

Addressing the Mental Health and Substance Abuse Needs of Juvenile Justice Involved Youth Through Systems of Care

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Systems of Care

A system of care is a coordinated network of community-based services and supports that are organized to meet the challenges of children and youth with serious mental health needs and their families. Families and youth work in partnership with public and private organizations so services and supports are effective, build on the strengths of individuals, and address each person's cultural and linguistic needs. A system of care helps children, youth and families function better at home, in school, in the community and throughout life.

Gary Blau, Child, Adolescent and Family Branch, CMHS, SAMHSA

Mental Health and Substance Abuse

- An estimated 4.5 to 6.3 million children and youth in the US face mental health challenges.
- National survey findings show that 11.5% of youth aged 12–17 received mental health services in an educational setting.
- National survey findings show that 5.4 percent of adolescents had past year dependence on or abuse of alcohol and 4.3 percent past year dependence on or abuse of illicit drugs.

SAMHSA (2009). *Working together to help youth thrive in schools and communities*. Briefing for National Children's Mental Health Awareness Day, May 7, 2009.
SAMHSA (2007) National Survey on Drug Use and Health.

Values and Principles for a System of Care

- Family driven and youth guided
- Home and community based
- Strength based and individualized
- Culturally and linguistically competent
- Integrated across systems
- Connected to natural helping networks
- Data driven, outcomes oriented

Adapted from Stroul, B., & Friedman, R. (1986). *A system of care for children and youth with severe emotional disturbances* (Rev. ed.) Washington, DC: Georgetown University Child Development Center, National Technical Assistance Center for Children's Mental Health. Reprinted by permission.

Family driven means...

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, state, tribe, territory and nation.

Family driven means that families take the lead on....

- Choosing supports, services, and providers
- Setting goals
- Designing and implementing programs
- Monitoring outcomes
- Determining the effectiveness of all efforts to promote the mental health and well being of children and youth

Youth guided

Youth guided means that young people have the **right to be empowered**, educated, and given a **decision-making role** in the care of **their own lives** as well as the policies and procedures governing care for all youth in the community, state, and nation. This includes giving young people a **sustainable voice** and the focus should be towards creating a safe environment enabling a young person to gain self sustainability in accordance to the cultures and beliefs they abide by. Further, through the eyes of a youth-guided approach we are aware that there is a **continuum of power and choice** that young people should have based on their understanding and maturity in this strength based change process. Youth guided also means that this process should be **fun and worthwhile**.



Cultural and Linguistic Competence

- Reduce disparities and enhance cultural and linguistic competence among policy makers, administrators and service providers.
- Enhance organizational capacity for cultural and linguistic competence.
- Increase awareness and knowledge of factors that contribute to disparities.
- Develop specific approaches that contribute to the goal of eliminating disparities.



Family-Driven, Youth-Guided Systems of Care Look Like



Characteristics of Systems of Care as Systems Reform Initiatives

<u>FROM</u>		<u>TO</u>
Fragmented service delivery	→	Coordinated service delivery
Categorical programs/funding	→	Blended resources
Limited services	→	Comprehensive service array
Reactive, crisis-oriented	→	Focus on prevention/early intervention
Focus on "deep end," restrictive	→	Least restrictive settings
Children/youth out-of-home	→	Children/youth within families
Centralized authority	→	Community-based ownership
Creation of "dependency"	→	Creation of "self-help"

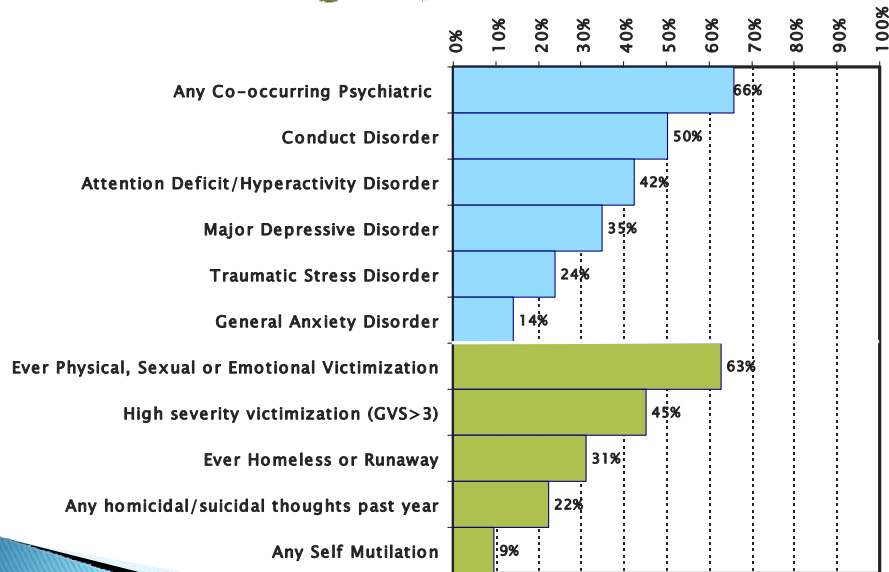
Pires, S. (2002). *Building systems of care: A primer*. Washington, D.C.: Human Service Collaborative.

Untreated Mental Health and Substance Abuse Issues

Impact of Mental Health and Substance Abuse on Youth

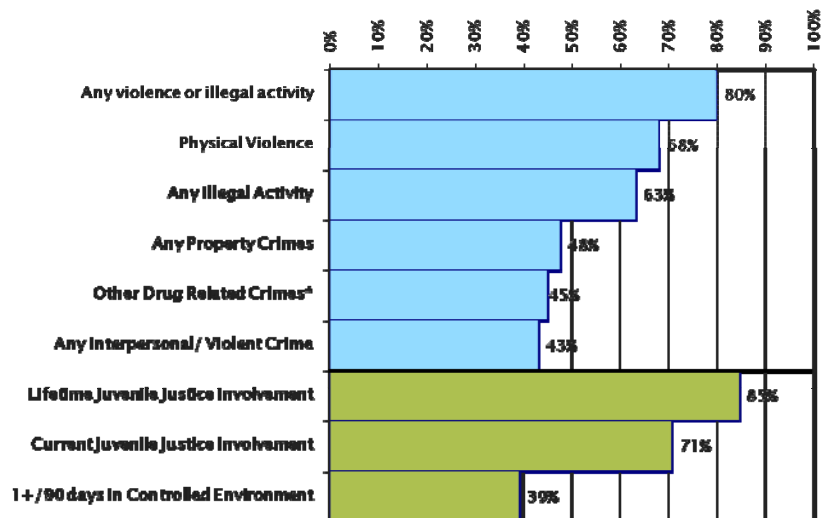
- Sixty to eighty percent of youth entering substance abuse treatment have co-occurring disorders (substance abuse and mental health)
- Untreated mental health and/or substance abuse issues may create the following problems for youth:
 - Increase in criminal behavior
 - Decrease in school attendance
 - Increase in mental health and substance abuse symptoms

Co-Occurring Psychiatric Problems



Source: CSAT AT 2007 dataset subset to adolescent studies (N=15,254)

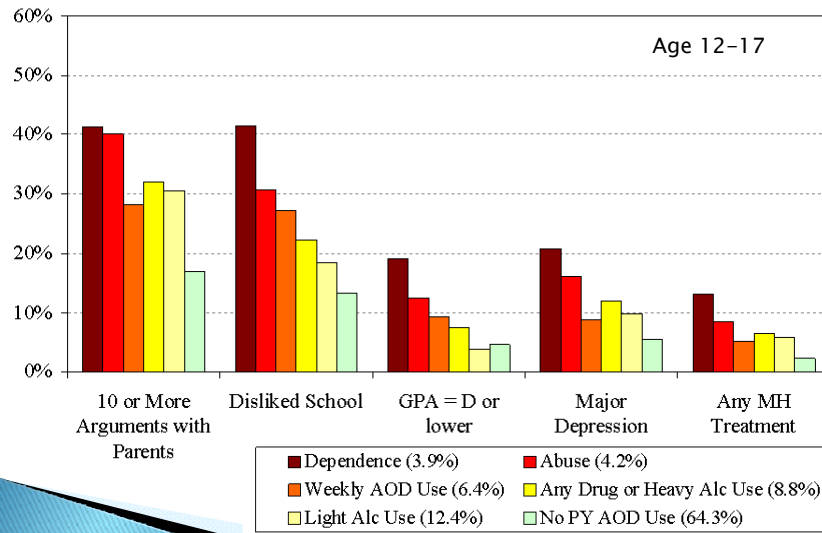
Past Year Violence & Crime



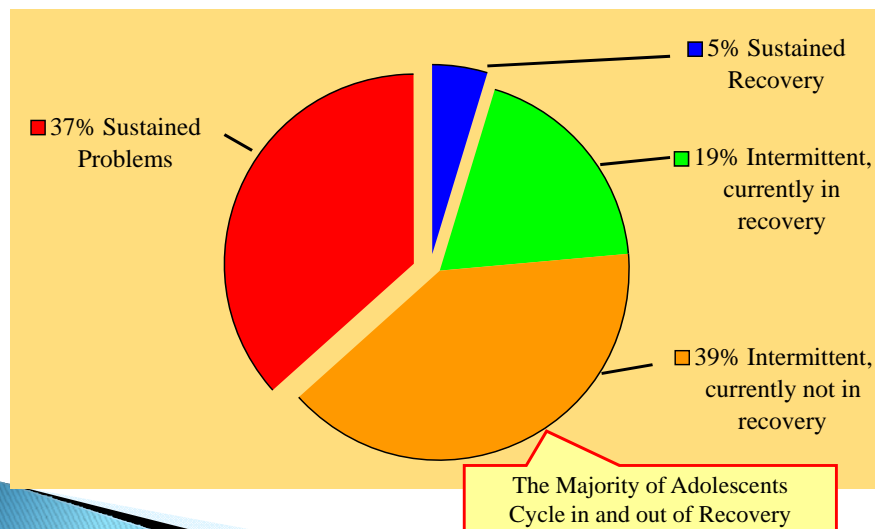
*Dealing, manufacturing, prostitution, gambling (does not include simple possession or use)

Source: CSAT AT 2007 dataset subset to adolescent studies (N=15,254)

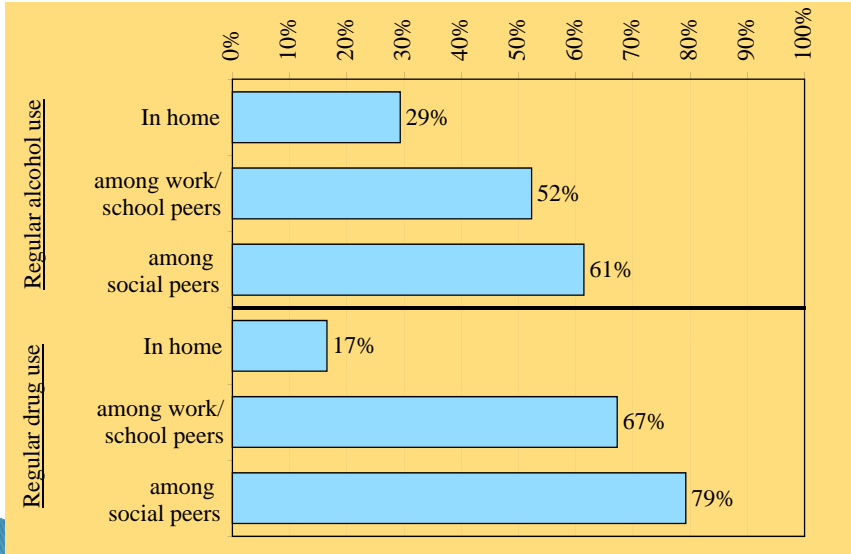
Family, Vocational and Mental Health by Substance Severity



Cumulative Recovery Pattern at 30 months



High Risk Recovery Environments



Source: CSAT AT Common GAIN Data set