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NC INTEGRATED CARE FOR KIDS

NC InCK Integrated Care Rounds: Adolescent and Young Adult (AYA) Health

Tuesday, September 13, 2022: 12:00-1:30 PM

This project is supported by the Centers for Medicare and Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling $7,299,227 in 2022 with 0% percentage financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CMS, HHS or the U.S. Government.

Welcome to NC InCK Integrated Care Rounds!

As we get started, do the following:

1

Think about the families with whom you work:

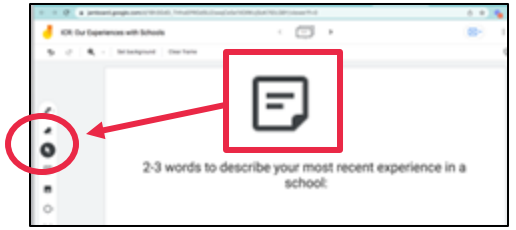
What do you believe are the most important types of support you as a Family Navigator can provide to adolescents, young adults and/or their families?

2

Open up the link:
https://jamboard.google.com/d/1DksA4r4q3c20AZOdVvtgsCXoHgYPxUmGCn0xChpRceA/edit?usp=sharing

3

Click the "sticky note" button to make a new note.



Type the support you can provide as a Family Navigator and click "save."



Your sticky note will appear! Resize it/drag it where it can be seen on the slide.

Overview: August Echo Series

- We focused on Family Engagement: Tips, Successes, & Challenges.
- Thank you to our all our speakers

Asking family members how they are doing before jumping into the reason for the call

Asking when it is the best time to connect with a family and following through!

Understanding that InCK might not be the best fit for the moment and to loop back around to the family at another time

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Agenda

1. Why Integrated Care Rounds
2. Why Adolescent Health
3. A Conversation with a Young Adult Advocate
4. A Conversation with a Parent Advocate
5. Youth Villages- LifeSet
6. Reflection and Looking Ahead

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Why Integrated Care Rounds?



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Richard Chung, MD

Pediatrician, Adolescent Medicine Specialist

Duke Health

Co-Director, Population Heath

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Adolescent and Young Adult Health

The Importance of Family Navigators

- So much of what affects the health and well-being of youth is manageable, and yet so many young people have negative health outcomes.

- This is often because of difficulty accessing appropriate supports and services and / or continuing in appropriate care over time.

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The Importance of Family Navigators

- Face-to-face clinical encounters are important, but what happens in between visits is probably even more important.

- AYA-friendly care management has substantial potential for positive impact.

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AYA Within NC InCK

NC InCK Members in SILs 2 and 3

13-17 Years Old	18-20 Years Old
~25%	20%

Approximately half are adolescents and young adults (AYA)!

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WORLD
THE WORLD IS
TEMPORARILY CLOSED



Mental Health



HEALTH

A lost year: Teen mental health during the pandemic

BY GABRIEL GRESCHLER | APRIL 16, 2021

Looking up and down from their screens, concerned parents and grandparents scribbled notes as they listened to a Zoom presentation by Marjorie Swig, founder of Greenlight Clinic, a mental health facility for teens and young adults.

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What is Adolescence?

- CDC defines “adolescents and young adults” as being 10-24 years of age.
- Bright Futures (MCHB) defines adolescents and young adults as being 11-21 years of age.

There is little evidence that connects 18 years of age to “adulthood."

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Adolescent Development

- Social Development
- Cognitive Development
- Physical Development
- Sexual Development
- Emotional Development



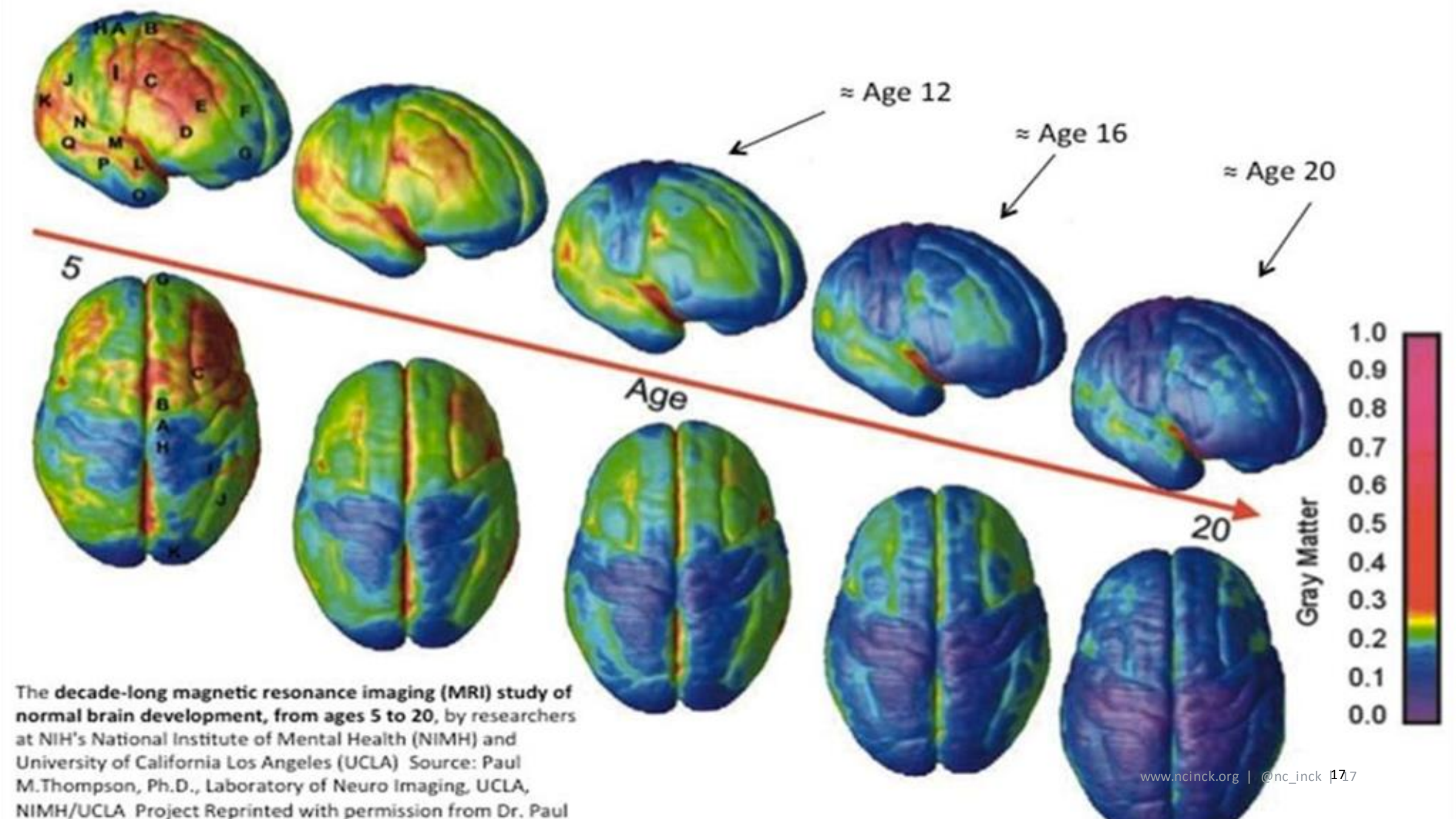
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Adolescent Development

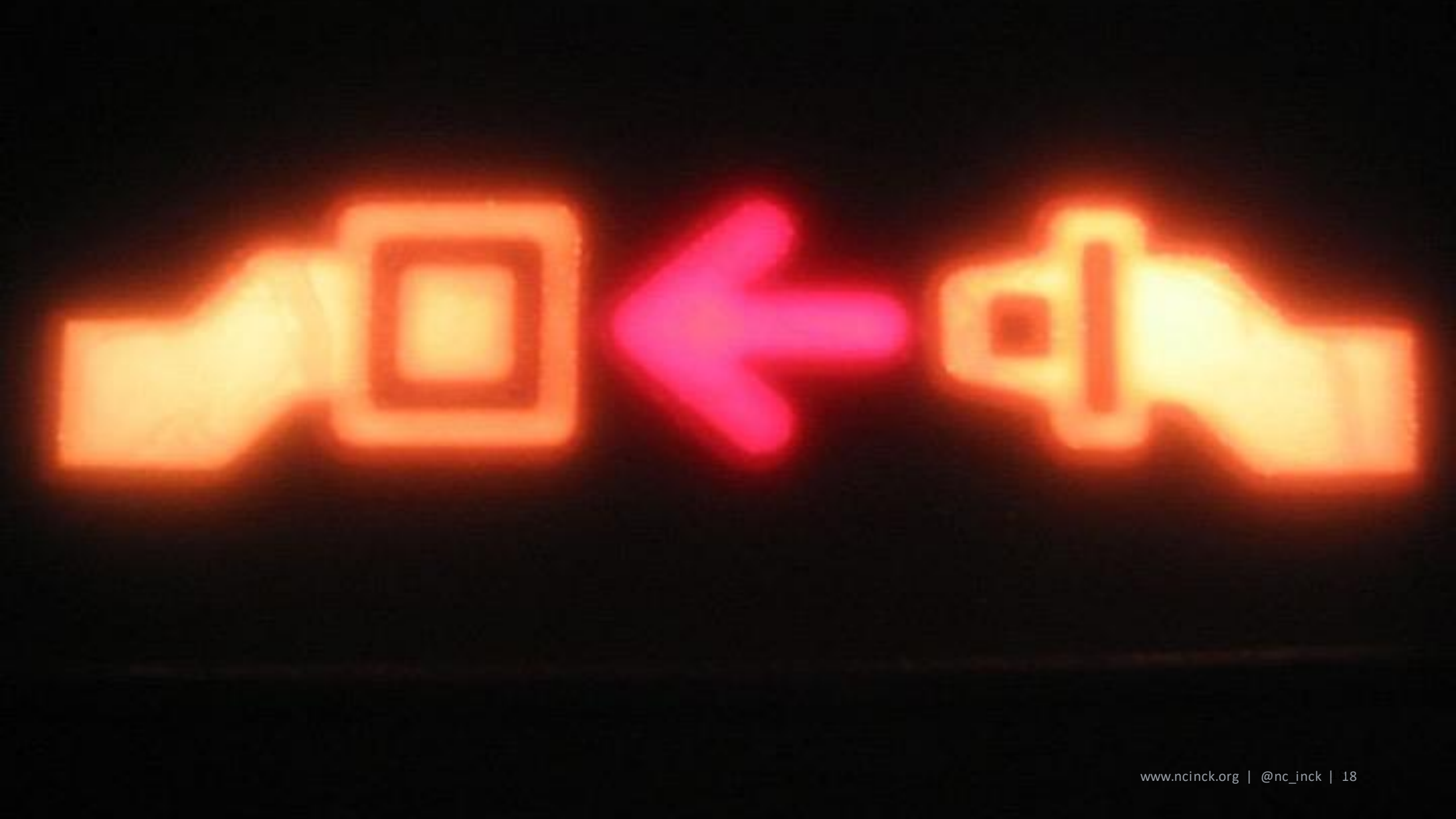
- Identity Formation
- Individuation
- Experimentation

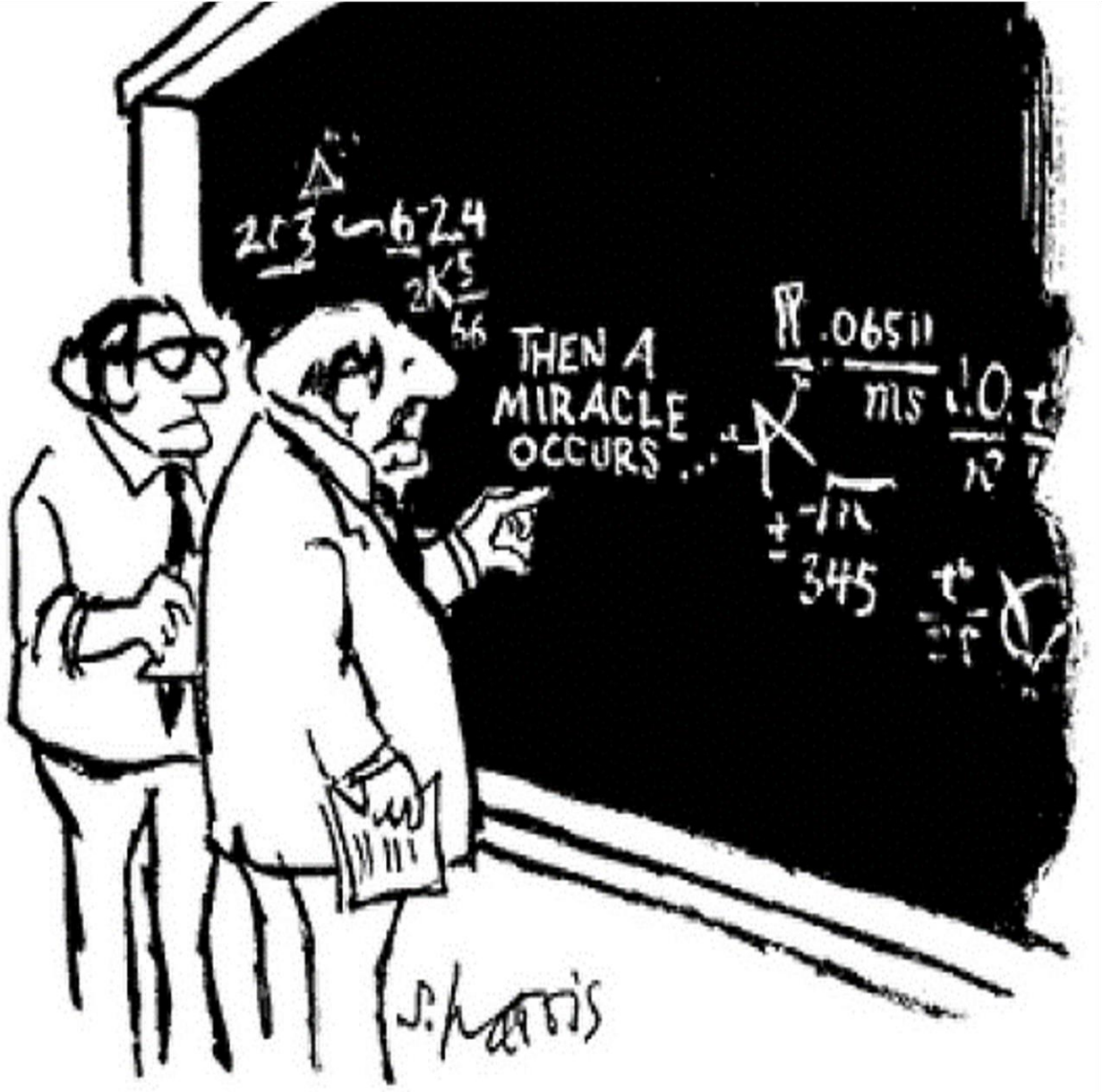


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The **decade-long magnetic resonance imaging (MRI) study of normal brain development, from ages 5 to 20**, by researchers at NIH's National Institute of Mental Health (NIMH) and University of California Los Angeles (UCLA) Source: Paul M.Thompson, Ph.D., Laboratory of Neuro Imaging, UCLA, NIMH/UCLA Project Reprinted with permission from Dr. Paul





"I think you should be more explicit here in step two."

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"Adolescence is **a period when patterns** of health-promoting of health damaging behaviors **are established** that will have a **substantial influence on health status during adulthood**, affecting rates of acute and chronic disease and life expectancy."

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National Research Council and Institute of Medicine. (2009). *Adolescent Health Services: Missing Opportunities*

Actual Causes of Death in the US

- Tobacco
- Diet and Activity Patterns
- Alcohol
- Sexual Behavior
- Motor Vehicles
- Illicit Use of Drugs

Approximately half of all deaths can be attributed to these factors.

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Fennel & Anderson JAMA 2000; 284:1709

"If [clinical teams] view themselves as experts whose job it is to get patients to behave in ways that reflect that expertise, both will continue to be frustrated.....

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Once [clinical teams] recognize patients as **experts on their own lives**, they can add their medical expertise to what patients know about themselves to create a plan that will help patients achieve their goals."

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Funnel & Anderson JAMA 2000; 284:1709







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Adolescent and Young Adult Health (AYA) Health Guide

Helping Teens and Young Adults Access Services and Supports: A Conversation with a Young Adult Advocate



Elijah King
UNC-Greensboro

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Caring for Youth with Intellectual/Developmental Disability and their Families: A Conversation with a Parent Advocate



Jessica Aguilar
Parent Advocate
Director, Poder y Esperanza



Michelle Franklin
Duke Department of Psychiatry,
Duke-Margolis Center for Health Policy

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Supporting Youth Transitioning from Foster Care: Youth Villages – LifeSet



Deidre Herring
Clinical Supervisor
LifeSet

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Get Ready.
Get Set.
For Life.



Setting the Most Vulnerable Youth on a Path for Success

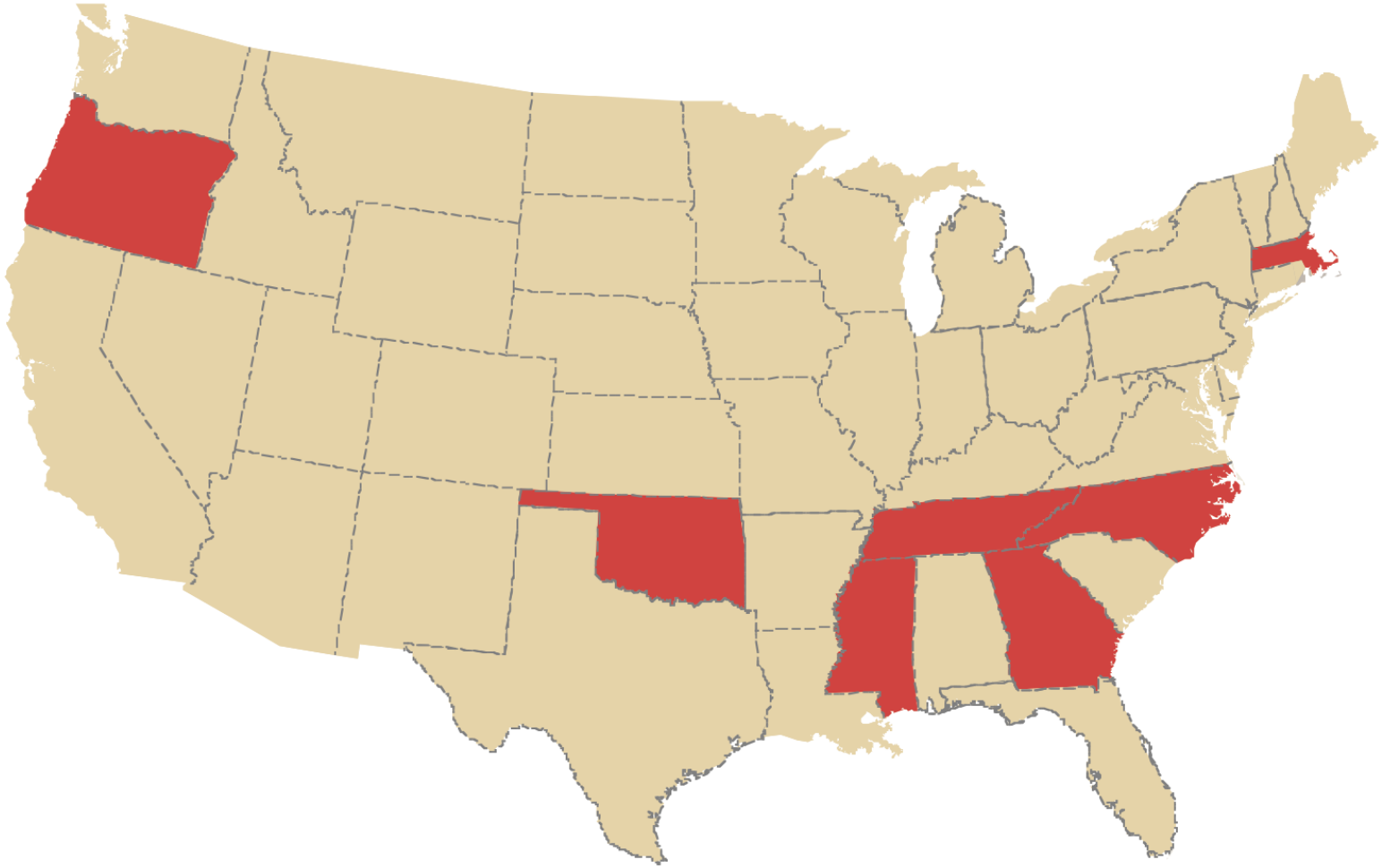
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YV LifeSet®

YV LifeSet®

Quick Facts

- Since 1999 we have served nearly 9,000* youth
- Daily we serve over 950 youth in the YVLifeSet program
- Current locations include:
  - Georgia
  - Massachusetts
  - Mississippi
  - North Carolina
  - Oklahoma
  - Oregon
  - Tennessee



YV LifeSet®

We believe in the potential of every single kid to become an incredible adult.

YV LifeSet®

National Statistics on Youth Who Aged Out of State Custody at 26

7%



had completed a two- or four-year degree[1]

12%



received psychological or emotional counseling[1]

31%



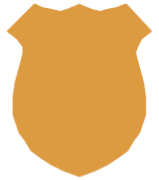
had been homeless or couch surfed[1]

46%



were employed[2]

59%



had been arrested at least once[1]

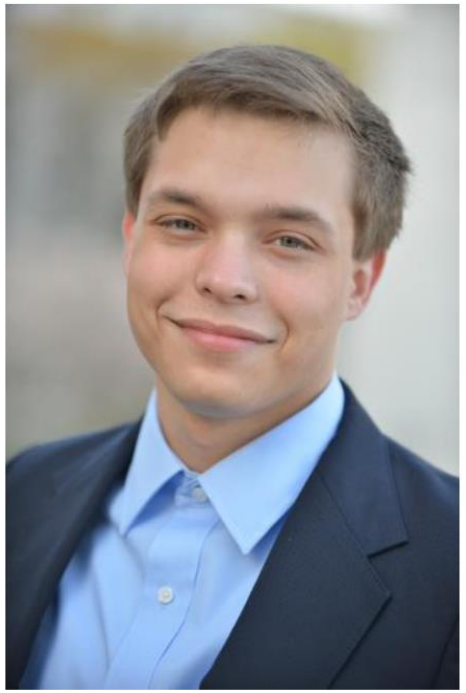
[1] Courtney, M. Dworsky, A., Brown, A., Cary, C., Love, K, & Vorhies, V. (2011). Midwest evaluation of the adult functioning of former foster youth: Outcomes at age 26. Chicago: Chapin Hall at the University of Chicago.

YV LifeSet®

The first program in the country showing positive impacts for this population across multiple areas

- Helps youth aging out of state custody, juvenile justice or other vulnerable youth
- Participants are 17-22
- Helped more than 9,000 young people since 1999
- Specialists are available 24/7
- Eight to 12 months
- Youth-driven and individualized



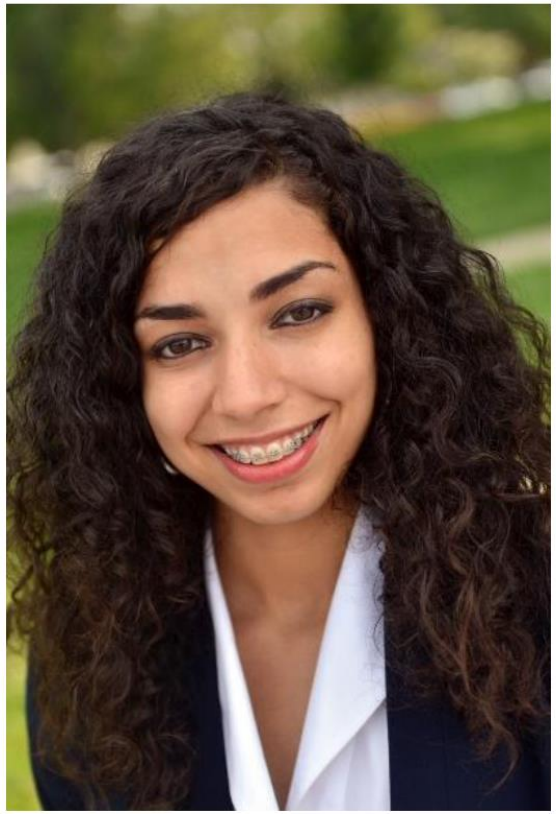


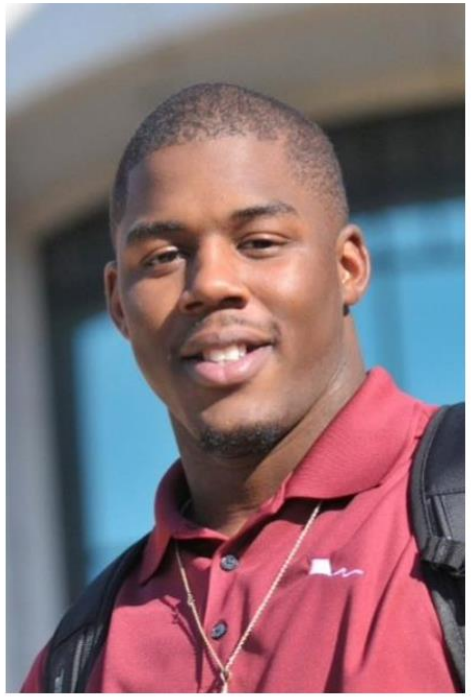
YV LifeSet®

The first program in the country showing positive impacts for this population across multiple areas

Specialists help youth with:

- Education
- Housing
- Employment
- Life skills
- Physical and mental health
- Healthy relationships – lifelong connections with caring adults





YV LifeSet®

Key Components of YVLifeSet

Intensity of services	• Caseloads of eight to ten • Minimum of one face-to-face session per week
Comprehensive services	• Initial assessment and goal planning, weekly sessions, monthly case review and treatment planning, discharge readiness and plans
Youth-driven	• Specialists encourage young adults have input into their service plans, goal development, and the group activities
Staff training and supervision	• 3-day training, on-the-job training, group supervision and consultation, professional development, quarterly boosters and other training as needed
Formalized program model	• Virtual clinical model, evidence-based interventions, as clinically necessary
Program evaluation	• Youth are evaluated upon admission, throughout the service provision, at discharge and at 6, 12, and 24 months post-discharge
Whatever-it-takes culture	• We do whatever it takes to meet the needs of the young adults being served

YV LifeSet®

Evidence-based Interventions and Best Practices

Available to all young adults in the program, as clinically needed:

- Motivational Interviewing (MI)
- Cognitive Behavioral Therapy (CBT)
- Preparing Adolescents for Young Adulthood (PAYA)

Additional EBPs in the treatment manual that may vary by geography or provider:

- Collaborative Problem Solving (CPS)
- Community Advocacy Project (CAP) – domestic violence

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LifeSet Outcomes

The five-year study by MDRC, one of the country's leading social research firms, found that LifeSet had a number of statistically significant positive impacts. Young people who received the LifeSet program had higher earnings and employment levels; increased housing stability and economic well-being; and improved mental health.



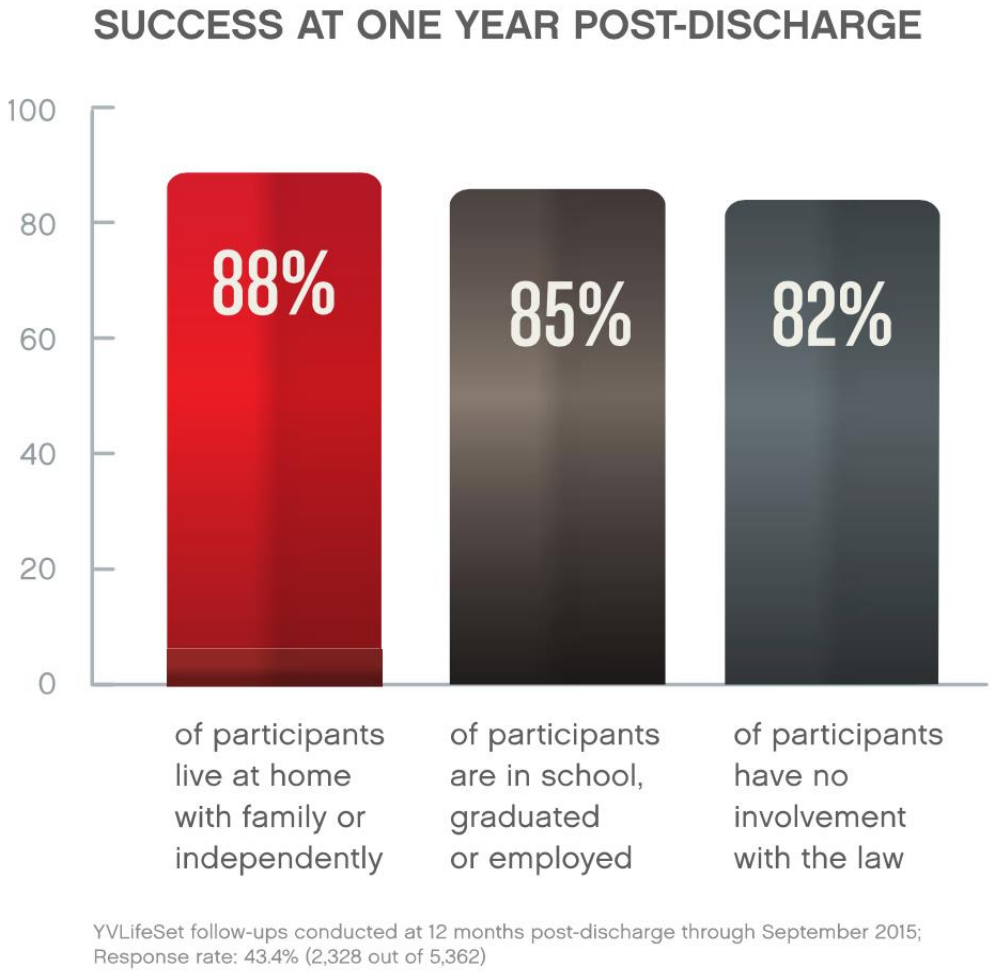
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YV LifeSet®

Success







YVLifeSet follow-ups conducted at 12 months post-discharge through September 2015; Response rate: 43.4% (2,328 out of 5,362)

YV LifeSet®

www.YVLifeSet.org

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Reflection

- Knowledge
- Attitudes and feelings
- Skills and resources
- Actions and impact

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A Look Ahead

Thursdays 10-11am through January 2023

- **NC InCK Office Hours**
  - **Invites sent by Brie Hardy**

Thursday October 13, 2022; 12 pm-1:30pm:

- **NC InCK Integrated Care Rounds – Juvenile Justice**
  - **Invites sent by Sarah Allin**

Thursday November 10, 2022; 12-1:30pm:

- **NC InCK Echo Series – End of Year Wrap Up!**
  - ***Calendar invites will be sent closer to this date***

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