Caring for Every Child’s Mental Health: Peer Support for Youth & Families
May 5, 2022
National Children’s Mental Health Awareness Day: Agenda

• Welcome & Session Overview

• Featured Speakers
  – Miriam E. Delphin-Rittmon, PhD, Assistant Secretary for Mental Health and Substance Use
  – Anita Everett, MD, DFAPA, Director, Center for Mental Health Services
  – Johanna Bergan, Executive Director of Youth MOVE National
  – Hugh Davis, Executive Director for Wisconsin Family Ties
  – Melinda J. Baldwin, PhD, LCSW, Director, Division of Prevention, Traumatic Stress, & Special Programs, Center for Mental Health Services

• Closing Remarks
Caring for Every Child’s Mental Health: Peer Support for Youth & Families

Miriam E. Delphin-Rittmon, Ph.D.
Assistant Secretary for Mental Health and Substance Use
Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services

National Children’s Mental Health Awareness Day
May 5, 2022
SAMHSA Priorities and Cross-Cutting Principles

- Enhancing access to suicide prevention & crisis care
- Promoting children & youth behavioral health
- Integrating primary and behavioral healthcare
- Using performance measures, data, and evaluation
- Preventing overdose

Cross-cutting principles:
- Equity
- Workforce
- Financing
- Recovery
Prevalence Rates for Youth Mental Health
Youth mental health is important!

- 20% of children and adolescents (1 in 5) will have a diagnosable mental, emotional, or behavioral disorder at some point in their development.

- 10% of young people (1 in 10) have a serious emotional disturbance (SED) at some point in their life (about 7.4 million children and youth). This means that their mental health condition impacts their ability to function at home, in school, or in the community.
COVID-19 Impact on Youth Mental Health

Over the course of the COVID-19 pandemic, we have witnessed soaring rates of mental health challenges among children, adolescents, and their families, exacerbating this pre-existing epidemic, particularly for children, youth, and families.

- Depression and anxiety doubled in youth compared to pre-pandemic levels.

- More than 200,000 U.S. children have experienced the death of a primary or secondary caregiver due to COVID, with children of color disproportionately impacted.

- The CDC released new data from the Adolescent Behaviors and Experience Survey (ABES) indicating that more than 1 in 3 high school students experienced poor mental health during the pandemic and nearly half of students felt persistently sad or hopeless.
FACT SHEET: President Biden to Announce Strategy to Address Our National Mental Health Crisis, As Part of Unity Agenda in his First State of the Union.
The President’s national mental health strategy lays out a vision to transform how mental health is understood, perceived, accessed, treated, and integrated.

This strategy has three pillars:

• Strengthening system capacity, in part, by building a national certification program for peer specialists, which will accelerate universal adoption, recognition, and integration of the peer mental health workforce across all elements of the health care system.

• Increasing connections to care by expanding access to school-linked mental health supports, and by embedding and co-locating behavioral health providers into community-based settings.

• Creating healthy environments and fostering a culture and environment that broadly promotes mental wellness and recovery.
President’s Budget: Child & Youth Mental Health Highlights

<table>
<thead>
<tr>
<th>Mental Health</th>
<th>Budget for FY 2023</th>
<th>Increase from FY 2022</th>
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<tbody>
<tr>
<td>Substance Use Prevention and Treatment Block Grant (SABG)</td>
<td>$3B</td>
<td>$1.1B</td>
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<tr>
<td>Community Mental Health Services Block Grant (MHBG)</td>
<td>$1.7B</td>
<td>$795M</td>
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<tr>
<td>The 9-8-8 and Behavioral Health Services</td>
<td>$697M</td>
<td>$59M</td>
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<tr>
<td>Certified Community Behavioral Health Clinics (CCBHCs) Expansion Grants</td>
<td>$553M</td>
<td>$238M</td>
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<tr>
<td>Community Mental Health Centers (CMHCs) - Mandatory, Proposed</td>
<td>$413M, $4.1B over 10 years</td>
<td>$413M</td>
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<tr>
<td>Project AWARE</td>
<td>$244M</td>
<td>$123M</td>
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<tr>
<td>Children’s Mental Health Services</td>
<td>$225M</td>
<td>$100M</td>
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<tr>
<td>National Child Traumatic Stress Network</td>
<td>$150M</td>
<td>$68M</td>
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<tr>
<td>Primary and Behavioral Health Care Integration (PBHCI)</td>
<td>$105M</td>
<td>$50M</td>
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<tr>
<td>Projects for Assistance in Transition from Homelessness (PATH)</td>
<td>$70M</td>
<td>$5M</td>
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<tr>
<td>Mental Health Awareness Training Program</td>
<td>$64M</td>
<td>$39M</td>
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<tr>
<td>Healthy Transitions</td>
<td>$61.4M</td>
<td>$32M</td>
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<tr>
<td>Criminal and Juvenile Justice Programs</td>
<td>$56M</td>
<td>$50M</td>
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<tr>
<td>Infant and Early Childhood Mental Health</td>
<td>$38M</td>
<td>$28M</td>
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<tr>
<td>Homeless Prevention Programs</td>
<td>$36M</td>
<td>$5M</td>
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<tr>
<td>Project LAUNCH</td>
<td>$35M</td>
<td>$12M</td>
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<tr>
<td>Tribal Behavioral Health Grants (TBHG)</td>
<td>$23.2M</td>
<td>$2.5M</td>
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<tr>
<td>Garrett Lee Smith (GLS) – Youth Suicide Prevention-Campus</td>
<td>$11.5M</td>
<td>$5M</td>
</tr>
<tr>
<td>Interagency Task Force on Trauma-Informed Care</td>
<td>$1M</td>
<td>$1M</td>
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The President’s FY 2023 Budget Proposal includes $3.7B in additional funding, including:

- $123M increase in Project Aware;
- $68M increase for the National Child Traumatic Stress Network;
- $28M increase in the Infant and Early Childhood Mental Health program; and
- $100M increase in System of Care funding.
SAMHSA’s HOPE Framework
SAMHSA’s HOPE for Children, Youth, & Families
All children, youth, young adults, and their families thrive in their homes and communities and experience Health, Opportunity for success, and the ability to reach their full Potential through Equitable strategies that build strengths and includes their voices.
All children, youth, young adults, and their families thrive in their homes and communities and experience Health, Opportunities for success, and the ability to reach their full Potential through Equitable strategies that build strengths and includes their voices.

**SAMHSA’s HOPE for Children, Youth, & Families**

- **Health for All**: To have health, we must have mental, emotional, and behavioral health for all. *(Universal Behavioral Health Approaches)*
- **Opportunity for At-Risk Youth**: Opportunities for early detection and interventions. *(Selective/Indicated)*
- **Potential for Youth with SED/SMI/SUD**: Interventions so children and youth with behavioral health challenges reach their full potential. *(Assessment/Treatment)*

**HOPE Tiered System of Services & Supports**

- **Environment**: *(Social Determinants of Health)*
- **Community**: *(Schools, Recreation, Providers, Faith Organizations, Business)*
- **Youth & Family**

**SAMHSA’s HOPE TIERS: HEALTH, OPPORTUNITY, POTENTIAL**
SAMHSA’s HOPE TIERS: SAMHSA PROGRAMS and INITIATIVES

Environment (Social Determinants of Health)
Community (Schools, Recreation, Providers, Faith Organizations, Business)
Youth & Family

Workforce Foundation

Health

Opportunity

Equity

- SA/MH Block Grant
- Children’s Mental Health Initiative
- MHAT
- TREE Grants
- School based SUD/MH
- NCTSI (Cat 3)
- Healthy Transitions
- CHRP
- CCBHC
- SBIRT
- Project Aware
- Federal Block Grant
- SAP
- Project LAUNCH NCTSI (Cat 2)
- Native Connections
- CSAP Block Grant
- CSAP SABG Grant
- IECMH
- Project AWARE
- Project LAUNCH
- “Talk. They Hear You”®
- STOP ACT Grants
- MH Awareness Training
- NCTSI
- Circles of Care
- GLS
- Native Connections

Health Opportunity Potential
Youth & Family

SAMHSA Substance Abuse and Mental Health Services Administration
The HOPE Framework focuses on themes, including:

- Capacity building and training to enhance and expand the child and youth behavioral health workforce;
- Integrating behavioral health into primary care;
- Confronting the role of technology and social media;
- Creating a crisis continuum to address urgent needs and promote stabilization; and
- Other critical areas related to child and youth mental, emotional, and behavioral health, including Wellness and Prevention, School-Based and School-Linked Services, Early Childhood, Trauma and Grief, Measurement-Based Care, and Partnerships across Child-Serving Systems.
Welcome from the Center for Mental Health Services

Anita Everett, MD, DFAPA
Director, Center for Mental Health Services
Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services
Motivating Others through Voices of Experience
What we do and why we do it...

We’re a youth-driven, chapter-based organization dedicated to improving services and systems that support positive growth and development by uniting voices of individuals who have lived experience in various systems including mental health, juvenile justice, education, and child welfare.
Youth Peer Support

• Connects youth and young adults with mental health or substance misuse challenges with young adults who have experienced similar challenges and completed specialized training to learn how to use their experience to support others

• Encompasses a range of activities and interactions focused on promoting connection, inspiring hope, and supporting young people to set their own goals and take steps toward building fulfilling, self determined lives for themselves
Foundations of Youth Peer Support

• Authentic youth engagement
• Youth-driven practices
• Rooted in the youth voice movement
• Self advocacy and youth leadership
• Connected network of youth leaders to advocate
Investment in Youth Peer Support

• Build pathways for youth to become youth peer providers
• Commit to the unique and distinct value offered by youth peers
• Seed formal AND informal youth peer supports
• Invest in the ecosystems around youth peers
Enough Already! Stop Raising Awareness and Do Something

by Hugh Davis, executive director of Wisconsin FamilyTies

This past week was designated Children’s Mental Health Awareness Week, as have all first full weeks in May for more than two decades. Across the nation, there were articles, proclamations, promotions, and events. Thousands upon thousands of person-hours were spent in planning for these activities. Is it worth it?
VALUES

- Needs
- Systems
- Resources
- Solutions

Parent Peer Support

Peer (Adult) Support

Youth Peer Support
Wisconsin Family Ties

- Increase parenting skills and confidence
- Prevent child abuse and neglect
- Improve family-school relationships
- Keep families together
Importance of Peer Support

Service Respondents Ranked Most Important

<table>
<thead>
<tr>
<th>Categories of Service</th>
<th>Percentage of Respondents</th>
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<tbody>
<tr>
<td>Special education</td>
<td>5%</td>
</tr>
<tr>
<td>Case management</td>
<td>12%</td>
</tr>
<tr>
<td>Psychiatric services</td>
<td>12%</td>
</tr>
<tr>
<td>Psychotherapy</td>
<td>17%</td>
</tr>
<tr>
<td>Peer support</td>
<td>41%</td>
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</tbody>
</table>

Peer Support & Parent Peer Support: Impact and Relative Importance as Reported by Service Recipients (Ruffalo, Davis, et al., Medical College of Wisconsin, 2016)
Relative Effect on Health Outcomes

- Clinical Care
- Social Supports
Barriers to Effective Parent Peer Support

• Thinking that being at the table is enough
• Traditional, therapy-based funding models
• Relying on certification to ensure effective practice
• Ignoring the conflicts when embedding peers in clinical agencies
A CALL TO ACTION

1. **States:** Align mental health systems and funding models with research on the social determinants of health

2. **CMS:** Re-examine guidance on peer support certification and supervision, and incorporate the vital role of peer- and family-run organizations

3. **Congress:** Fund SAMHSA’s Statewide Family Network program at $500,000 per year for every state and territory
Welcome from the Division of Prevention, Traumatic Stress, and Special Programs

Melinda J. Baldwin, PhD, LCSW
Director, Division of Prevention, Traumatic Stress, and Special Programs
Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services
Thank you!

1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • https://www.samhsa.gov