



Growing Roots: The Young Adult Services Project Needs Assessment

Mental Health Services Act - Innovation

Growing Roots Overview

- ▶ **PURPOSE:** to reduce disparities in access to culturally competent behavioral health services for TAY from underserved populations who are at risk of or experiencing a mental illness **by building on the strengths of the informal system of care.**
 - ▶ Increase our understanding of the needs of TAY
 - ▶ Increase access, quality, and cultural competency of services
 - ▶ Increase the number of TAY receiving services with positive outcomes



Growing Roots

Expected Outcomes

- ▶ **OUTCOME #1:** Increase the integration of the informal system of care with the formal behavioral health continuum of care
- ▶ **OUTCOME #2:** Increase access to culturally competent behavioral health services
- ▶ **OUTCOME #3:** Improve outcomes for TAY experiencing mental illness
- ▶ **OUTCOME #4:** Identify key elements that have led to success



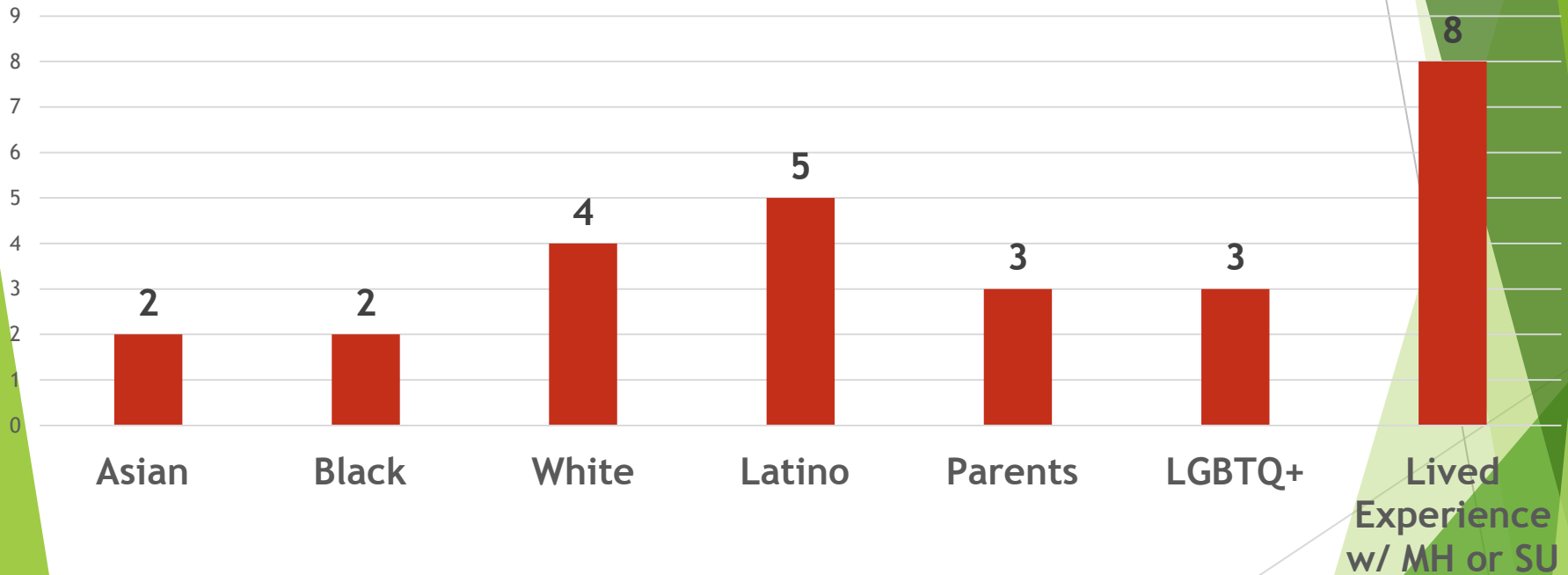
The Growing Roots Team

► TAY Advisory Council:

Researcher and Collaborator

► Total Members: 13 Current Members: 9

► We are:



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The Growing Roots Team

▶ **Marin BHRS: Administrator**

- ▶ Provide project oversight
- ▶ Convene TAY Advisory Council

▶ **Kawahara & Associates:**

Planner/Facilitator

- ▶ Facilitate TAY Advisory Council meetings
- ▶ Engage TAY in a participatory process

▶ **RDA: Evaluator**

- ▶ Engage TAY Advisory Council in a participatory action research project
- ▶ Develop and conduct evaluation plan

Identify a Goal/Problem

Conduct a Needs Assessment

Develop a Plan

Implement and Evaluate

Marin developed Growing Roots in the 2015/16

- ❖ INN plan approval
- ❖ TAY Advisory Council Recruitment
- ❖ Facilitator and evaluator

Growing Roots began with assessing needs

- ❖ Needs Assessment Planning
- ❖ Data Collection
- ❖ Data Analysis and Reporting

Based on the results of the needs assessment:

- ❖ Develop a feasible action plan
- ❖ RFP identified services and/or investments

Based on the action plan:

- ❖ Implement action plan
- ❖ Engage in joint learning process with providers
- ❖ Develop and implement evaluation plan

February 2016- August 2016

September 2016- June 2017

July 2017- December 2017

Jan 2018- June 2019

Needs Assessment Questions

	What you have?	What you need?
Types of Services	<p>What programs and services exist?</p> <ul style="list-style-type: none"> • What do they provide? • Where do young people go to get help? 	<p>What are young peoples' goals?</p> <ul style="list-style-type: none"> • What are the barriers? • What kinds of things would be helpful?
Location of Services	<p>Where are services located?</p> <ul style="list-style-type: none"> • What are the geographic locations? • What types of organizations are they within? 	<p>Where are the youth located who need services?</p> <ul style="list-style-type: none"> • In what geographic locations? • In what types of organizations?
Specialty Populations	<p>For populations with unique needs:</p> <ul style="list-style-type: none"> • What is available? • Who is getting help? 	<p>What is missing for youth with unique needs?</p> <ul style="list-style-type: none"> • Who is not getting the help?
Community Knowledge	<p>Who can youth talk to about issues they are facing?</p>	<p>Who do youth wish they could talk to about issues they are facing?</p>
Supports	<p>What helps people get into the services they need?</p>	
Barriers	<p>What gets in the way of people getting help when they need it?</p>	
Service Outcomes	<p>How well do services work?</p> <ul style="list-style-type: none"> • To what extent do they provide access? • What proportion of youth complete programs? • What is the culture of service providers? • How are they impacting youth outcomes? 	

TAY Focus Group Types

▶ Geographic:

- ▶ Marin City, West Marin, Novato, Central Marin

▶ Specialty Populations:

- ▶ Latino - Newcomers
- ▶ Vietnamese
- ▶ African American - Men, Women
- ▶ LGBTQ
- ▶ Young Mom's
- ▶ Youth with Incarcerated Parents
- ▶ Serious Mental Health Issues
- ▶ Parents and Caregivers
- ▶ Community Schools

▶ Ages:

- ▶ 16-19
- ▶ 19-25



Qualitative Data Collection

- ▶ **17 Focus Groups with TAY**
 - ▶ (174 participants)
- ▶ **3 Focus Groups with Parents/Caregivers**
 - ▶ (30 participants)
- ▶ **2 Focus Groups with Providers**
 - ▶ (18 participants)
 - ▶ Mental Health and Substance Use providers
 - ▶ Other Youth-serving organizations

Quantitative Data Collection

- ▶ Growing Roots Survey
 - ▶ Providers (64)
 - ▶ TAY (141)
- ▶ Administrative Data
 - ▶ BHRS DATA
 - ▶ PEI DATA
- ▶ Publicly Available Data
 - ▶ CHKS DATA (California Healthy Kids Data)
 - ▶ CENSUS Data



What issues are youth facing?

- ▶ Youth expressed feeling stressed about **basic needs**:
 - ▶ Poverty, hunger, homelessness, unemployment, transportation, and a lack of caring adults.
- ▶ Youth experienced **emotional issues** related to:
 - ▶ Depression, anxiety, trauma, family and intimate relationships, and eating disorders, and serious mental health issues.
- ▶ Youth said they struggled with **experiences** such as:
 - ▶ Feeling suicidal, bullying, isolation, substance use, violence and sexual assault, interactions with police and the justice system, racism, homophobia, and other discrimination, and immigration and acculturation.



How do youth cope with mental health issues?

▶ Self

- ▶ Youth cope with exercise, being outside, music and art, connecting with friends and family in person or online, focusing on work or school, and trying new things.
- ▶ Youth also reported using drugs or alcohol, self-harm, and isolation to cope; many said they don't know how to cope.

▶ Community:

- ▶ Youth described seeking support from friends, family, significant others, coaches, the church, teachers, mentors, and community centers and mental health support groups.

▶ Professional:

- ▶ Youth received support from community and school-based mental health providers, their primary care doctor or clinic (including Planned Parenthood), and 12 step programs.



What do youth say about mental health?

Marin youth have a lot of mental health needs.



One in 3 High School Students experience ***Symptoms of Depression.***

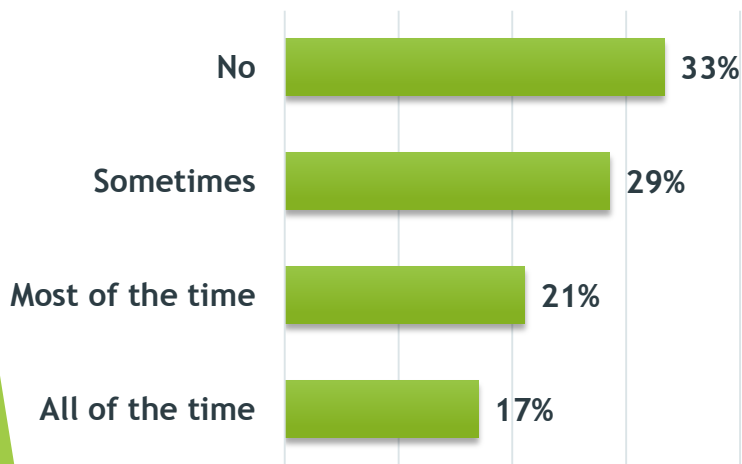
1 in 5 indicate they have ***Seriously Contemplated Suicide.***

– CHKS Survey

What do youth say about mental health?

- ▶ Marin youth report that they don't always have someone to talk to, like a mentor, to get mental health support.
- ▶ 52% of youth said they do not always get the services they need

I Have a Mentor (TAY Survey)



Who are the underserved youth?

- ▶ Most services are available in the schools and there are limited services for older youth.

Average TAY Age In Marin County

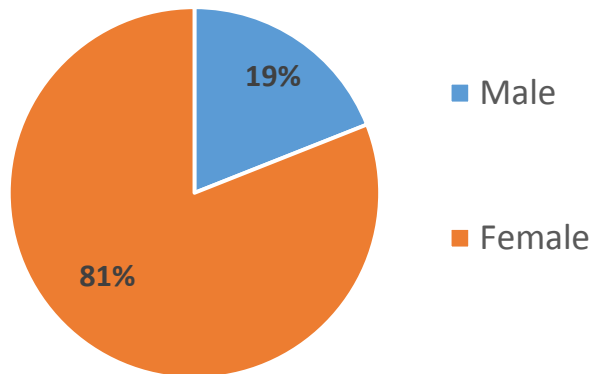
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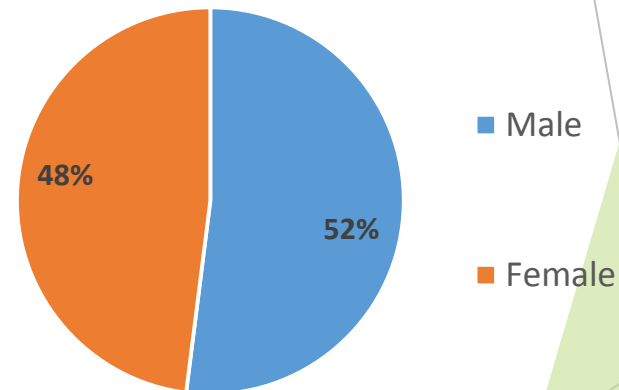
Who are the underserved youth?

- ▶ Males are less likely to receive prevention services and more likely to receive BHRS services, implying that males may delay seeking services until their mental health issues are more serious.

PEI Participation by Gender



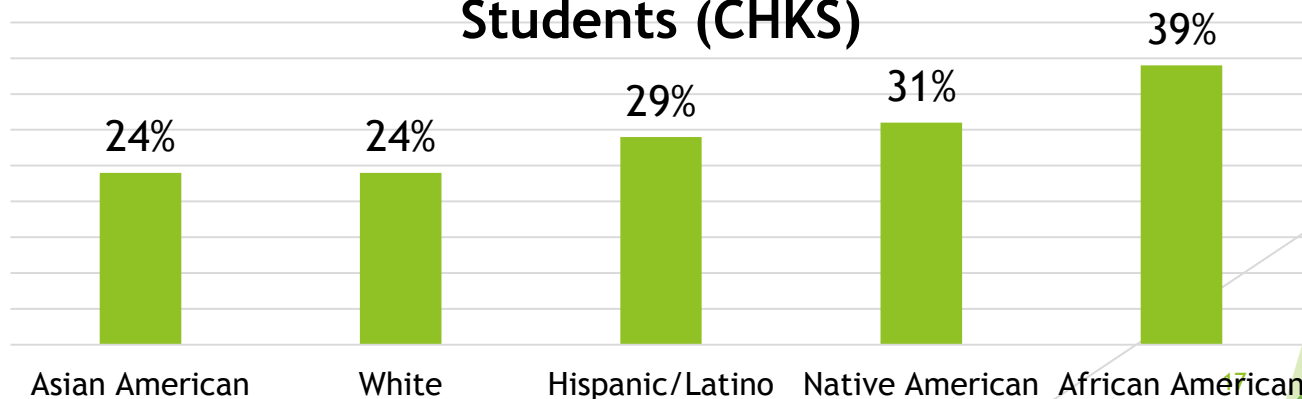
BHRS Participation by Gender



Who are the underserved youth?

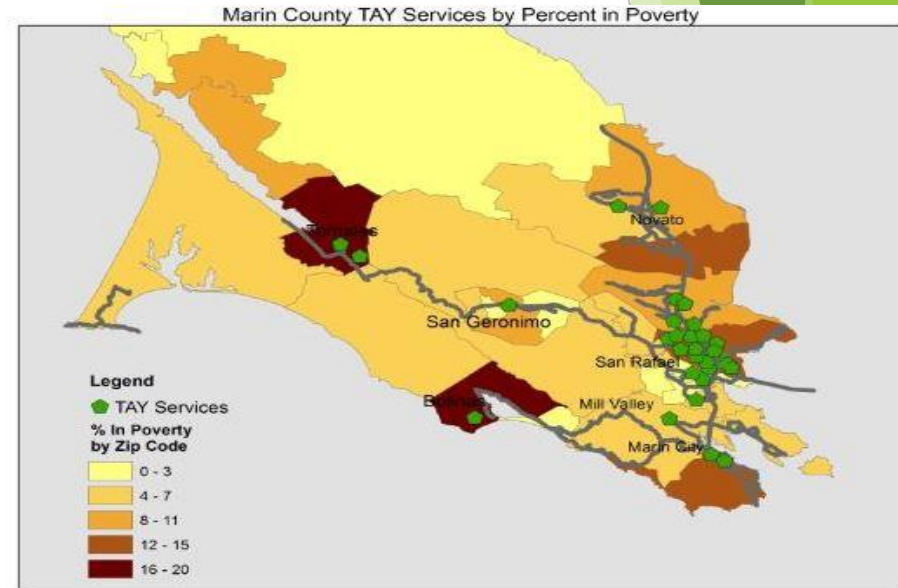
- ▶ Providers may not reflect the gender of people seeking services (e.g. primarily cisgender female)
- ▶ Depression affects all races and ethnicities, but there are higher rates of depression for Marin's African American, Latino, and Native American communities.

Self-Reported Symptoms of Depression among High School Students (CHKS)



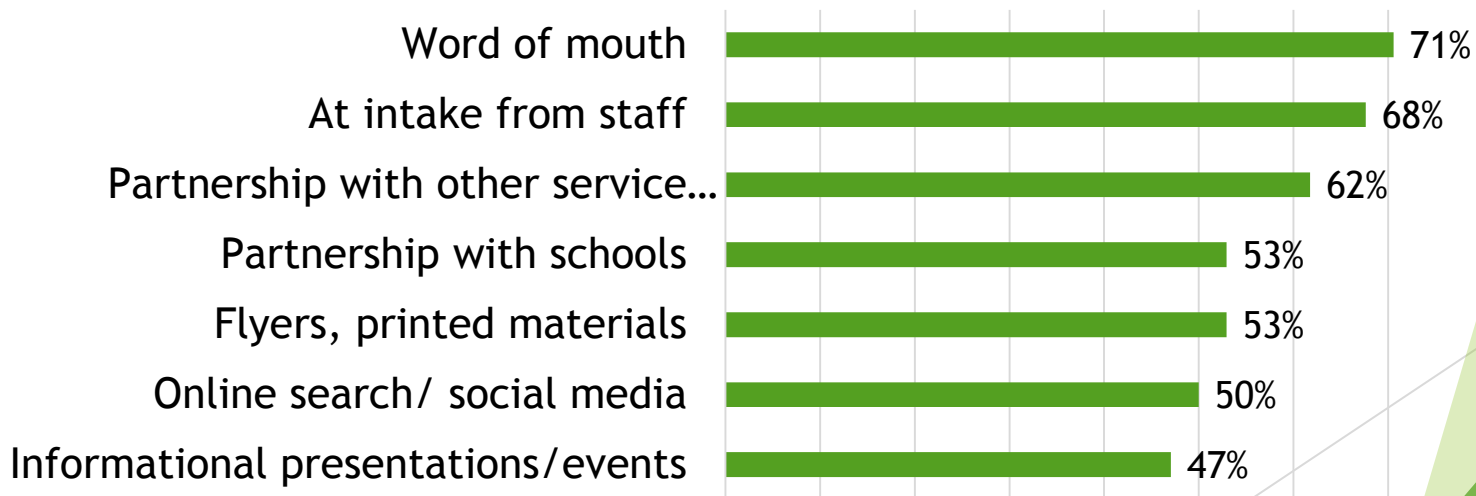
What are the geographic needs?

- ▶ There are high concentrations of youth in San Rafael, Novato, Marin City, and West Marin, but services are mostly located in San Rafael.
- ▶ Youth who live in the poorest parts of the County have the least number of services available and the fewest transportation options.
 - ▶ Tomales Bay
 - ▶ Marin City
 - ▶ Bolinas
 - ▶ Novato



How do youth learn about services?

- ▶ Providers mostly rely on word-of-mouth to outreach to youth.
- ▶ Marin youth said they prefer online and social media platforms for communication, but only half of providers use online/social media.



What do youth want providers to know?

▶ **Services should:**

- ▶ Be provided where youth already are at times that make sense

▶ **Providers should consider how best to:**

- ▶ Focus on what youth determine is the most important

▶ **Services should provide:**

- ▶ Help with finding jobs, getting into college, housing, and sexual health.

Key Takeaways

- ▶ **Marin youth need more mentors and supportive adults**
- ▶ **We need more supportive services for:**
 - ▶ Older youth
 - ▶ Males
 - ▶ African American, Latino, and Native American youth
 - ▶ Youth who live outside of San Rafael, including Novato, Marin City, and West Marin

Key Takeaways

- ▶ Providers should consider expanding online outreach efforts.
- ▶ Providers should consider the voices of youth in strengthening and improving existing services.
- ▶ The system should strengthen the workforce so that it's reflective of the youth in need of support (i.e. gender, race/ethnicity, experience, language)

Program-level Recommendations

- ▶ Mentoring programs
- ▶ Peer-led programs
- ▶ Street outreach and homeless services
- ▶ Male-specific program/Men's group
- ▶ Harm reduction/ substance use services
- ▶ Anger management

Program-level Recommendations

- ▶ LGBT+ support group that addresses mental health issues
- ▶ Eating disorder services
- ▶ School, internship, and job supports
- ▶ Life skills groups
- ▶ Parenting groups, both for parents of youth and young parents

Systems-level Recommendations

- ▶ All providers should consider how to:
 - ▶ Make services more inviting and welcoming (i.e. food, music)
 - ▶ Build capacity for drop-in services
 - ▶ Ensure competency in substance use and harm reduction
 - ▶ Provide transportation or transportation supports (e.g. Clipper Cards, Lyft)
 - ▶ Use online tools for outreach and communications
 - ▶ Ask youth for feedback about services received

Systems-level Recommendations

- ▶ System should:
 - ▶ Provide training and TA to providers for cultural sensitivity, including racial/ethnic and LGBT+ issues
 - ▶ Require adoption of harm reduction principles
 - ▶ Include staffing positions for people with lived experience



Questions & Discussion

How could the mental health system be more responsive to what TAY need?

What's one thing you could do tomorrow to help TAY in Marin?

Next Steps - Draft Timeline

Release RFP - Mid July

Bidders Conference - Early August

Proposals Due - Mid August

Awards Announced - September

Contracts Developed - September/October

Contracts Begin - November 1, 2017

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Action Plan

Informal/ Grassroots	Improving Continuum of Care	Formal MH/SU Providers
<p>Culturally appropriate</p> <p>Staff from community/with lived experience</p> <p>In community</p>	<p>Training in:</p> <ul style="list-style-type: none">- ID and responding to mental health issues- substance use/ harm reduction- other <p>Implement services</p> <p>Build relationships between informal and formal services</p>	<p>Clinical services provided by County and Community Based Organizations</p>

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Contact Us!