



Office of
Mental Health

From Prevention to Intensive Services

*Meeting the Needs of Children,
Youth, and Families*

Donna Bradbury, LMHC Associate Commissioner

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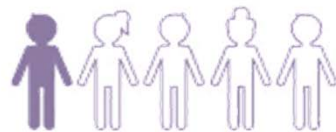
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Troubling Statistics

1 out of **5** children has a diagnosable mental health disorder



HALF
OF ALL MENTAL
ILLNESSES BEGIN
BEFORE AGE 14.



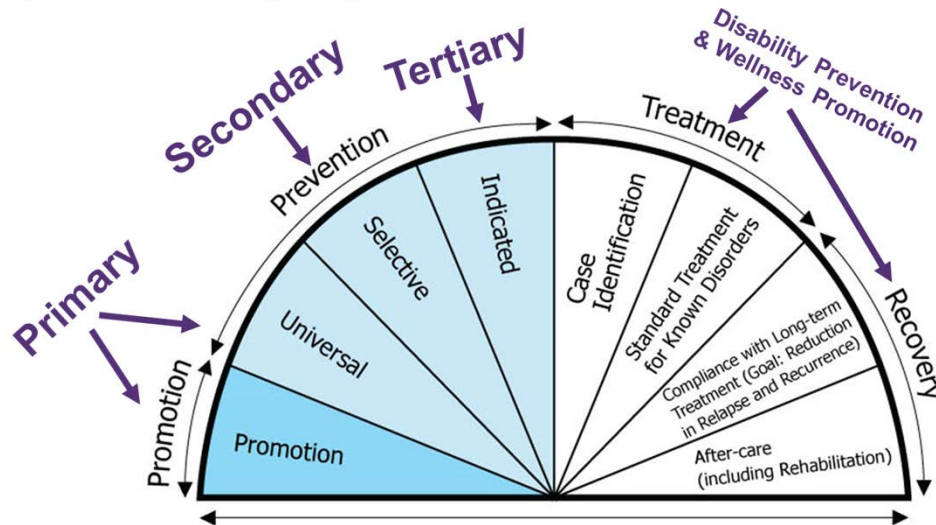
ONLY
1 IN 5 KIDS
RECEIVE THE
HELP THEY NEED.



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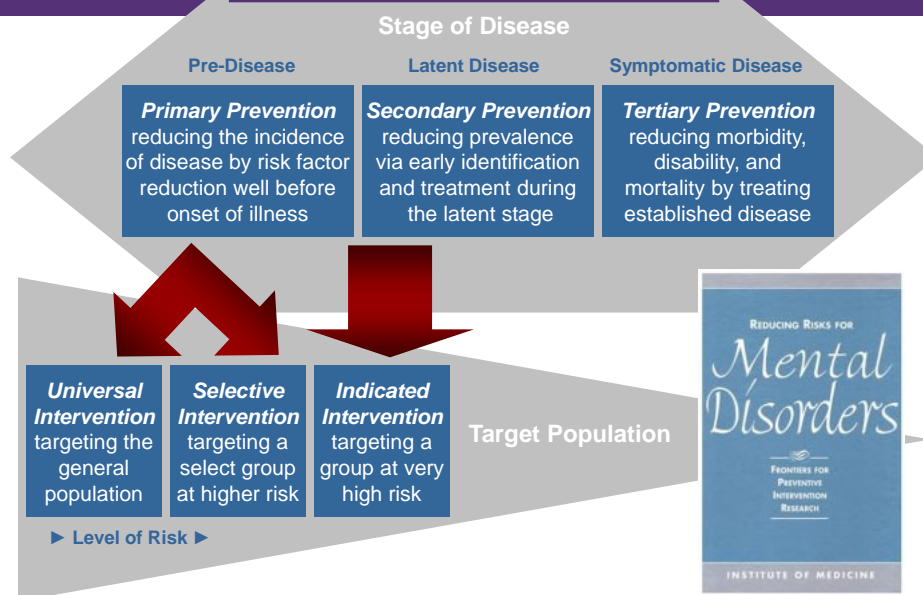
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IOM Framework



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Advancing Prevention in New York State's Mental Health System



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DC:0–5™
Diagnostic Classification of Mental
Health and Developmental Disorders of
Infancy and Early Childhood



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DC:0–5™ Training

- A comprehensive training designed for participants who are directly involved in the developmental and mental health evaluation and diagnosis of children birth to five years of age.
- The training provides history and background around the need for and development of a specialized diagnostic classification system for infancy and early childhood, as well as approaches to diagnosis from an Infant Mental Health perspective which is developmentally informed, relationship based, and contextual and culturally competent.
- Participants learn about the multi-axial approach to diagnosis as well as understanding the contents of each axis including Axis I Clinical Disorders, Axis II Relational Context, Axis III Physical Health Conditions and Considerations, Axis IV Psychosocial Stressors, and Axis V Developmental Competence.
- Participants have the opportunity to participate in a Community of Practice call following the training for support on use of DC:0-5™ in their practice.



DC:0–5™ Training

- DC:0-5 Training began in July of 2019
- Twenty-six in person trainings have been provided with over 1000 participants in attendance
- Due to the current pandemic the trainings were modified to a virtual format and an additional 21 trainings have taken place through April with 546 participants completing the virtual training.
- A complimentary webinar on DC:0-5 for non-clinicians is available to provide an overview and awareness of the content and approach of DC:0-5
- These trainings represent a collaboration between the New York State Office of Mental Health and NYS Council on Children and Families (CCF) and are supported as part of the Preschool Development Grant Birth through Five Initiative (NYS B5)

This training is supported by the Preschool Development Grant Birth through Five Initiative (PDGB5), Grant Number 90TP005901, from the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Child Care. Its contents are solely the responsibility of the authors and do not necessarily represent the official view of the United States Department of Health and Human Services, Administration for Children and Families



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Prevention in Normative Community Settings



Schools



Primary Care



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Primary Prevention in Primary Care

- OMH HealthySteps-** is an evidence-based, team-based pediatric primary care program that promotes the health, well-being and school readiness of babies and youth. There are currently **14 OMH funded sites** that are distributed across the state and represent diverse populations in high need communities where children are disproportionately at risk for social and emotional concerns.
- Project TEACH-** Project TEACH provides consultation, education, training, and referrals and linkages to other key services for pediatricians, family physicians, psychiatrists, and nurse practitioners. Recently expanded, Project TEACH is set to enroll an **additional 3,800 providers**, and provide an **additional 24,500** New York children with behavioral health consultations. Maternal depression initiative.
- Collaborative Care Model/Collaborative Care Medicaid Program-** Builds capacity to treat behavioral health issues in Primary Care practices. OMH launched the Medicaid program in 2015, **~350 sites** currently participating, provide care for **over 10,000 patients** each year.

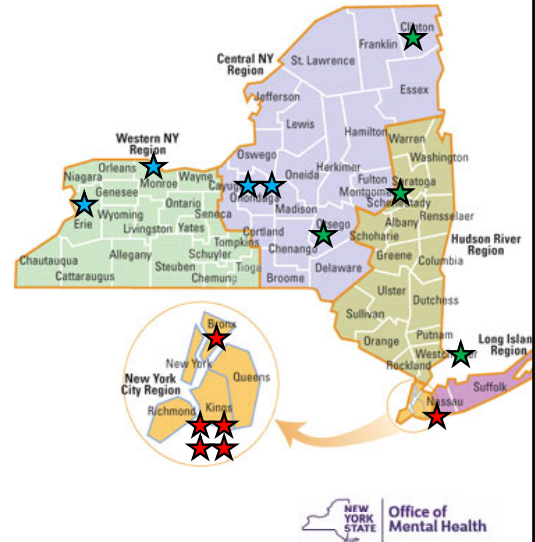


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OMH HealthySteps

- [HealthySteps](#), a program of [ZERO TO THREE](#), is an evidence-based, team-based pediatric primary care program that promotes the health, well-being and school readiness of babies and toddlers, with an emphasis on families living in low-income communities.
- There are currently 14 OMH funded sites that are distributed across the state and represent diverse populations and geographical areas.
- The sites serve in high need communities where children are disproportionately at risk for social and emotional concerns.

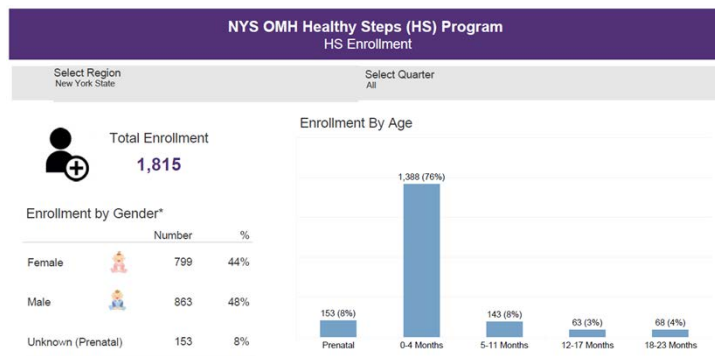


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HealthySteps

HealthySteps integrates family and development professionals into pediatric and family medicine practices to help identify, monitor, and address emerging behavioral or developmental health concerns in young children.



- Evidence-based prevention program aimed at prevention through anticipatory guidance, universal screening, promotion of health lifestyles and support of family relationships.
- 14 participating practices, over \$6.5M in 3-year grant funding.



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As of June 30, 2020

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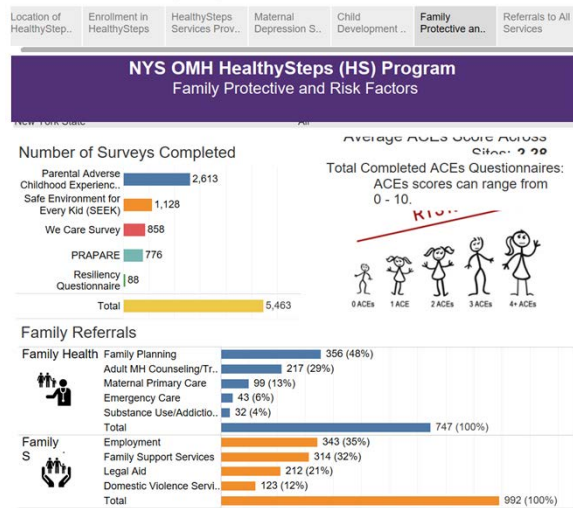
Family Needs

HS sites use a variety of tools to screen for family needs including:

- food insecurity
- housing instability
- transportation needs
- interpersonal safety
- substance misuse

Results guide the practice to identify concerns early, provide family support and make essential referrals

NYS OMH HealthySteps



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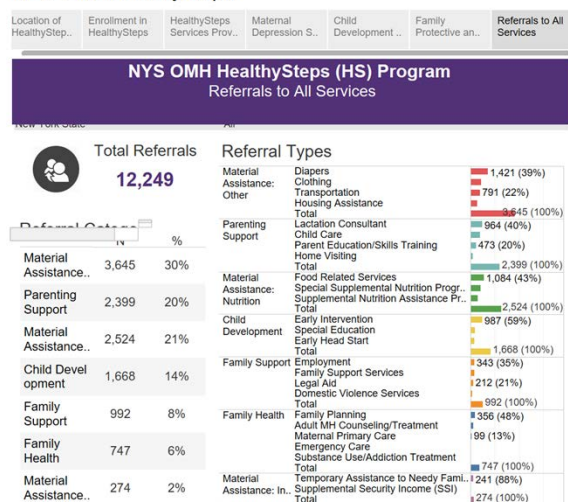
As of June 30, 2020

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Referrals and Connections to Services

- HealthySteps sites maintain a directory of services and assist families with Care Coordination and System Navigation
- HealthySteps sites assist families to address any barriers to accessing care and monitor that connections were made.
- OMH Healthy Steps sites have provided over 12,000 connections to needed services

NYS OMH HealthySteps



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As of June 30, 2020

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Maternal Depression

- Between 15 and 20 percent of all women experience some form of pregnancy-related depression or anxiety.
- Maternal depression affects the entire family and can impact the health of both the mother and infant.
- Maternal Depression is treatable
- OMH HealthySteps sites have conducted over 10,000 screens for maternal depression and have provided nearly 4000 related referrals and/or services

NYS OMH HealthySteps

Location of HealthyStep...	Enrollment in HealthySteps	HealthySteps Services Prov...	Maternal Depression S...	Child Development ...	Family Protective an...	Referrals to All Services
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NYS OMH HealthySteps (HS) Program Maternal Depression Screens and Referrals

Select Region	Select Year-Quarter
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Maternal Depression Screens (Beginning 2018)

PHQ-9	Total	1,428 (100%)
	Initial	
	Total	718 (100%)
	Positive	
	Routine	
	Total	325 (100%)
	Positive	
Edinburgh	Total	2,011 (100%)
	Initial	
	Total	
	Positive	

As of January 2018 collection of maternal depression screens changed as reflected in the chart above. This chart will only contain data if Q1 2018 or a later quarter is selected, otherwise, it will be blank.

Maternal Depression Screens (Before 2018)

PHQ-2	Total	738 (100%)
	Positive	148 (7%)
PHQ-9	Total	665 (100%)
	Positive	91 (14%)
Edinbur...	Total	944 (100%)
	Positive	115 (12%)
Total	Total	2,347 (100%)
	Positive	254 (11%)

Prior to 2018 maternal depression screens were collected as reflected in the chart above, therefore, this chart is only applicable to 2017 data.



Maternal Depression Referrals and Services

	N	%
Plans to Rescreen at N...	673	17%
Education/Information ..	976	25%
Clinical Treatment/Cou...	485	12%
Identify and Engage Na...	570	14%
Planned Outreach betw...	474	12%
Group Support Services	246	6%
Already in Counseling ..	212	5%
Website Link Information	179	5%
Primary Care Physician	124	3%
Emergency Care	32	1%
Total	3,971	100%

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TRAINING AND EDUCATION FOR THE ADVANCEMENT OF CHILDREN'S HEALTH

Project TEACH

Better Health. Brighter Future.

TRAINING AND EDUCATION FOR THE ADVANCEMENT OF CHILDREN'S HEALTH

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MISSION

To strengthen and support the ability of New York's pediatric primary care providers (PCPs) to deliver care to children and families who experience mild-to-moderate mental health concerns.



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The Way it Works

Project TEACH provides consultation, education, training, and referrals and linkages to other key services for pediatricians, family physicians, psychiatrists, nurse practitioners, and other prescribers.



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Project TEACH

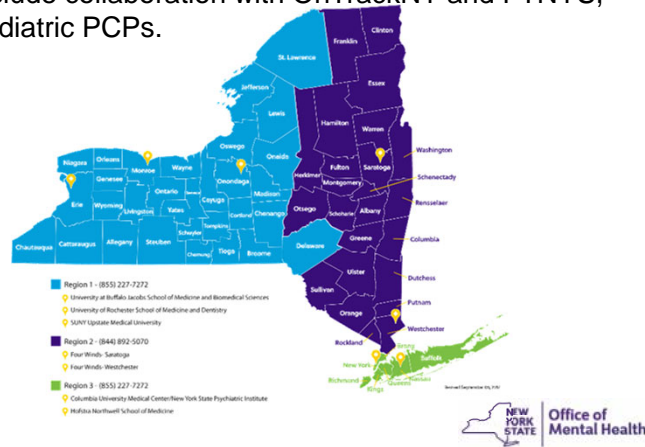
Project TEACH provides rapid consultation, education and training, and referral/linkage services to pediatric PCPs statewide who provide care for children and adolescents with mental health disorders. New initiatives include collaboration with OnTrackNY and FTNYS, and expanded availability of training for pediatric PCPs.

 3,800 Pediatric PCPs Enrolled

 24,000 Phone Consultations

 or In-Person Consultations

 4,500 Linkages & Referrals



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Project TEACH Maternal Mental Health Initiative

Project TEACH supports OB/GYNs and primary care providers by giving them direct access to expert reproductive psychiatrists who can provide guidance on how to:



Identify effective
evidence-based
screening and
treatment strategies



Help support mothers
and their families



Find linkages and
referrals to community-
based resources

More information at projectteachny.org/mmh



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Why Use Project TEACH Services?

- ✓ Services are easy to access.
- ✓ All consultations, trainings and referrals are at no cost for pediatric primary care providers and other prescribers who provide ongoing treatment to children.*
- ✓ It helps the PCP provider to provide the best possible care to the children and families.
- ✓ It improves the health of children and families in New York State.



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Primary and Secondary Prevention in Schools

- **Restorative Practice-** trainings and consultation to NYS schools aimed at strengthening relationships, building community, effectively dealing with conflict and enhancing learning.
- **Mental Health Education-** As of 2018-2019-schools across the state are required to teach about mental health as part of a broader health/emotional social wellness curriculum.
- **School Based Satellite Clinics-** 910 school-based clinic satellites across NYS. Increased from less than 300 4 years ago.
- **Promise Zones-** A strategy that utilizes a partnership framework to improve student engagement, academic achievement, dropout prevention, social and emotional competence, establishing positive school culture and school safety in 5 regions/districts.
- **Suicide Prevention Trainings-** trainings and technical assistance to NYS schools from basic to in-depth: Suicide Safety Training (SST), Helping Students At-Risk (HSAR), Creating Suicide Safety in Schools, Lifelines Postvention, Sources of Strength. **Nearly 13,000 school personnel trained last year!**



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Restorative Practice – Tools for Schools Coping with COVID

- The COVID-19 pandemic of 2020 has had devastating effects on New York State, including its educational institutions.
- For many students, staff and families, such significant effects are accompanied by loss and trauma.
- Critical needs exist for intentional listening, understanding and healing.
- Restorative Practice is a way of thinking and being, focused on creating safe spaces for real conversations that deepen relationships and build stronger more connected communities
- Restorative Practice provides an innovative hybrid model of internationally recognized and empirically based approaches to address these needs.



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RP - Expected Outcomes

When Understood and Actively Practiced:

- Improved relationships between school-based staff and students
- Improved student to student relationships
- Improved work climate and employee engagement
- Improved relationships between school-based staff and families
- Increased positive youth development and social and emotional learning
- Stronger sense of school connectedness
- Improved student well-being
- Equity through inclusion of all students
- Addressing Social Determinants of Health

International Institute for Restorative Practices



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Mental Health Education Act of 2016

- Requires mental health education in school curriculum.
- Curriculum being developed with state and local departments of education and Association of Community School Boards.
- **Provides an opportunity to reduce stigma, normalize mental illness as the same as physical illness, educate youth on the signs of emotional distress and illness, and how to ask for help and the benefits of getting help.**
- Curriculum includes education of families, as well as all school personnel.
- Mental Health Association NYState manages a website resource center



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School-Based Mental Health Clinics (SBMHC)

- Article 31 ***School-Based Mental Health Clinics (SBMHC)*** are OMH licensed children's clinic programs located within a school. SBMHC typically operate as "satellites" of the agency's main clinic location.
- School-based clinics provide diagnostic assessment and treatment services for students with diagnosable mental health conditions.
- Establishing a school based mental health clinic requires a planning and approval process with various levels of partnership (eg. County LGU, NYS OMH FO, School District, host school).
- Clinic provider agencies enter into formal agreements with host schools/districts and adhere to clinic regulatory requirements.
- As of February 1, 2021, there are a total of 910 school-based clinic satellites increased from 871 as of September 30, 2020.



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Benefits of school-based clinics:

- Increases access to mental health services for children and families within a familiar, natural environment
- Increases collaboration between clinical provider and school staff
- Facilitates earlier identification of mental health needs of children through consultation, education of school staff and school community regarding appropriate referrals; screening
- Enhances capacity for developing partnerships with families and schools to address the “whole child, whole family “
- **Helps to normalize mental health treatment; promotes help seeking behavior by increased visibility and integration within the everyday environment of school**



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Child and Family Treatment and Support Services(CFTSS)

The **Right** Services
at the **Right** Time
in the **Right** Amount

- **Earlier identification** of child and family's needs
- **Earlier intervention** to prevent the onset or progression of behavioral health needs
- Keep children and youth in their homes and community

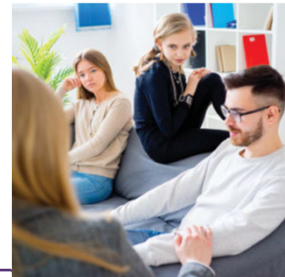
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CFTSS

Identified Population:

Available to children/youth, **birth to 21**, enrolled in **Medicaid** with a mental (behavioral) health need who meets eligibility criteria.



Interventions occur in the child's **natural environment** (e.g., school, home, community, etc.)



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CFTSS

Service Composition:

Six services comprised of **clinical** and **rehabilitative** supports including:

- Individual and family psychotherapy
- In-home supports for family
- Skill building through hand-on activities
- Family and youth peer support
- Crisis Avoidance and intervention

Services can be accessed/provided individually or in a coordinated comprehensive manner, depending upon the unique needs of the child.



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CFTSS

Service Access:

- Anyone can make a **referral** for services to a CFTSS provider
- A **recommendation** for service provision must be made by a licensed practitioner who can discern and document eligibility.



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SOC Key Partners

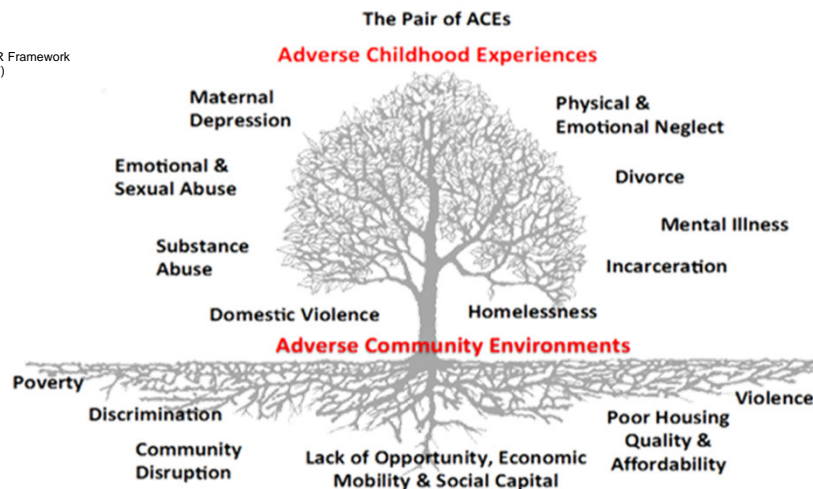


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Trauma-Informed Care

Ellis W., Dietz W. BCR Framework
Academic Peds (2017)



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NYS Trauma-Informed Network

<https://www.traumainformedny.org/Home>

The New York State Trauma-Informed Network (NYS TIN) connects advocates of trauma-responsive practices and systems to provide access to quality resources and foster collaboration.

- Website:
 - Houses an on-going inventory of trauma informed innovation and best practice,
 - Offers support of TI practices,
 - Provides for ongoing marketing of this important work and
 - Supports the use of two types of organizational self-assessment tools: the Trauma Responsive Understanding Self-Assessment Tool (TRUST) and the Trauma Responsive Understanding Self-Assessment Tool for Schools (TRUST-S).



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Social Determinants of Mental Health:

The impact of COVID-19 pandemic has heightened the societal inequities in living conditions and access to health care, both critical contributors to the health and well-being of the people OMH serves.

A new report from OMH, *The Social Determinants of Mental Health: A White Paper Detailing Promising Practices and Opportunities at the New York State Office of Mental Health*, describes these inequities in detail and offers opportunities for solutions (written by **Merrill Rotter, MD**, Senior Forensic Advisor to the Commissioner of OMH, and **Michael T. Compton, MD, MPH**, Research Psychiatrist at the New York State Psychiatric Institute).

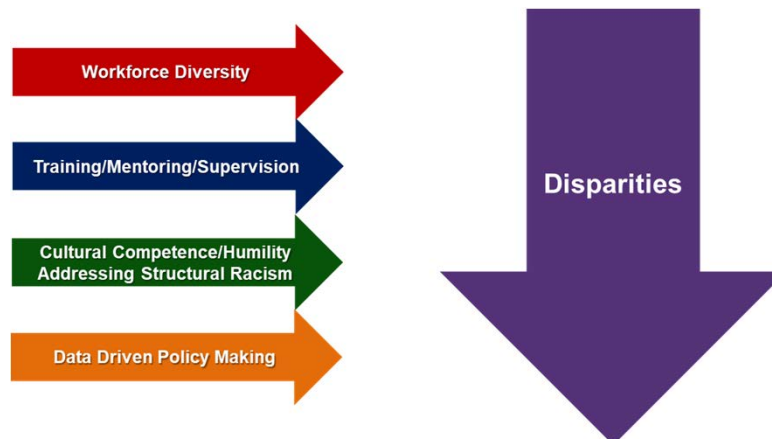
The White Paper is available at the OMH Institute for Program and Policy Innovation website: <https://omh.ny.gov/omhweb/omh-institute/sdmh-white-paper.pdf>.



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Eliminating Disparities

OMH strives to address the needs of populations that historically and **currently** face discrimination, understanding that discrimination leads to stress-related emotional, physiologic, and behavioral health changes.



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Supporting New York during COVID-19

Reminders When Coping With Grief

- 1 There is no right or wrong way to grieve. Some people need to distract themselves with work or hobbies. Others need to take time and space to be alone.
- 2 There is no universal timeline for grief. Try not to put expectations on yourself about when you "should" stop grieving.
- 3 Accept that grief can trigger many emotions. Acknowledge whatever you are feeling. Grief can appear as sadness, anger, shock, guilt, relief, loneliness and so much more.
- 4 Take care of yourself physically, so you can take care of yourself emotionally. Sometimes our basic needs are most neglected as we grieve. Keep nutritious snacks out in plain sight so you don't forget to eat. Prioritize sleep and make sure to move and stretch your body.
- 5 Practice self-compassion. Release all expectations on how you think you "SHOULD" feel.
- 6 The initial grieving period may feel exhausting. You may even feel distracted and forgetful. Don't set big goals. Help yourself by writing things down or asking others to help.
- 7 Stay active. Exercise can help you release emotional energy in a healthy way.
- 8 Grief can feel isolating. Reaching out to a support group, friend or family member can help.
- 9 Plan ahead for upcoming dates that may trigger grief. Anniversaries, holidays, and birthdays may be particularly challenging. Finding a way to stay supported and mindful on these days can help.
- 10 Try calming strategies. Consider deep breathing, prayer, yoga, meditation—whatever may fit for your lifestyle.
- 11 Reach out to a professional if you are feeling overwhelming depression. Teletherapy options can help you process emotions from the comfort of home.

COVID-19 EMOTIONAL SUPPORT HELPLINE
8 AM - 10 PM, 7 days a week

1-844-863-9314

A frontline worker calls because they are feeling stressed due to the pandemic...

NY Project Hope Coping with COVID

Our Emotional Support Helpline

Trained crisis counselors provide free and confidential support to help callers understand and manage their emotions during these uncertain times.

Immediate on-line assistance to New Yorkers feeling overwhelmed by the events surrounding COVID-19, the Emotional Support Helpline serves all of New York State from 8am-10pm, every day.

1-844-863-9314

Always confidential, anonymous and free



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Project Hope looks to assist children by reaching out broadly...

- NYS Parent Teacher Association
- NYS School Districts
- New York Chapter of the American Academy of Pediatrics
- New York Association of School Psychologists
- CUNY & SUNY

The outreach efforts have resulted in partnering with social media posts and print material distribution.

- Project Hope has conducted broad outreach efforts to support children, adolescents, young adults, and parent/guardians that have been impacted by the Coronavirus pandemic.
- The Project Hope website offers information and resources that provide support to parents/guardians to foster resilience in children and youth that are coping with stress related to the pandemic. Ongoing social media messaging supports the same fostering of resilience for parents/guardians, children and youth.
- Connections to valuable resources can be accessed via calls to the Emotional Support Helpline or by simply browsing through the Project Hope website - both will connect parents and youth to trusted and relevant community supports.



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Who & How We Help...

NY Project Hope
Coping with COVID

Project Hope Emotional Support Helpline... A Snapshot

Helpline crisis counselors provide emotional support and resources. While calls related to children come from parents and caregivers, some have been received from 12 through 17-year-olds.

Youth (12-17)... Calls to Emotional Support Line Crisis Counselors relating to youth have addressed issues including loneliness and isolation and providing support in reaching out to social connections. Crisis Counselors do request to speak with a parent on all calls made by child callers.

Stress... There is a trend of stress among emerging adults in college discussing changes related their academic program and wanting to stay healthy, safe, and connected.

Teachers are also calling with high levels of stress due to being on the front line. They feel confused about the guidelines and they are very worried about their own health and the health of the children and families they serve.

Parenting Burnout... Parents have identified an increase in irritability and anxiety around having their children at home at all times. Crisis Counselors provide emotional support and psychoeducation focused on how to assist children challenged by their response to the crisis.

Individuals experiencing domestic violence... crisis counselors provide information and resources and assist with lowering the stress of traumatic family relationships and complete a warm transfer to the DV hotline as needed.

Coping Strategies... Many callers are requesting and receiving assistance with deep breathing exercises and/or mindfulness coping techniques. Crisis Counselors explore past coping strategies that have worked well for callers and are assisting in ways that they might implement them.



NY Project Hope Social Media

Facebook | Instagram Twitter

- Coping tips
- Promote Emotional Support Helpline and the website

Website...

- Strategies for handling stress
- Guidance for coping
- Accessible, relevant resources
- A click-to-call button that connects directly to the Emotional Support Helpline

NY Project Hope
Published by Sprout Social [?] · September 23 ·

Finding child care in New York may be harder to navigate these days, when you visit www.NYProjectHope.org you'll find resources and organization links to help you learn about your options.

Finding **Child Care** during COVID-19 can be hard

The Child Care Resources and Referral Agencies is a great place to start when you are looking for child care in New York

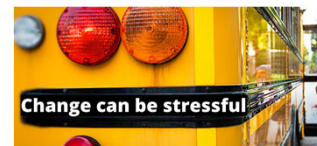


Visit www.NYProjectHope.org
for a list of resources to help you or your family during COVID-19

A program of the NYS Office of Mental Health | Funded by the Federal Emergency Management Administration

NY Project Hope
Published by Jen Levine [?] · September 13 ·

The back-to-school season has started. If you or your child need emotional support to help with the transition #NYProjectHope is here for you.



Here to listen | Here to talk | Here to support

Emotional Support Helpline

1-844-863-9314

Confidential • Free • Anonymous

8am-10pm / 7 days



NYProjectHope.org
A program of the NYS Office of Mental Health
Funded by FEMA

Discussion

