### **Detroit Integrated Health Network**

## Mental Health Care: Putting Children's First

7.25.2022

# Cassandra Phipps LPC, LLPC, CAADC Director of Children's Initiative



# Agenda



- ☐ <u>Introduction / Welcome</u>
- Objective 1: Participants to gain awareness of mental health care needs for children
- Objective 2: Participants to gain awareness of barriers with accessing community mental health services
- Objective 3: Participants to gain awareness of the Mental Health Care: Putting Children First Initiative
- Conclusion





### **Children's Initiative Department**

**Email:** TeamChildrens@dwihn.org

Website: https://www.dwihn.org/childrens-initiatives

Role	Programs
Director	Children's Initiative Department
System of Care Manager	System of Care Grant
Children's Clinical Specialist	Severe Emotional Disturbance Services
Children's IDD Specialist	Intellectual Developmental Disabilities Services
Special Project Specialist	Trainings / Infant and Early Childhood Services
Research and Evaluation Project Manager	Outcomes Reports
Youth United Staff	Youth Involvement (Trainings / Anti Stigma Busting / Advocacy)





### **Children's Initiative Department**

Detroit Wayne Integrated Health Network (DWIHN) provides a comprehensive and integrated array of services/supports which inspires hope and promotes recovery/self-determination. Children, youth and families with co-occurring mental health, substance abuse and physical health conditions receive services within a system of care

https://www.youtube.com/watch?v=q1\_EqvXDpBs

#### **Values:**

- Community-Based: The Children's System of Care focuses on services with the focus of services as well as system management resting within a supportive, adaptive infrastructure of structures, processes, and relationships at the community level.
- Family-Centered: Families have a primary decision making role in the care of their own children as well as the policies and procedures governing care for all children in their community.
- Youth-Guided: Young people have the right to be empowered, educated, and given a decision making role in the care of their own lives. This includes giving young people a sustainable voice and then listening to that voice.
- Culturally and Linguistically Responsive: Organizations, programs, and services are relevant and unique to each individual and family's cultural, linguistic, and social needs.
- Trauma-Informed: When organizations, programs, and services are based on an understanding of the vulnerabilities or triggers of trauma survivors that traditional service delivery approaches may exacerbate, so that these services and programs can be more supportive and avoid re-traumatization.

## **Objective 1**



## **Mental Health Care Needs**



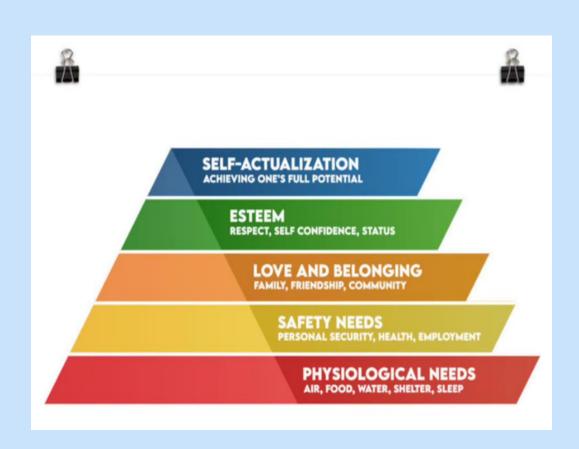
**Question:** What mental health needs do children and youth have?





### **Abraham Maslow Hierarchy of Needs**

**Holistic Approach: Life Domains** 





### <u>Iceberg Model</u>

(What's on the surface vs. What's beneath the surface)





DWIHN
Your Link to Holistic Healthcare

<u>American Academy of Pediatrics:</u> "Trends in Psychiatric Emergency Department Visits Among Youth and Young Adults in the US" - 2019

Background: Visits to the emergency department (ED) for psychiatric purposes are an indicator of chronic and acute unmet mental health needs. In the current study, we examined if psychiatric ED visits among individuals 6 to 24 years of age are increasing nationwide.

#### **Results:**

- Between 2011 and 2015, there was a 28% overall increase (from 31.3% to 40.2%) in psychiatric ED visits per 1000 youth in the United States.
- The largest increases in psychiatric ED visits per 1000 US youth were observed among:
  - Adolescents (54%)
  - African American (53%)
  - Hispanic patients (91%).
  - Suicide-related visits was observed among adolescents (4.6-11.7 visits per 1000 US youth)
  - o Although psychiatric ED visits were long (51% were ≥3 hours in length); few (16%) patients were seen by a mental health professional during their visit.

Conclusions: Visits to the ED for psychiatric purposes among youth are rising across the United States. Psychiatric expertise and effective mental health treatment options, particular those used to address the rising suicide epidemic among adolescents, are needed in the ED.

### **Bridge Magazine:**

"Emergency Rooms Confront Tidal Wave of Sadness Among Young Patients"

-Robin Erb (July 2021)

https://www.bridgemi.com/michigan-health-watch/emergency -rooms-confront-tidal-wave-sadness-among-young-patients

Cassandra Phipps, director of the Detroit Wayne Integrated Health Network's children's initiative, said some facilities have told her a youngster's "mental health needs are too acute to address."



Psychiatric hospitals give varying reasons why they turn away children in need, but the bottom line is a lack of staffing, said Cassandra Phipps, of the Detroit Wayne Integrated Health Network.



## **Objective 2**



## **Barriers to Services**





Question: What are some barriers to why children, youth, and young adults <u>do not get</u> mental health services?

### Barrier #1: Stigma

- Stigma is a mark of disgrace that sets a person apart from others. When a person is labelled by
  their illness they are no longer seen as an individual but as part of a stereotyped group.
  Negative attitudes and beliefs toward this group create prejudice which leads to negative
  actions and discrimination.
- There are Attitudes and beliefs that lead people to <u>reject</u>, <u>avoid</u>, or <u>fear</u> those that they perceive as being different.





Barrier #2: Stage of Change



#### 6. Recurrence

Definition: Experienced a recurrence of the symptoms.

#### Primary Task:

Cope with consequences and determine what to do next

#### 1. Precontemplation

#### Definition:

Not yet considering change or is unwilling or unable to change.

#### Primary Task: Raising Awareness

#### 2. Contemplation

#### Definition:

Sees the possibility of change but is ambivalent and uncertain.

#### **Primary Task:**

Resolving ambivalence/ Helping to choose change

### Stages of Change

#### 5. Maintenance

#### Definition:

Has achieved the goals and is working to maintain change.

#### Primary Task:

Develop new skills for maintaining recovery

#### 4. Action

#### Definition:

Taking steps toward change but hasn't stabilized in the process.

#### Primary Task:

Help implement change strategies and learn to eliminate potential relapses

#### 3. Determination

#### Definition:

Committed to changing. Still considering what to do.

#### Primary Task:

Help identify appropriate change strategies

### **Barrier #3: Overwhelming Process**

- Eligibility Criteria
- Knowing what services are available
- Levels of Care

### **Outpatient / Home Based:**

Services are held in the office or Community (weekly to bi weekly)

### **Partial Hospital:**

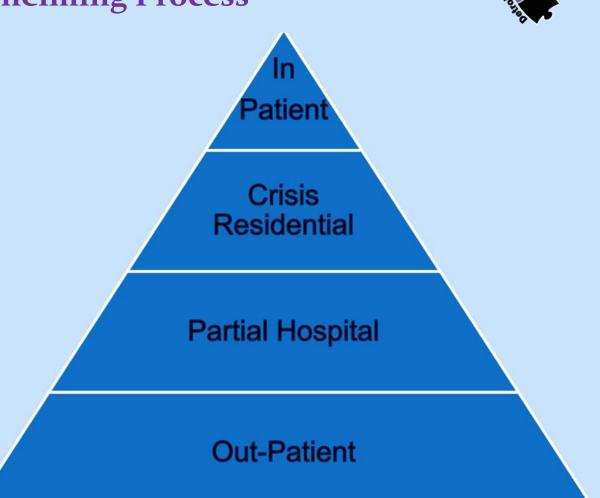
Intensive treatment with medical oversight at a facility (10 to 14 days)

#### **Crisis Residential:**

Step down option from inpatient and/or prevent inpatient (5 to 14 days)

### **Inpatient:**

24/7, overnight stay at a hospital (7 days)



## **Objective 3**



## **Call to Action**

## **Objective 3: Call to Action**

### **Existing Programs and Initiatives at DWIHN**

### System of Care Block Grant

- Goal 1: Increase Access to Services
- **Goal 2:** Improve Quality of Services
- Goal 3: Increase Youth and Parent Voice
- o **Goal 4:** Improve Quality of Workforce

#### School Success Initiative

- **Tier 1** prevention and stigma reduction services
- **Tier 2** evidence based behavioral health supports
- **Tier 3** referred for community mental health services

#### **Risk Factors:**

- Anxiety and Depression
- Bullying
- Suicide Prevention
- Dating Violence
- Trauma and Grief / Loss

#### ☐ Telehealth Therapy

• Gave 230 ipads / laptops to children and young adults receiving community mental health services





## **Objective 3: Call to Action**

### **Existing Programs and Initiatives at DWIHN**

### ■ DWIHN Community Town Hall

DWIHN Children's Initiative Department facilitated a **Town Hall: Let's Talk About It** on 12/16/2021 that included a Guest Speaker (Dr. James Henry – Professor at Western Michigan University, Co-Founder / Director of Children's Trauma Assessment Center) and a panel

of 9 participants to discuss mental health, school safety / violence, grief / loss, and trauma.

https://www.youtube.com/watch?v=84gusneftbo

### **☐** Annual System of Care Report to the Community

On 12/2/2021 the 12<sup>th</sup> Annual Report to the Community

"We Are Stronger Together" virtually (103 stakeholders in attendance)

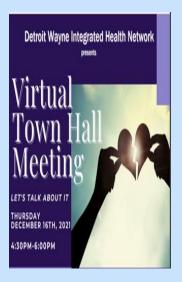
- Cassandra Phipps (Director of Children's Initiatives) Accomplishments
- Crystal Shaw (Vice President at Hope Against Trafficking) Keynote Speaker
- Spotlight Awards

https://www.youtube.com/watch?v=NMuCHRtAURw











### **Objective 3: Call to Action**

### January 2022

- With "Putting Children First," there will be more focus on special populations:
  - Children ages o to 6
  - Young adults transitioning into adulthood ages 18 to 21
  - Foster Care
  - Juvenile Justice
  - Pediatric Integrated Health Care
  - Schools
  - Diversity / Inclusion / Equity





### Goals



- 1. Access
- 2. Prevention
- 3. Crisis Intervention
- 4. Treatment

## **Accomplishments: ACCESS**

New children billboards were placed in Wayne county to connect with accessing services. The Children's Initiative website was also updated to include the Children Guidebook and updated flyers for specific children programs.

**☐** What's Coming Up Next Videos:

Feb 2022: Children Services / Suicide

-Children's Initiative Director

https://www.youtube.com/watch?v=0JW6nMIIvi

**April 2022: Putting Children First** 

-CEO / President

https://www.youtube.com/watch?v=VpWTLua3ws

■ Women's Baptist District UPLIFT:

Presented on how the pandemic impacted women

**■** Billboards:



■ Fatherhood Initiative: New connection with Defined By Fatherhood to participate in Father's Day Picnic



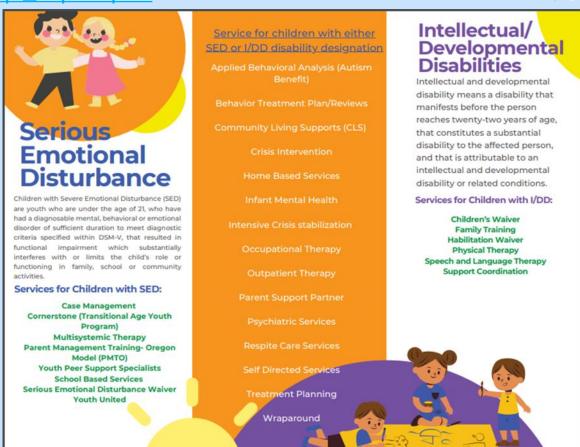
## **Accomplishments: ACCESS**

☐ Children's Initiative Website:

Video: <a href="https://www.youtube.com/watch?v=q1\_EqvXDpBs">https://www.youtube.com/watch?v=q1\_EqvXDpBs</a>

Flyers / Brochures:





### **DHHS (North Central) Pilot:**

 Children involved in the child welfare system will complete a trauma screening prior to starting community mental health services

### **Accomplishments: PREVENTION**

### **□** Pediatric Integrated Health Care:

Formed a Pediatric Integrated Health Care Workgroup to focus on:

- Improve coordination of care
- Outreach to educate the community
- Improve HEDIS Measures (Healthcare Effectiveness Data and Information Set)
- children who take ADHD medication and Antipsychotic medication)
- **□** Schools / Tri County Strong Initiative:
- Wayne RESA developed a draft letter for children providers to complete when a student is in crisis and seeking to return back to school.
- DWIHN hosted the Behavior Threat Assessment Training for school staff and CMH staff and invited Oakland and Macomb counties to participate
- DWIHN attended the Canton/Plymouth School District Mental Health Wellness Fair
- DWIHN trained 125 Detroit Public School District nurses on mental health and social emotional wellness
- ☐ Annual Children's Mental Health Awareness Day: My Mind Matters
- **Detroit Institute for Children:** For the 1<sup>st</sup> Catch Up and Keep Up Conference, DWIHN participated on the panel discussion and facilitated a workshop of Accessing CMH services.





## **Accomplishments: PREVENTION**



#### ☐ Child Abuse Prevention Month:

DWIHN partnered with Child's Hope to support Child Abuse Prevention Month; in which 5 agencies volunteered to participate in sharing pinwheels.







☐ Young Adults: Hosted "Moving on, Moving out" forum

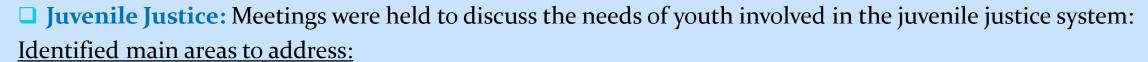


### **Accomplishments: CRISIS INTERVENTION**

□ Care Center: Ground breaking for the new DWIHN Care Center to enhance crisis services in Wayne

county.





- Discharge planning into the community,
- Mental health treatment
- Prevention and diversion options
- □ Children Crisis Flyer: Created a new Children Crisis Flyer to explain the crisis resources in Wayne county.



## **Accomplishments: TREATMENT**



- **■** Diversity / Equity / Inclusion:
- DWIHN has a new Diversity and Inclusion Officer
- Updated the Integrated Biopsychosocial Assessment to include SOGIE language (Sexual Orientation Gender Identity and Expression)
- **Ruth Ellis:** has hosted 4 trainings:
- SOGIE 101, Visibility and Housing, Family Support, Gender Affirming Care
- Advocacy: Continue advocacy efforts with MDHHS to support having the workforce to deliver community mental health services. Focused on 3 main areas of focus on Wayne County System of Care: 1). Workforce,
   2). Psychiatric hospitalizations, 3). Juvenile Justice.
- SED Value Based Incentive: Implemented a new incentive Based on the MDHHS Performance Indicators and Home Based Therapy hours per month.





### **Accomplishments: TREATMENT**



■ **Biomedical Career Advancement Program:** DWIHN participated on a panel discussion to share with high school students about the mental health field. DWIHN also financially supports the BCAP.





□ Career Fairs: Thus far DWIHN assisted with hosting 3 Career Fairs with Universities and Children Providers.

### What's Next?

- Translate Children flyers / resources into different languages
- Summer Prevention Activities (STEAM / Chemistry Workshops)
- Back to School Event
- Cultural Linguistic Competency Summit
- Enhance CMH screenings for children age o to 6 and young adults ages 18 to 21
- Research Best Practices to support youth involved in the juvenile justice system
- Tik Tok

### What's Next?

Upcoming Events:









# **Thank You**

