Overview

- Frameworks
- Our Village:
  - Challenges
  - Examples of Work in Action
- Future Opportunities
- What can you do
It takes a village to raise a child.

—African proverb
Core Values

- CASSP
- Systems of Care
- Blue Ribbon Commission
- Practice Guidelines
- Public Health Approach
- Population Health
Factors that Influence Health Status

10% HEALTH CARE
19% ENVIRONMENT
20% HUMAN BIOLOGY
51% LIFESTYLE

- Smoking
- Obesity
- Stress
- Nutrition
- Blood Pressure
- Alcohol
- Drug Use
The 5 Principles Needed for a Population Health Approach

1. Attend to the whole population
2. Promote health, wellness, and self determination
3. Provide prevention and early interventions
4. Address the social determinants of health
5. Empower individuals and communities to keep themselves healthy
Social Determinants of Health

- Income and Income Distribution
- Education, Unemployment and Job Security
- Employment and Working Conditions
- Early Childhood Development
- Food Insecurity
- Housing
- Social Exclusion
- Social Safety Network
- Health Services
- Aboriginal Status
- Gender Race and Disability
Our Village = Our Population
*Among the comparison cities, Philadelphia had the second highest average unemployment rate in 2012, behind Detroit.

Philadelphia’s Profile

- Population: 1,560,297 (5th Largest City in the USA)
- 51% of individuals make less than $35,000 per year
  - 28% (3 of 10) of all Philadelphians are below the poverty line
  - 38% of children live in poverty
- 2nd highest unemployment rate in US in 2012 - Detroit has higher unemployment
- Highest homicide rate among 10 largest cities
- High School graduation rate was 65% in 2014, state average 80 to 89%
- High ACES
Fact: 1 in 5 children ages 13-18 have, or will have, a serious mental illness.

- 20% of youth ages 13-18 live with a mental health condition.
- 11% of youth have a mood disorder.
- 10% of youth have a behavior or conduct disorder.
- 8% of youth have an anxiety disorder.

Impact:
- 50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.
- The average delay between onset of symptoms and intervention is 8-10 years.
- Approximately 50% of students age 14 and older with a mental illness drop out of high school.
- 70% of youth in state and local juvenile justice systems have a mental illness.

NAMI
National Alliance on Mental Illness
www.nami.org
Adverse Childhood Experiences (ACEs)
Progress Through Population Health
Overarching Frame - SOC
System of Care

- Cultural and Linguistic Competence
- Community Based
- Youth-Guided
- Family-Driven

- Youth
- Mental Health
- Child Welfare
- Caregivers
- Juvenile Justice
- Primary Care
- Community
- Education

DBHIDS
DEPARTMENT of BEHAVIORAL HEALTH
and INTELLECTUAL disABILITY SERVICES
Philadelphia Integrated System of Care Expansion (PISCE)-Year 2 of 4
Goals:

– Re-Orient System to core Values of Systems of Care
– Reduce use of RTF and Length of Stays
– Address dis-proportionate RTF utilization by African-American youth
– Create cultural and linguistic competent system
– Increase Family Engagement competency
– Promote True Family and Youth Partnership:
  • Creating Independent Legacy Family Organization
  • Enhancing Youth MOVE Philly chapter
Increasing Population Access – School Based Programs
A Population Health Approach

TIER 1 – Universal
Prevention Programs
MHFA

TIER 2 – Targeted At Risk

- SAP Team Meeting
- Postvention
- Behavior

- Plan
- Case Manager

TIER 3 – Intensive – Treatment Services

- CASST
- STS
- BHRS
- Outpatient
- Family Based
- SAP Assessment

Implement
Analyze
Define
Assess

MHFA
DEPARTMENT of BEHAVIORAL HEALTH
and INTELLECTUAL disABILITY SERVICES
School-Based Programs

- **Prevention Programs**
  - Evidence-Based Curricula
  - **37,000** Youth participated

- **Mental Health First Aid**

- **Student Assistance Program (SAP)**
  - **1288** Youth Assessed

- **Treatment Programs**
  - **5,535** Engaged in any School-Based Treatment
  - **100** School Therapeutic Services (STS) Programs
  - **5** Schools Community and School Support Teams (CASST)- evolving model to have “clinical home”
Partnering with Child Welfare

Cross-System Development in a Population Health Approach
Cross-System Development in a Population Health Approach

- **Specialized Clinical Care Management Teams**
  - Family Court
  - Community Umbrella Agencies

- **Workforce Development**
  - DBHIDS 101, Think Trauma, Mental Health First Aid

- **Leadership and Policy Development**
  - Regular meetings between DBHIDS and DHS
  - Internal Interdepartmental DHS Subgroup
Philadelphia Alliance For Child Trauma Services (PACTS)
Adverse Childhood Experiences

What can Be Done About ACES?

These wide-ranging health and social consequences underscore the importance of preventing ACES before they happen. **Safe, stable, and nurturing relationships and environments** (SSNRES) can have a positive impact on a broad range of health problems and on the development of skills that will help children reach their full potential. Strategies that address the needs of children and their families include:

- Voluntary home visiting programs can help families by strengthening maternal parenting practices, the quality of the child’s home environment, and children’s development. *Example: Nurse-Family Partnership*
- Home visiting to pregnant women and families with newborns
- Parenting training programs
- Intimate partner violence prevention
- Social support for parents
- Parent support programs for teens and teen pregnancy prevention programs
- Mental illness and substance abuse treatment
- High quality child care
- Sufficient Income support for lower income families
PACTS Accomplishments

- **10,000** children have received Trauma Screening and Assessment
- **1,150** youth have received TF-CBT and **330** were active as of March 2016
- **60** children and adolescents have received CFTSI
- **217** therapists trained in Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT)
- **16** therapists trained in the Child and Family Traumatic Stress Intervention (CFTSI)
PACTS Provider Map

Philadelphia Alliance for Child Trauma Services (PACTS) Providers Map

Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT) and Child and Family Traumatic Stress Intervention (CFTSI)

Map created: [Date]

Collaboration of the

Provider Map of Philadelphia Trauma Services (PACTS),

Department of Behavioral Health and Intellectual Disability,

AND THE UNIVERSITY OF PENNSYLVANIA, 2016
Crisis Services
Evolving Crisis System of Care

- MHFA
- Enhancing Current Program Crisis Components
- MET & Further Development of Kids Mobile Model
- AIP & Crisis Stabilization
Care Management Transformation-
Creating Healthy Tomorrows, Today
CMT

- We have CBH and DBH members who have been our members since birth
- We also support the care of whole families
- We, unlike to other system payors are involved over the course of people’s lives
CMT

- Point of first contact- CMT, CBH participating in ISPTS, Community based teams going out to pediatric care practices
- Education of new members offers a significant opportunity through mailings, internet materials and in house trainings, family resource guide
- Expanding Community Education
  - Wellness Lectures in the community
  - Member orientation, forums and regular dissemination of information
  - Mental Health First Aid, YOUTH
CMT

Resource Support for members:

- Assisting members with needs beyond treatment referrals
- Advocating for social policy and legislation
  - Pre K, Housing, School Funding
- Deploying HiFi Wrap Process
- Braided funding opportunities and grants
  - Expanding the scope of Medicaid
  - Innovative funding approaches
City Wide Initiatives
Young Children (0-5)

Philadelphia Universal Pre-K
- January 2017: 2000 new seats
  - 71 Sites
  - 10.2 Million awarded
- 6500 seats in the next 5 years
- www.phprek.org

DBHIDS Efforts
- BH Consultation Model
- Quality and Access to Young Child Therapeutic Programs
  - CCTC
  - Community Council
  - NHS
- Increase coordination and trainings between Young Child Systems
- ITSE Coordinators
Community Schools

- **9 Schools Selected**
  - Dobbins HS
  - Tilden Middle School
  - Kensington Health Sciences
  - South Philadelphia HS
  - Gideon Elementary/Middle
  - Southwark Elementary/Middle
  - Edmonds Elementary
  - Logan Elementary
  - Cramp Elementary

- Schools represent a wide cross-section of neighborhoods.

- More schools to be selected for next Academic Year
Health Enterprise Zone (HEZ)

- 296,000 Medicaid Recipients- 13% PA Medicaid
- 20 years earlier life expectancy
- 5 hospitals (4 health systems) and 2 universities
- Zip codes: 19120-26 • 19130 • 19132-34 • 19138 • 19140-41 • 19144
HEZ

Goals

- Reduce Health Disparities
- Improve Health Outcomes
- Stabilize and Reduce Health Costs

Interventions

- Support Community Schools – and health services therein
- Identify top 100 adult and pediatric “super utilizers” to help improve the care they receive
- Work with City of Philadelphia and Chamber of Commerce to identify employment opportunities
- Convene stakeholders in health, education, technology, community
Promise Zone

- Philadelphia selected as one of 3 cities in the country with funding from White House, HUD, Agriculture, Justice and Education
- Focus on areas of deep and persistent poverty
- Create ladders to opportunity in West Philly area with 50.7% poverty
Promise Zone-cont

Goals:

– Create Jobs
– Increase economic activity
– Improve educational outcomes
– Reduce violent crime
– Leverage private capital
– Reduce poverty rate
Future DBHIDS Opportunities
Evolving Approach

- Strengthen cross-systems partnerships/Braid funding
- Family Care Coordination/Care Management
- Developing whole family programs-
  - Given intergenerational transmission (ie trauma, perinatal depression)
- Transforming Maternal/Child Services
- Evolving D/A services- ie prevention services targeted to children of parents with D/A
Your Call to Action
What can you do?

- In course of your work
- As a community member:
  - Be an active participant in your Village
  - Bring a knowing voice of mental health to community
  - Volunteer for any activity in support of children and families (mentoring etc)
Begin at the Beginning

InBrief: Early Childhood Mental Health