be able to connect with individuals who are also using the website

Tips for healthcare navigation / take a pic of your health insurnace card, bring ID (if you have one), know your rights)

Could include contact information for designated youth representatives by geographic area for youth to be able to reach out to and get advice prior to going to a point of care

Section on the website: "know your rights" info section

Rating section (yelp style) for youth to be able to input reviews and comments

Systems Alignment Strategy: Youth Health Connect

Idea for Youth Health Connect comes out of focus groups with youth and YSA staff

Resource collection begins with reaching out to healthcare locations across the twin cities and documenting their services

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One Stop   MyU🔒: For Students, Faculty, and Staff

Search UMN 🔍

Youth Health Connect

Home   About   Explore Map   My Healthcare Rights   Contact Us

Welcome to Youth Health Connect!

A tool designed to bridge the gap between youth experiencing homeless and public health services in the Twin Cities metro area.
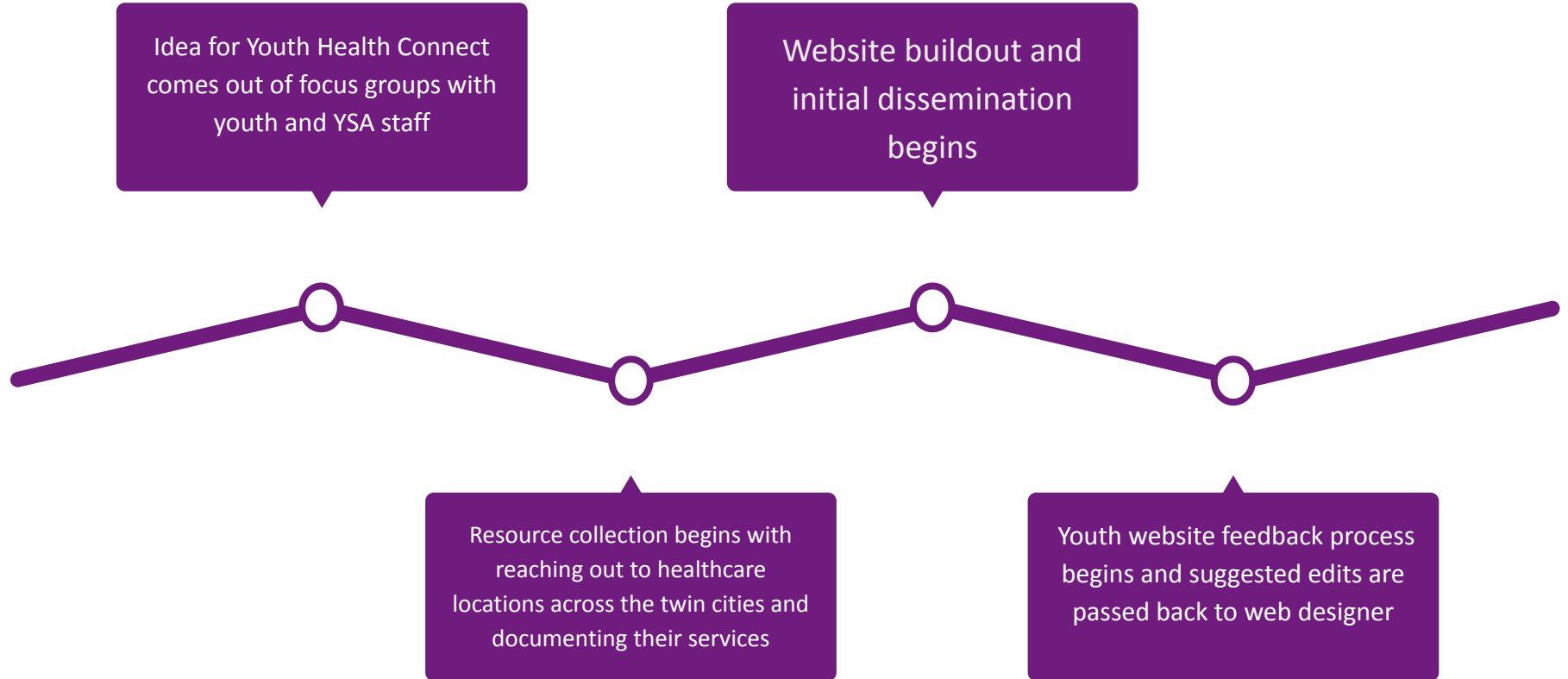
Leaflet | © OpenStreetMap contributors
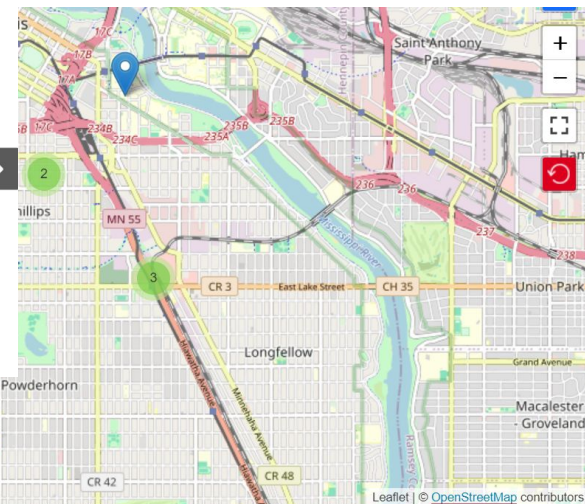
Back to top ⌃

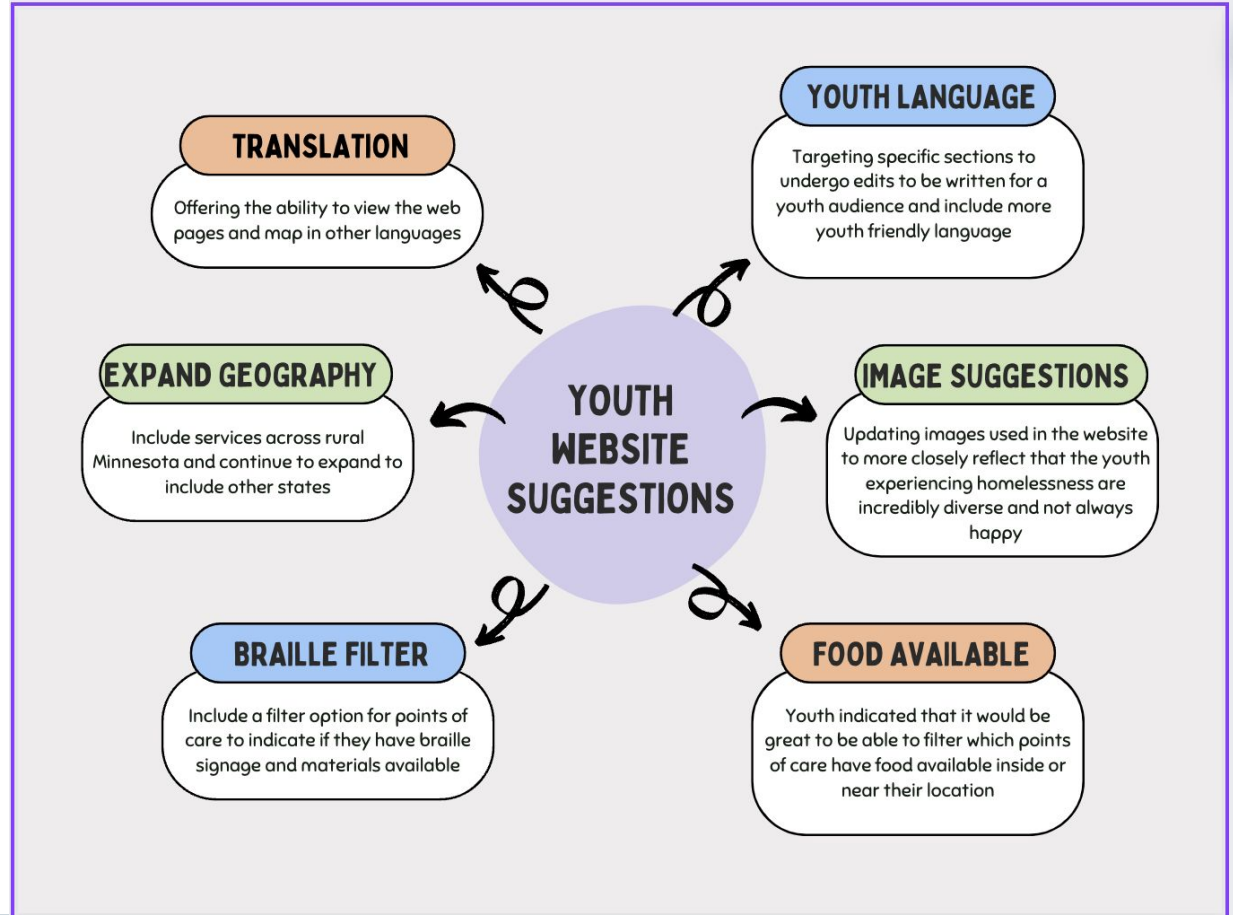## Explore resources with ease by selecting from filters

Simply choose a category to refine your search and view resources as a comprehensive list tailored to your needs.

Systems Alignment Strategy: Youth Health Connect

Idea for Youth Health Connect comes out of focus groups with youth and YSA staff

Website buildout and initial dissemination begins

Resource collection begins with reaching out to healthcare locations across the twin cities and documenting their services

Youth website feedback process begins and suggested edits are passed back to web designer

Systems Alignment Strategy: Youth Health Connect

Pilot Testing:
- 6 Youth
  - 4 Hours Each

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Systems Alignment Strategy: Mental Health Supports

Youth, youth serving agency staff, and cross-sector team identified need for mental health supports at youth serving agencies

+

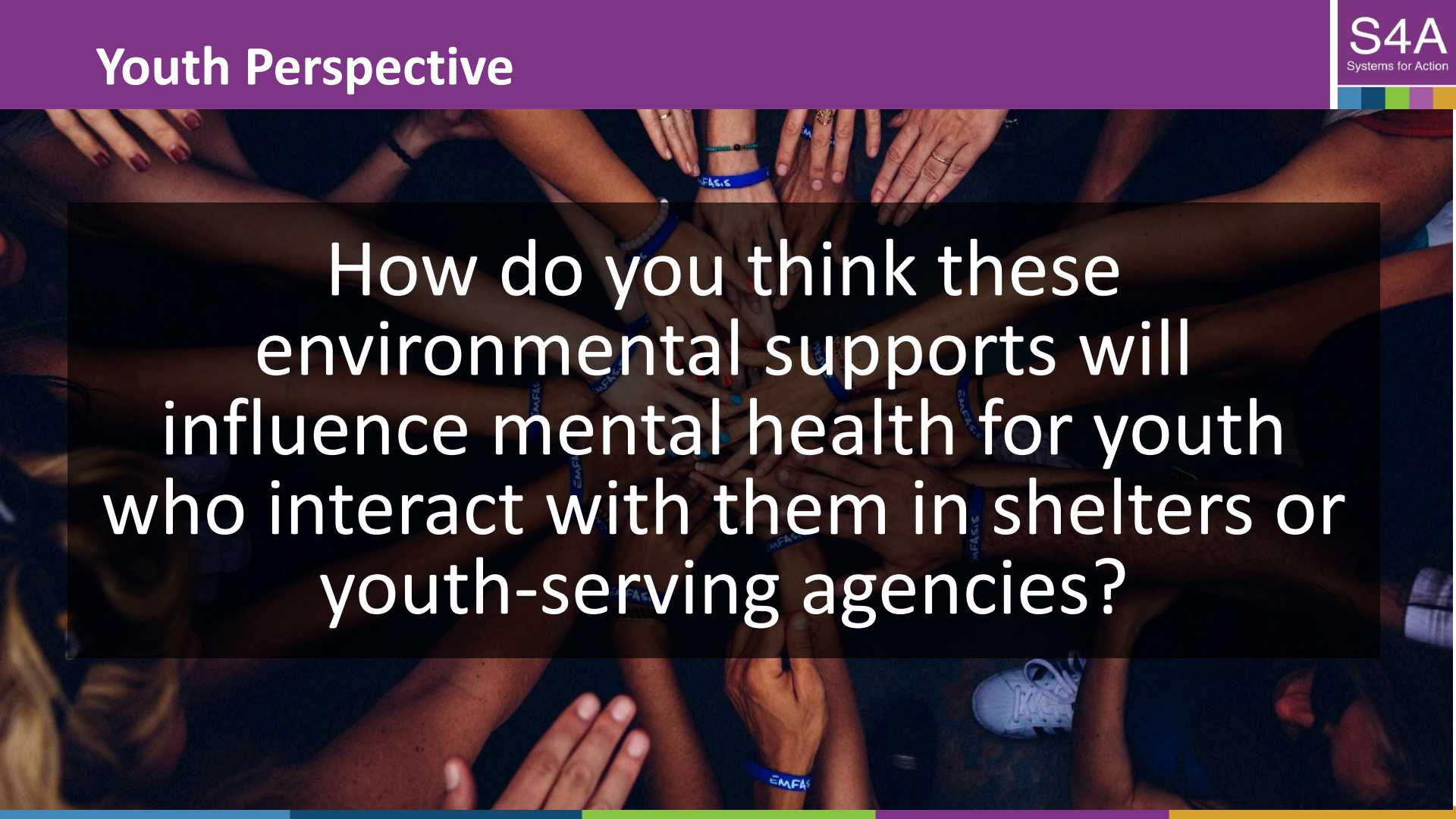**Co-generate list of mental health supports with youth for youth serving agency staff to choose from**

→

Purchased supports for Youth Serving Agencies:
- **4 urban YSA's**
- **2 rural YSA's**
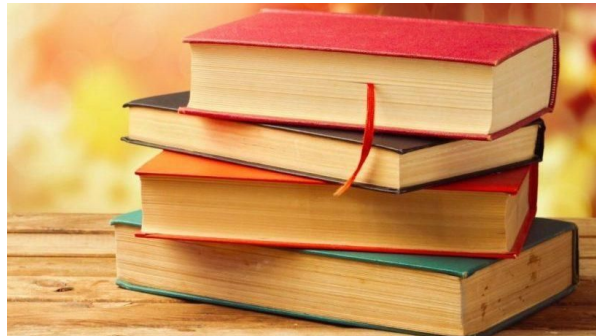
- Current pilot testing: 6 youth-serving agencies (4 urban, 2 rural)

- Interviews with YSA staff to understand how supports are being utilized and their impact

- Youth focused feedback on the feasibility, acceptability and potential benefits of these interventions
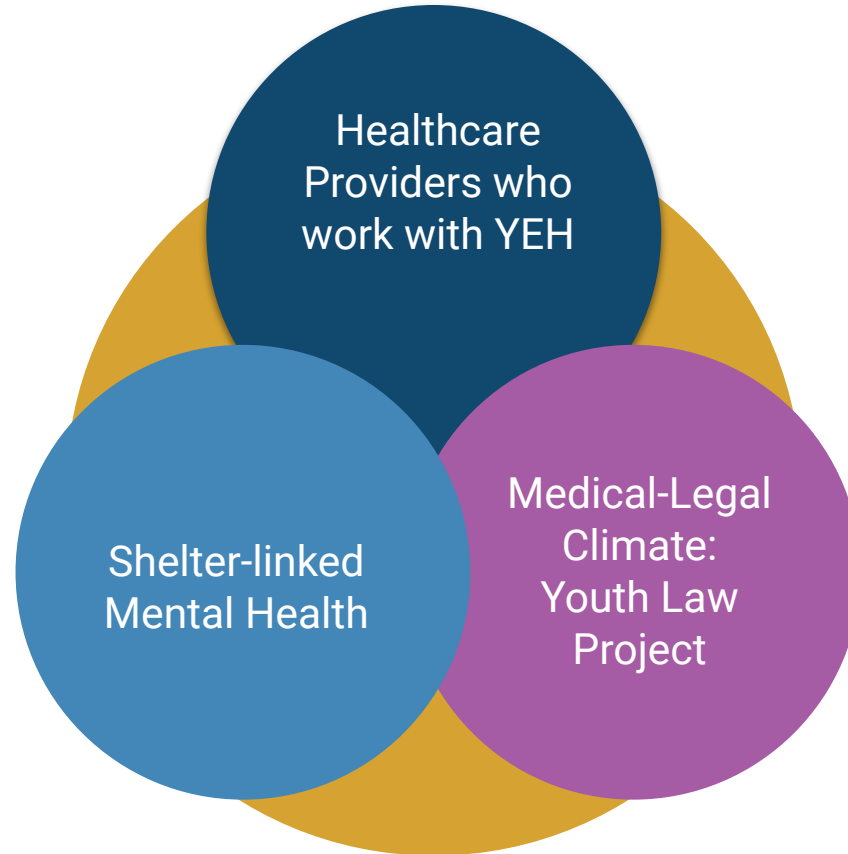
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How do you think these environmental supports will influence mental health for youth who interact with them in shelters or youth-serving agencies?

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Healthcare Providers who work with YEH

Shelter-linked Mental Health

Medical-Legal Climate: Youth Law Project

Why are shelter-based healthcare and mental health services important?

How do you think healthcare professionals working at youth-serving agencies could continue to collaborate to improve the care they provide?

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Where do you hope to see this work go and how do you hope to see youth and those with lived experience involved?

Next Steps

Thank You! Questions?

UMN Youth Health and Housing Lab

Janna Gewirtz O'Brien, MD, MPH (PI)
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Annie Lemieux
Zeinab Mohamud
Samantha LaBouef
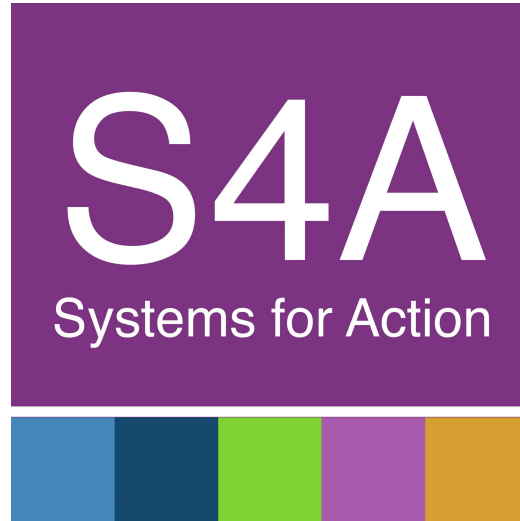Ly Baumgardt
Alexis Chan
Wren Kahl
Casey Hokanson

Youth Leaders
University of Minnesota

Questions?

www.systemsforaction.org

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Certificate of Completion

If you would like to receive a **certificate of completion**
for today's ResProg webinar, please
complete the survey at the end of the session.

One will be emailed to you.

Next ResProg Webinar

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Research to Understand Systems of Housing (RUSH): Feasibility & Acceptability of Aligning Systems for Fathers

Wednesday, April 10 | 12pm ET

Acknowledgements

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Robert Wood Johnson Foundation

colorado school of **public health**