System of Care Principles and Transition–Aged Youth and Young Adults

Sally Raschick and Becky Kanitz
April 6, 2016

Wisconsin Department of Health Services
Few options for developmentally and culturally appropriate mental health treatment

Overuse of restrictive and unnatural settings

Lack of cross-agency and cross-system collaboration

Lack of provider skill and knowledge of evidence-based practices that are effective when supporting youth and young adults
System of Care Definition

A spectrum of effective, community-based services and supports for children and youth with, or at-risk of developing, mental health challenges and their families that is organized into a coordinated network, builds meaningful partnerships with families and youth, and addresses their cultural and linguistic needs in order to help them function better at home, in school, in the community, and throughout life.

System of Care as a Framework

- Child and Family
- Juvenile Justice Services
- Mental Health Services
- Social Services
- Educational Services
- Health Services
- Substance Abuse Services
- Vocational Services
- Recreational Services
System of Care Guiding Principles

- A broad array of evidence-informed services and supports are offered
- Services are individualized
- Services are provided in the least restrictive settings possible
- Families and youth are seen as full partners at all levels
- Cross-system collaboration is implemented at the systems level
- Care management is used for coordination at the service level
System of Care Guiding Principles

- Services are offered for youth of all ages and their family members
- High value is placed on mental health promotion, prevention, and early identification
- Accountability is stressed
- Advocacy and client rights are prioritized
- Nondiscrimination is necessary
System of Care as a Concept

Philosophy

Infrastructure

Services and Supports

National Technical Assistance Center for Children’s Mental Health
Georgetown University Center for Child and Human Development
Meeting Needs of Transition–Aged Youth and Young Adults

- Wisconsin’s population: 5,724,554
- 13.8 percent are young adults (16–25 years of age)
- Young adults experience multiple changes between the ages of 16 and 25, making this an exciting, but challenging, stage of life
  - Housing, shelter changes
  - Relationship, role changes
  - Need for income, employment
  - Desire to further education
  - Need for emotional support
Meeting Needs of Transition-Aged Youth and Young Adults

- Common for young adults to receive a variety of supports from family members and friends well into adulthood.
- What if this support isn’t available, ongoing, or appropriate?
Project YES!

- Project YES! (Youth Empowered Solutions)
- Five-year, federally-funded grant initiative intended to improve access to treatment and support services for youth and young adults aged 16–25 that either have, or are at-risk of developing, a serious mental health condition
- Two counties identified as local learning laboratories
  - Outagamie County
  - Jefferson County
Project YES! as a Framework

- Project YES! is not a program in itself but is a philosophy or mindset used to inform practice with young people.
- A youth-centered and youth-driven philosophy of practice that provides a developmentally and culturally appropriate framework for adult helpers interacting with young people supporting them as they transition to adulthood.
- An innovative and effective way of doing business within an existing support program.
Comprehensive Community Services (CCS) provides the programmatic structure and funding base, while Project YES! informs helpers and direct service providers as to the most effective, respectful, and supportive ways of walking alongside young people as they learn to be independent adults
Innovative Approaches to Providing Support

- Support is always youth-centered and youth-driven
- With appropriate support and encouragement, young people seeking support determine, for themselves…
  - …what services they want to explore.
  - …when these services are explored and for how long.
  - …who is involved in service provision.
  - …who is included on the support team.
Innovative Approaches to Providing Support

- Methods of service provision are innovative, non-traditional, and flexible
- Language and terminology used is developmentally appropriate, strengths-based, and non-threatening
Innovative Approaches to Providing Support

- Leadership and skill development for youth and young adults is valued and supported by direct service staff
- There is a family focus on growing with, rather than letting go of, maturing youth
Transition to Independence Process

- Engage young people through relationship development, person-centered planning, and a focus on their futures
- Tailor services and supports to be accessible, coordinated, appealing, non-stigmatizing, and developmentally appropriate, building on strengths, to enable the young people to pursue their goals across relevant transition domains
- Acknowledge and develop personal choice and social responsibility
Transition to Independence Process

- Ensure a **safety net of support** by involving a young person’s parents, family members, and other informal and formal key players

- **Enhance** a young person’s **competencies** to assist the individual in achieving greater self-sufficiency and confidence

- Maintain an **outcome focus** in the TIP system at the young person, program, and community levels

- Involve young people, parents, and other community partners in the TIP system at the practice, program, and community levels

A Framework for Goal-Setting

Questions?

Sally Raschick  
Project YES! Principal Investigator  
608–261–9313  
Sally.raschick@dhs.wisconsin.gov

Becky Kanitz  
Project YES! Project Coordinator  
608–261–9045  
rebecca.kanitz@wisconsin.gov

Wisconsin Department of Health Services  
Division of Mental Health and Substance Abuse Services  
Bureau of Prevention Treatment and Recovery