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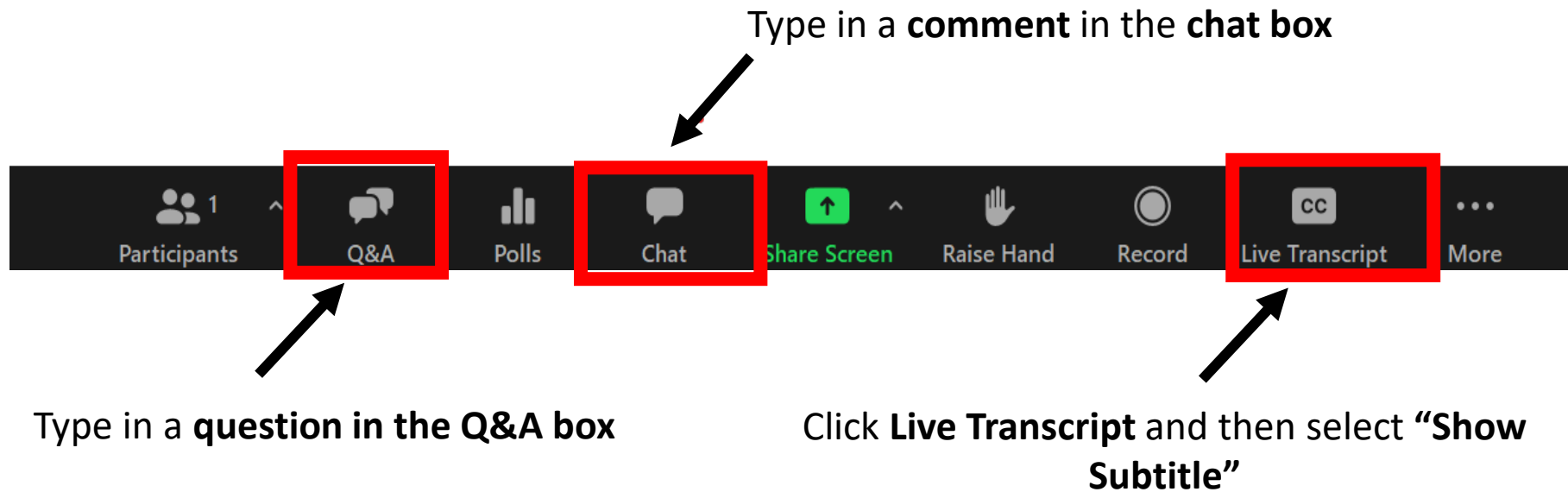
# Pediatric Integration: Promoting Agency & Wellbeing for Young Adults through Integrated Care

Thursday, February 29, 2024  
2-3 pm ET

**CENTER OF EXCELLENCE** for Integrated Health Solutions

Funded by Substance Abuse and Mental Health Services Administration and operated by the National Council for Mental Wellbeing

# Questions, Comments & Closed Captioning



# Disclaimer

The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).

# ***SAMHSA***

Substance Abuse and Mental Health  
Services Administration

[www.samhsa.gov](http://www.samhsa.gov)

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# Pediatric Integration Webinar Series



## Previous Session Recordings

- [Part 1: The Youth Mental Health Crisis & Opportunities for Integrated Care](#)
- [Part 2: Pediatric Integration Opportunities in Early Childhood](#)
- [Part 3: Pediatric Integration to Promote Positive Identity Development for Underserved Adolescents](#)

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# Introductions



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*Medical Director, Three Rivers  
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*Director, Integrated Health  
National Council for Mental Wellbeing*

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# Learning Objectives

After this webinar, participants will be able to:

- Identify age-specific health vulnerabilities and strengths among young adults
- Distinguish unique developmental tasks of late adolescence and early adulthood
- Examine culturally responsive and innovative approaches to fostering resiliency in young adults
- Review integrated care models that successfully serve young adults
- Understand the ongoing need for continued innovation and collaboration





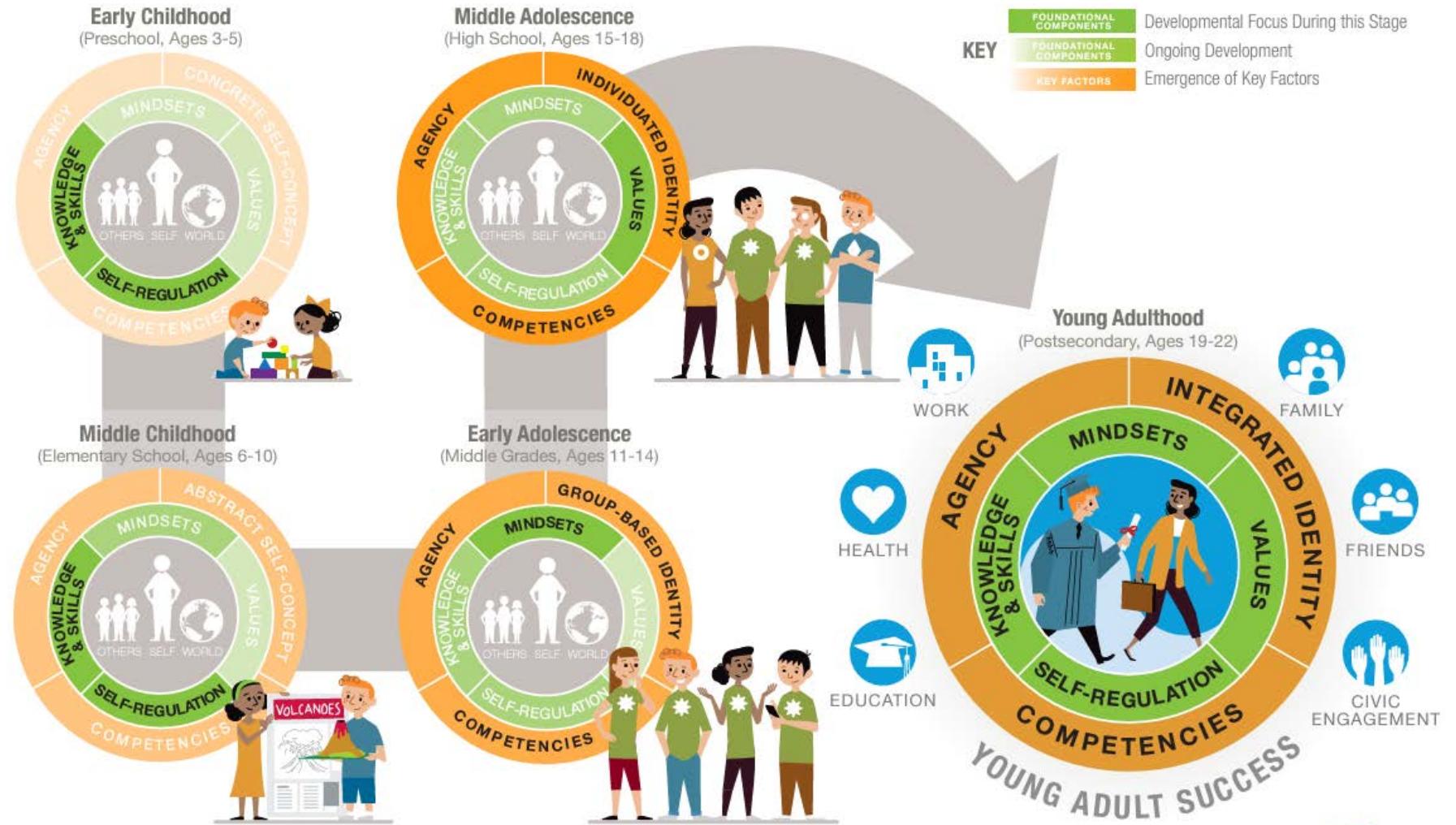
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# Young Adult Development

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# Foundations for Young Adult Success



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# 3 Key Factors for Young Adult Success

## THREE “KEY FACTORS” TO SUCCESS

The report identifies three desired outcomes of youth development, the “key factors” to life success:

**Agency**, shaping the course of one’s life rather than simply reacting to external forces.

**Integrated identity**, a strong sense of who one is, which provides an internal compass for actively making decisions consistent with one’s values, beliefs and goals.

**Competencies**, the abilities to be productive, effective and adaptable to the demands of different settings.

Source: [Foundations for Young Adult Success](#)



# How Can Integrated Care Support Young Adults?

## Developmental Experiences Can Happen in All Settings

Children are shaped by their interactions with the world, the adults around them, and how they make meaning of their experiences no matter where they are.



## Developmental Experiences Require Action and Reflection

Children learn through developmental experiences that combine **Action** and **Reflection**, ideally within the context of trusting relationships with adults.



## Developmental Experiences Build Components and Key Factors of Success

Over time, through developmental experiences, children build four foundational components, which underlie three "key factors" to success.

### Foundational Components

**Self-Regulation** includes awareness of oneself and one's surroundings, and managing one's attention, emotions, and behaviors in goal-directed ways.

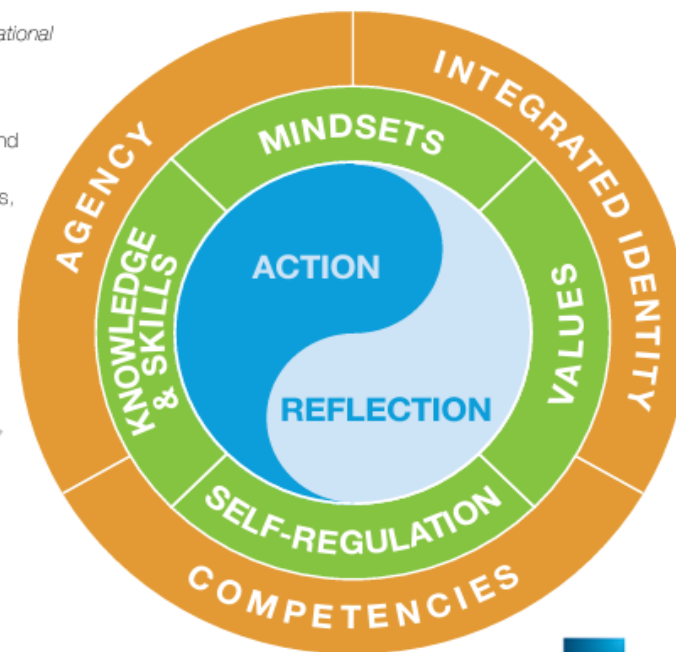
**Knowledge** is sets of facts, information, or understanding about self, others, and the world. **Skills** are the learned ability to carry out a task with intended results or goals, and can be either general or domain-specific.

**Mindsets** are beliefs and attitudes about oneself, the world, and the interaction between the two. They are the lenses we use to process everyday experience.

**Values** are enduring, often culturally-defined, beliefs about what is good or bad and what is important in life. Values serve as broad guidelines for living and provide an orientation for one's desired future.

### Key Factors

Being successful means having the **Agency** to make active choices about one's life path, possessing the **Competencies** to adapt to the demands of different contexts, and incorporating different aspects of oneself into an **Integrated Identity**.



Continued on reverse.

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# Resiliency & Risk Factors Among Young Adults

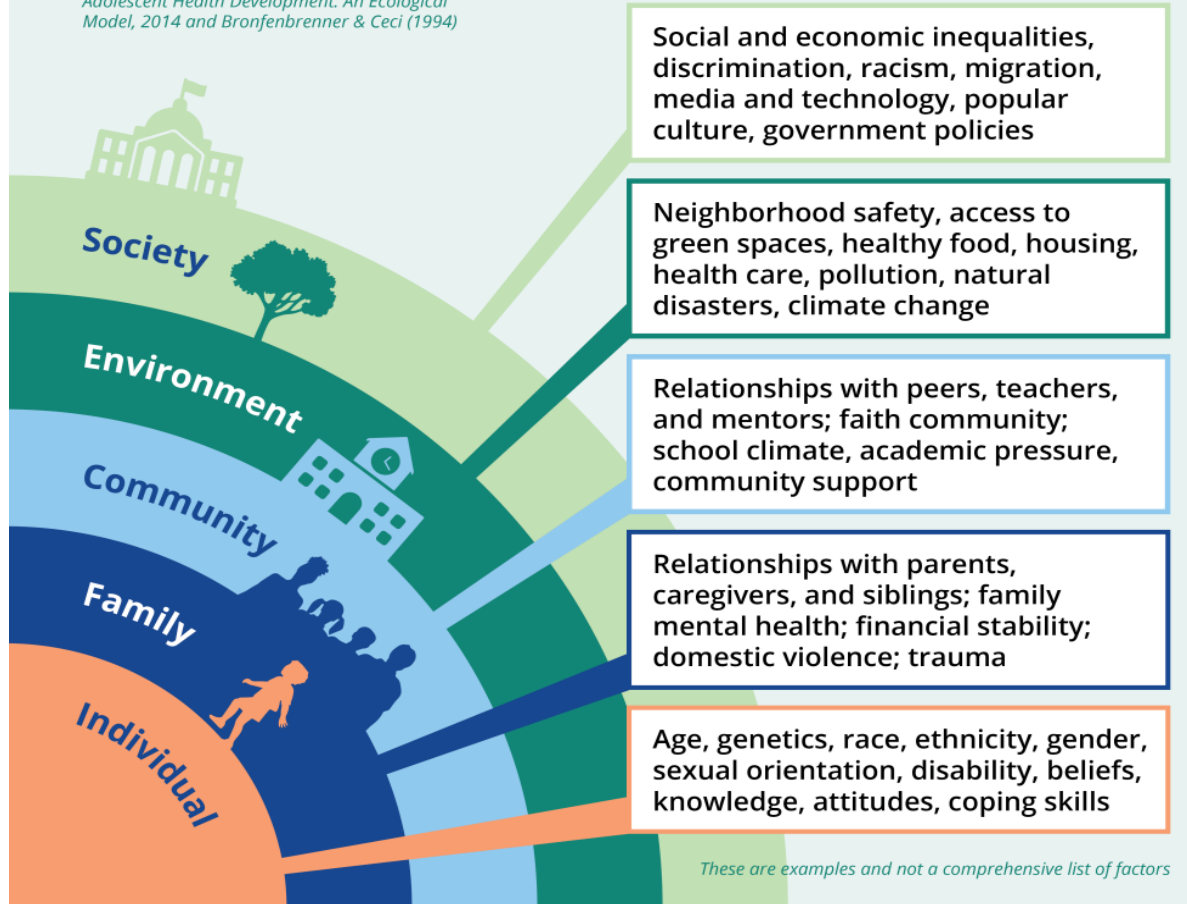
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# FACTORS THAT CAN SHAPE THE MENTAL HEALTH OF YOUNG PEOPLE



Source: Adapted from WHO's Determinants of Adolescent Health Development: An Ecological Model, 2014 and Bronfenbrenner & Ceci (1994)



## Resilience & Risk Factors of Young People

Source: [Factors That Can Shape the Mental Health of Youth](#)

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# Larger Shares Of Younger Adults Report Problems With Their Mental Health Than Those Ages 30 And Older

■ Ages 18-29 ■ Ages 30+

Percent who describe their own mental health or emotional well-being as only fair or poor:



Percent who say they have always or often felt anxious in the past 12 months:



Percent who say they have always or often felt depressed in the past 12 months:



Percent who say they have always or often felt lonely in the past 12 months:



Source: [KFF/CNN Mental Health In America Survey](#)

## Young Adult Risks: Mental Health

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# Young Adult Risks: Substance Use

Marijuana use among young adults increased by 13.2% from 2011-2021.<sup>2</sup>

Hallucinogen use among young adults increased by 4.7% from 2011- 2021.<sup>2</sup>

5.1 million young adults reported having a substance use disorder.<sup>1</sup>

87% of those with substance use disorders went untreated.<sup>1</sup>

29% of college students engage in binge drinking.<sup>1</sup>

A majority of sexual assaults in college involve alcohol or other substances. 1 in 5 college women experience sexual assault during college.<sup>1</sup>

Sources:

1. [Alcohol's Effects on Health](#)
2. [Marijuana & Hallucinogen Use Among Young Adults](#)

# Special Population: Transitioning Foster Youth

More than 23,000 children will age out of the US foster care system every year.

After reaching the age of 18, 20% of the children who were in foster care will become instantly homeless.

Only 1 out of every 2 foster kids who age out of the system will have some form of gainful employment by the age of 24.

There is less than a 3% chance for children who have aged out of foster care to earn a college degree at any point in their life.

7 out of 10 girls who age out of the foster care system will become pregnant before the age of 21.

The percentage of children who age out of the foster care system and still suffer from the direct effects of PTSD: 25%.

20.2 MILLION students in American colleges, 2015



**5 MILLION**

estimated number of students with diagnosable mental health problems

**40%**

of those students who will not seek help



**73%**

of students with a mental health condition that experienced a mental health crisis on campus



**34.2%**

of students with a mental health condition said college did not know about their crisis



**37%**

Dropout rate among students with mental health conditions (age 14-21 and older) who are served by special education



**64%**

of students with a mental health condition quit school for mental health related reasons

Source: [Crisis on Campus: Mental Health](#)

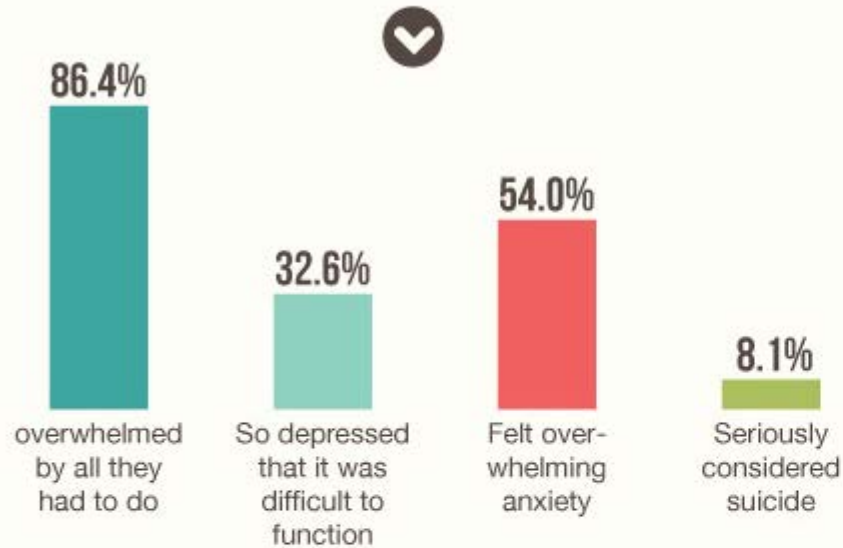


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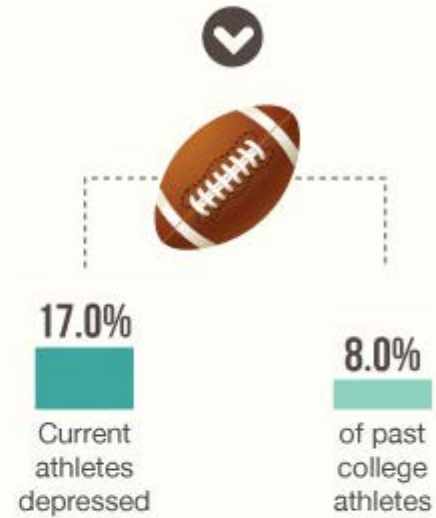
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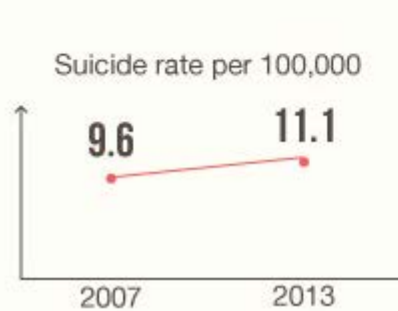
## HOW ARE STUDENTS FEELING?\*



## EVEN ATHLETES ARE AFFECTED\*\*



## SUICIDE IS 2ND LEADING CAUSE OF DEATH for persons aged 15-34



Suicide rate among young adults  
**TRIPLED**  
since the 1950s

**95%** of people who commit suicide have a psychological disorder like depression at the time of their suicide

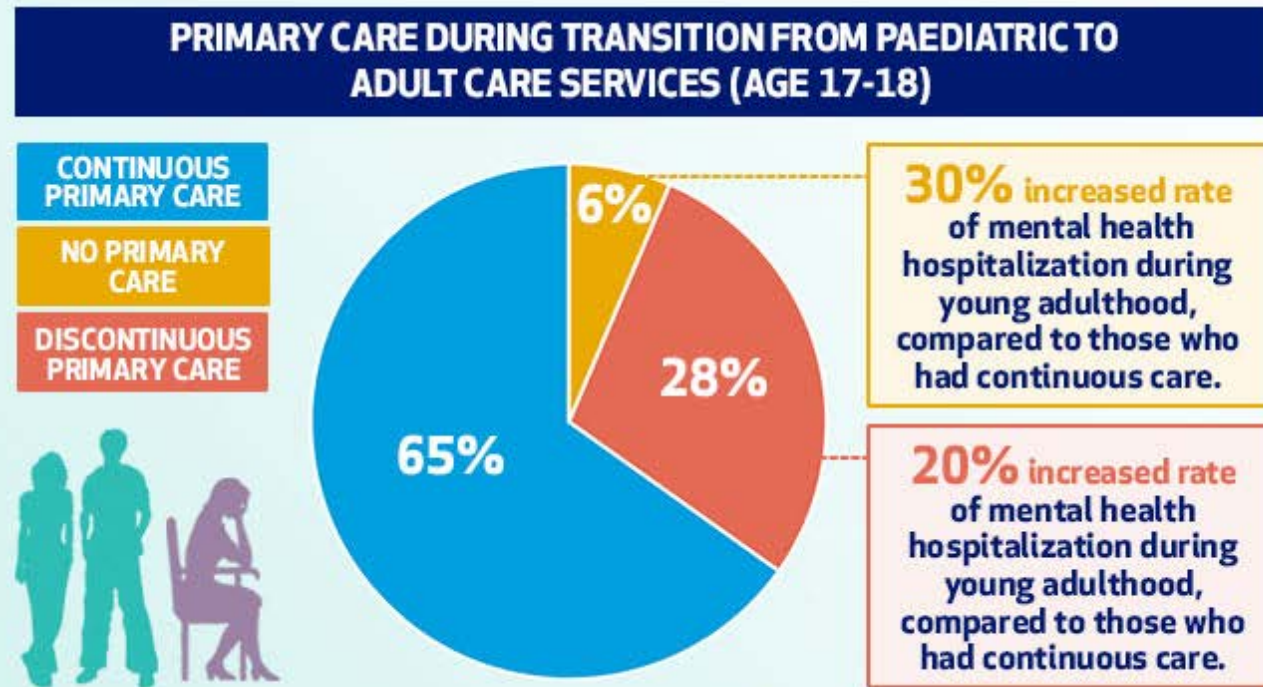
Source: [Crisis on Campus: Mental Health](#)

# Teens with severe mental illness vulnerable when transitioning to adult care

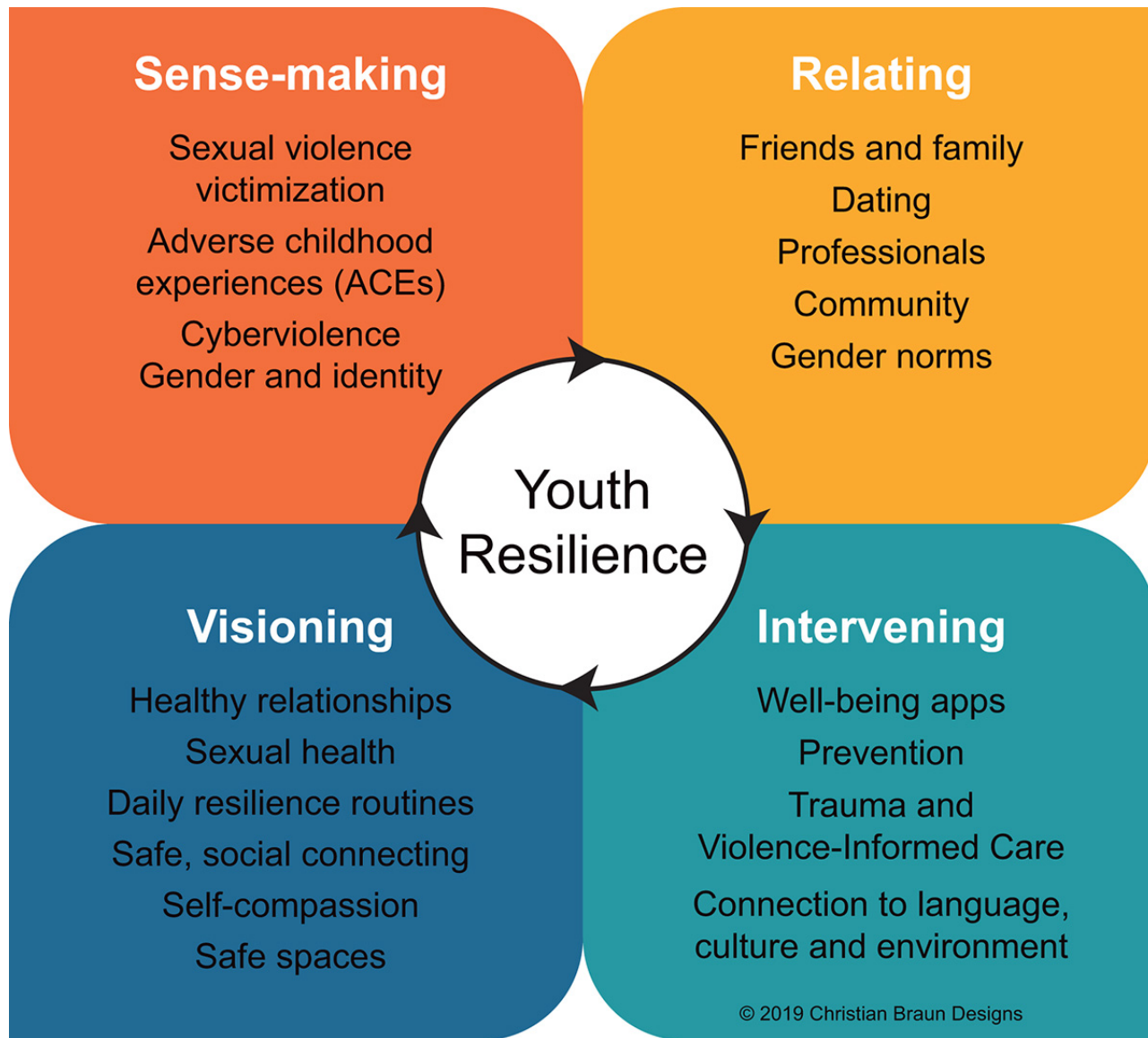


**Findings show that teens who have continuous primary care during transition period experience fewer mental health-related hospitalizations in young adulthood.**

Researchers looked at data for more than 8,400 Ontario adolescents with a history of hospitalization for severe mental illness including schizophrenia and related psychotic disorders, eating disorders and mood disorders at ages 12 to 16. The researchers then followed them during the period of transition from paediatric to adult care services (age 17-18) and evaluated the role of primary care continuity on their outcomes as young adults (age 19-26).



Toulany A et al. *JAMA Netw Open*. 2019.



# Young Adult Resiliency



Source: [Youth Resilience: Clinical Psychological & Technology Approaches](#)



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# Innovative Integrated Care Models

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# Telehealth & Digital Therapeutics in Mental Health & Substance Use (MH/SU) Treatment

- **Telehealth:** Use of electronic Information & telecommunication technologies to support long-distance clinical healthcare, patient and professional health-related education, public health, and health administration. It encompasses a broad range of technologies & tactics to deliver virtual medical, health, & education services.<sup>1</sup>
- **Digital Therapeutics:** Involves evidence-based therapeutic interventions driven by high-quality software programs to prevent, manage, or treat a broad spectrum of physical mental, and behavioral conditions. Distinct difference from general wellness apps by being clinically validated & often require regulatory approval to ensure their efficacy & safety.<sup>2</sup>

Sources:

1. [Telemedicine Services in Substance Use and Mental Health Treatment Facilities](#)
2. [American Psychological Association; What is Digital Health?](#)



# Telehealth & Digital Therapeutics in MH/SU Treatment

- **Scope:**
  - Accessibility & Convenience
  - Personalization & Engagement
  - Prevention and Early Intervention
  - Integrated Care Models
  - Evidence-Based & Data Driven
  - Privacy & Security



# Barriers to Telehealth & Digital Therapeutics in MH/SU Treatment



- Digital Divide
- Regulatory & Reimbursement Issues
- Privacy & Security Concerns
- Technological Literacy
- Personalization & Human Touch

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# Telehealth & Digital Therapeutics in MH/SU Treatment

## Examples

- Telehealth Platforms for Therapy & Counseling (Betterhelp, Alma, Etc.)
- Digital Therapeutic Apps for Substance Use Disorders (reSET & reSET-O)
- Mental Health Monitoring & Management Apps (Moodfit & Sanvello)
- Virtual Reality (VR) for Exposure Therapy
- AI-Powered Chatbots for Mental Health Support (Woebot)

## Overcoming Barriers

- Enhancing Broadband Access
- Advocating for Policy Reform
- Strengthening Privacy Protections
- Increasing Technological Training
- Humanizing Digital Interactions





# Benefits of Telehealth in MH/SU Treatment

- Expanding Reach to Underserved Areas
- Enhancing Patient Engagement & Monitoring
- Case Study Highlight Success Story
  - Rural Mental Health Center & Their Telehealth Program

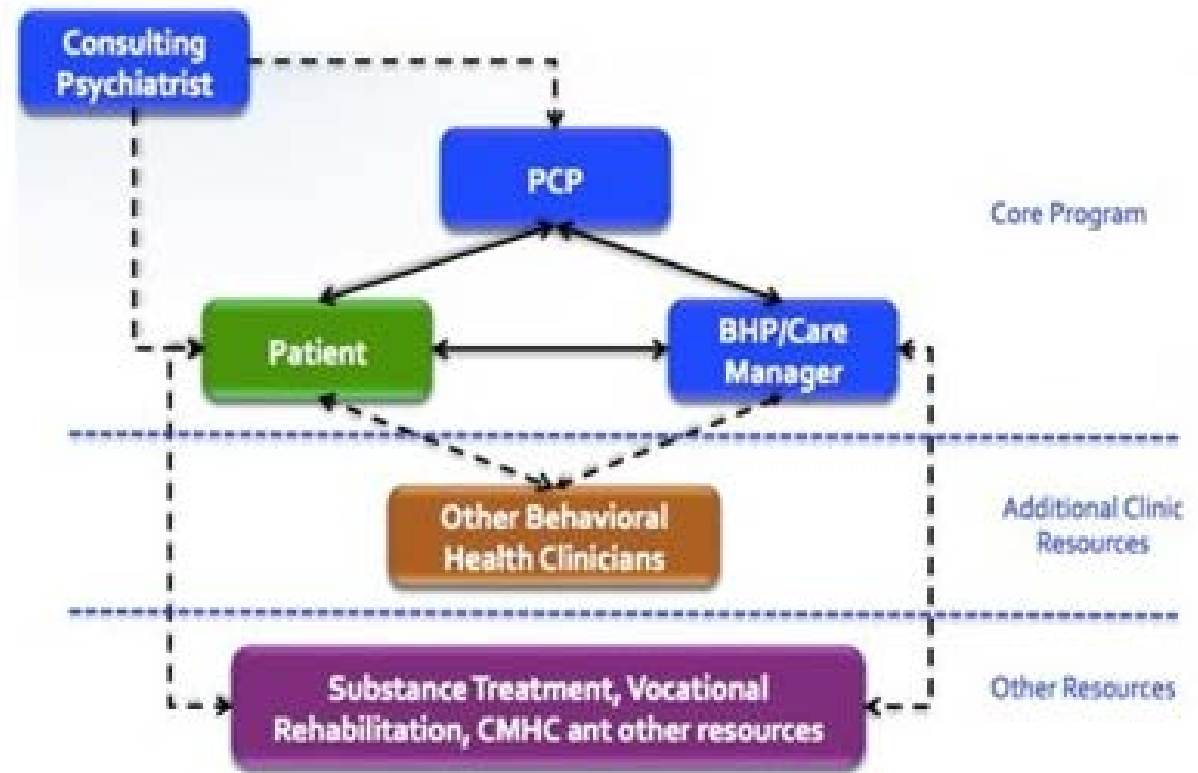


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# Integrated Care Systems for MH/SU

- **Concept of Integrated Care:**
  - Physical Health, Mental Health, and Substance Use Services
- **Benefits for Patient Outcomes and System Efficiency**
  - Improved Outcomes
  - Enhance Quality of Care
  - Reduction of Fragmentation
  - Greater System Efficiency
- **Example of an Integrated Care Model In Practice**
  - Collaborative Care Model (CoCM)
  - IMPACT



Source: [Therapy Mantra](#)



# Community-Based Initiatives in MH/SU

- Role of Community in Supporting MH/SU Initiatives
- Examples of Community-Led Programs
  - Peer Support Programs
  - Community Mental Health Workshops & Training
  - Cultural Healing Practices
- Impact on Local MH/SU Support Systems



# The Importance of Culturally Responsive Care

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# Culturally Responsive Care: Tailoring Treatments

- Importance of Culturally Sensitivity in Treatment Planning
- Strategies for Tailoring Treatments to Cultural Backgrounds
  - Cultural Competence Training
  - Unconscious Bias Assessments & Trainings
  - Incorporating Cultural Beliefs into Treatment Plans
  - Language Accessibility
  - Community Collaboration
- Case Example:
  - "Healing Circles"
  - IMPACT

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# Community Engagement and Cultural Competence

- Training Programs for Enhancing Cultural Competence Among Providers
- Role of Community Engagement in Effective MH/SU Care
- Success Story:
  - Responsible Cultural Community Engagement"
  - IMPACT



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# Call to Action for Continued Innovation in Integrated Care

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# National Council for Mental Wellbeing's Role in MH/SU Treatment

***"We are the National Council for Mental Wellbeing, a 501(c)(3) association and the unifying voice of organizations that deliver mental health and substance use recovery services in America."***

- Overview of Key Projects & Initiatives for Young Adults
  - Digital Mental Health Resources
  - Peer Support Programs
  - Campus Mental Health Initiatives
  - Advocacy for Policy Change
  - Training & Education for Providers

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# Resources for You in Engaging Young Adults

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# Getting Candid Project

## Program Objectives & Key Achievements

- Fostered open conversations about MH/SU among young adults

## Impact on MH/SU Dialogue & Support

- Developed teen advisory group
- Series of webinars/workshops
- Reduced stigma

## Future Directions & Goals

- Expand reach through social media campaigns
- Partnerships
- Normalize MH/SU Discussions



[View the Getting Candid Toolkit](#)

Source: [Getting Candid](#) & [It's the Little Things](#)



# Youth SBIRT

- Youth Screening, Brief Intervention, and Referral to Treatment (YSBIRT) is designed to reduce the effects of youth substance use by equipping primary care and behavioral health providers with the tools they need to prevent it.
- [Download the new change package](#)



Source: [National Council's YSBIRT](#)





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**Social Media and  
Youth Mental Health**

# AAP Social Media CoE

- **Overview & Impact on Youth MH/SU**
  - American Academy of Pediatrics & National Council's project to focus on approaching social media and teen engagement from a positive and healthy approach
- **Insights Gained & Future Initiatives**
  - Teen Advisory Group
  - Teen Engagement
  - Social Media Influencers
- **Resources on demand**
  - Webinars
  - Q & A Portal
  - Tools & Resources

Source: [Center of Excellence on Social Media and Youth Mental Health](#)



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# Teen Mental Health First Aid (tMHFA)

- **Program Overview & Objectives**

- Teaches high school students how to identify, understand, and respond to signs of mental health & substance use issues

- **Resources can #BeTheDifference**

- The National Suicide Prevention Line- 1-800-273-TALK or 988
- The SAMHSA Helpline- 1-800-662-HELP
- Crisis Text Line- Text HOME to 741741
- The Trevor Project- 1-866-488-7386
- Find a Provider Site:  
<https://www.mentalhealthfirstaid.org/population-focused-modules/youth/>



**Mental Health**  
**FIRST AID**

from NATIONAL COUNCIL FOR  
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Source: [teen Mental Health First Aid](#)



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# Collaboration and Integration Opportunities

- **Engaging Collaborative Partnerships:**
  - Joint Educational Workshops
  - Social Media Content Co-Creation
  - Curriculum Integration
- **Vision for Integrated and Collaborative MH/SU Care**
  - Education
  - Prevention
  - Intervention
  - On-going Support



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- [Youth Resilience: Clinical psychology and technology approaches \(openaccessgovernment.org\)](https://www.openaccessgovernment.org/youth-resilience-2/80464/). <https://www.openaccessgovernment.org/youth-resilience-2/80464/>





# Tools & Resources (1 of 3)

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- American Academy of Pediatrics- <https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/>
- American Academy of Pediatrics Q & A Portal- <https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/social-media-and-youth-mental-health-q-and-a-portal/>

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# Tools & Resources (2 of 3)

- Crisis Text Line- Text HOME to 741741- <https://www.crisistextline.org/>
- Find a Provider Site <https://www.mentalhealthfirstaid.org/population-focused-modules/youth/>
- Getting Candid- <https://www.thenationalcouncil.org/program/getting-candid/>
- Getting Candid It's the Little Things- <https://www.thenationalcouncil.org/itsthelittlethings/>
- Moodfit- <https://www.getmoodfit.com/>
- NJ tMHFA Project- <https://www.thenationalcouncil.org/news/the-national-council-for-mental-wellbeing-will-provide-free-mental-health-training-to-6300-new-jersey-teens/>
- reSET & reSET-O- <https://dtxalliance.org/products/reset/>



# Tools & Resources (3 of 3)

- Sanevello- <https://www.sanello.com/>
- Teen Mental Health First Aid (tMHFA)- <https://www.mentalhealthfirstaid.org/population-focused-modules/teens/>
- The National Suicide Prevention & Crisis Lifeline- 1-800-273-TALK or 988- <https://988lifeline.org/>
- The SAMHSA Helpline- 1-800-662-HELP- <https://www.samhsa.gov/find-help/national-helpline>
- The Trevor Project- 1-866-488-7386- <https://www.thetrevorproject.org/>
- Woebot Health- <https://woebothealth.com/>



# End-of-Session Poll Questions

See pop up box for **poll questions**.





# Questions and Discussion



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# Upcoming Events & Helpful Links

**March 14**

from 12-1 ET

**Equity In Action**

[Register Here](#)

**April 25**

From 12-1pm ET

**Equity In Action**

[Register Here](#)

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Relias On-Demand Training

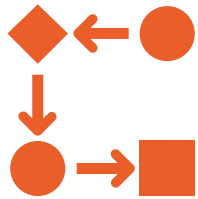
[Learn More](#)

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# CHAT WITH AN EXPERT!

*Schedule a free call with an integrated care expert to discuss:*



**Implementing  
Models of  
Integrated Care**



**Health Equity  
through Integrated  
Care**



**Population Health  
in Integrated Care**



**Workforce  
Development**



**Integrated Care  
Financing &  
Operations**

**Diversity, Equity and Inclusion**

**Ongoing Impacts of COVID-19 Pandemic**

***Submit a Request!***