

County and School Partnerships to Support Youth in Crisis

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Myths About Youth in Crisis

Resources



- **DPI Emotional Regulation Plans**
- **Guidance on MOU and referral pathways for Expanded School Mental Health**
<http://dpi.wi.gov/sites/default/files/imce/sspw/pdf/mhmouguidancedoc.pdf>
- **SAMHSA's Guidance on Community Conversations**
<http://www.samhsa.gov/community-conversations>

Upcoming: Re-entry plan guidance and referral pathways

Jefferson County Human Services JCHSD



**IMPROVING OUTCOMES
FOR OUR YOUTH THROUGH
COMMUNITY MENTAL HEALTH AND
SUBSTANCE USE SERVICES**

Jefferson County Human Services Department



JCHSD RECOGNIZED IN 2013 THAT TOO MANY YOUTH WERE BEING ADMITTED TO WINNEBAGO MENTAL HEALTH INSTITUTE. WE FORMED A CHANGE TEAM, COMPRISED OF ALL MENTAL HEALTH AND CHILD AND FAMILY SUPERVISORS, MANAGERS AND OUR DIRECTOR.

WE HAVE MET MONTHLY SINCE 2013. THIS IS THE STORY OF THE YOUTH WE SERVE AND OUR CHANGE INITIATIVES.

JCHSD YOUTH EMERGENCY DETENTIONS AND COSTS



2013 - 2015

	2013	2014	2015	2016
E.D.'S	33	18	17	10
COSTS	\$134,584	\$70,393	\$66,000	

PLAN, AIM AND RATIONALE



- **DECREASE THE NUMBER OF HOSPITALIZATIONS OF YOUTH**
- **INCREASE ACCESS TO COMMUNITY MENTAL HEALTH SERVICES**



ADOPTED CHANGES

- ❖ **OUR INTERNAL TEAM MEETS MONTHLY, TO REVIEW DATA AND SITUATIONS WE HAVE ENCOUNTERED.**
- ❖ **WE REVAMPED OUR CRISIS PLAN AND TRAINED ALL STAFF IN HOW TO DO A MORE DETAILED VERSION.**
- ❖ **WE GAVE AWARDS AND RECOGNITION FOR “WELL DONE” CRISIS PLANS.**
- ❖ **OUTREACH AND MEETINGS WITH SCHOOLS**
- ❖ **MENTAL HEALTH FIRST AIDE TRAINING**

ADOPTED CHANGES



- ❖ **SUICIDE ASSESSMENT AND TRAINING WITH LAW ENFORCEMENT**
- ❖ **ZERO SUICIDE INITIATIVE**
- ❖ **EVIDENCE BASED PRACTICES:**
 - ❖ Coping Cat
 - ❖ Wellness Recovery Action Plans
 - ❖ Trauma Focused CBT
 - ❖ Dialectical Behavior Therapy
 - ❖ Motivational Interviewing

ADOPTED CHANGES



- ❖ **WE ASKED OUR COMMUNITY PARTNERS ABOUT WHO ARE OUR YOUTH IN NEED.**
- ❖ **WE HIRED A YOUTH THERAPIST IN OUR MENTAL HEALTH OUTPATIENT CLINIC AREA.**
- ❖ **WE CONTRACTED WITH ADDITIONAL HOSPITALS FOR INPATIENT PSYCHIATRIC SERVICES.**
- ❖ **WE CONTRACTED FOR ADDITIONAL OUTPATIENT THERAPY SERVICES.**

ADOPTED CHANGES



- ❖ **TRAUMA INFORMED CARE**
- ❖ **PROJECT YES**
- ❖ **WE ADDED POSITIONS IN OUR COMPREHENSIVE COMMUNITY SERVICES PROGRAM AND ARE SERVING MORE YOUTH.**
- ❖ **WE ARE SERVING MORE YOUTH IN OUR COMMUNITY SUPPORT PROGRAM.**
- ❖ **WE WROTE A PURPOSE STATEMENT FOR OUR MEETINGS**

LESSONS LEARNED



- ❑ **SET ASIDE THE MONEY ISSUE AND REMEMBER YOUR MISSION**
- ❑ **INVOLVE PEOPLE WITH LIVED EXPERIENCE**
- ❑ **REVIEW DATA ROUTINELY**
- ❑ **MEET REGULARLY AND HAVE A CHAMPION**
- ❑ **KNOW WHAT WORKS: EVIDENCE BASED PRACTICES, MOTIVATIONAL INTERVIEWING AND COMPLIANCE PROGRAM**
- ❑ **PROVIDE STAFF WITH AUTONOMY, TRAINING, AND RECOGNITION**
- ❑ **PERSIST**