



CHIP Workgroup – Youth

April 1, 2021 12:15-1:15

Zoom Meeting

The CHIP partnership is an innovative collaboration between Jefferson Healthcare (JCH), the City of Port Townsend, and Jefferson County Public Health (JCPH), devoted to identifying the most pressing health priorities for Jefferson County and activate efforts that will lead to improvements



Agenda

- Welcome and Introductions – 5 Minutes
- Updates (Roundtable) - Actions since 2/18 Meeting? – 10 Minutes
- Resource List Development - Review – 5 Minutes
- Review of Draft Strategic Framework– 30 Minutes
- Next Steps / How We Will Proceed – 10 Minutes



Roundtable

Updates since last meeting that impact this effort?



Mental Health Survey of Jefferson County 10th Graders

The Benji Project has created a survey using HYS questions and a few COVID related questions.

- Survey 100 or more 10th graders (vs. HYS sample size of 137 in 2018)

The questions will mostly be on a five-point Likert scale and will ask about recent feelings of sadness, anxiety, and suicidal thoughts. For some, we will use the wording from the HYS questionnaire version deployed in Jefferson County in 2018. Another question will also ask about how they perceive their mental health now compared to before the pandemic. We also will include a question with a free-text response to elicit some description of how they are doing. We will end the survey with some mental health resource contact information for anyone in need, such as crisis line phone and text numbers.



Once we have the data, a group of graduate statistics and biostatistics students at UW will work with us on the analysis. They are part of a student community service organization called StatCom. These (based on an earlier email from Lexa) are the data points we hope to derive.

1) Descriptives - to give a snapshot of mental health this past year

- Percentage of youth who answer yes to #1 (which is a proxy for having experienced a depressive episode in the past year)

- Percentage of youth who answer "nearly every day" to the anxiety items (which is a proxy for GAD or clinically significant anxiety)

- Percentage of youth who seriously contemplated suicide

- Percentage of youth who identify various sources of support (how many don't feel they have anyone they can talk to // where youth are turning to for support)

(2) Comparisons to 2018 survey

- Because we're asking the same questions on Likert Scales, we can basically run independent samples t-tests (tests comparing means) for a lot of these. For the yes/no questions we'd use nonparametric tests. All of this can be done pretty quickly in SPSS.



Potential Training Resource

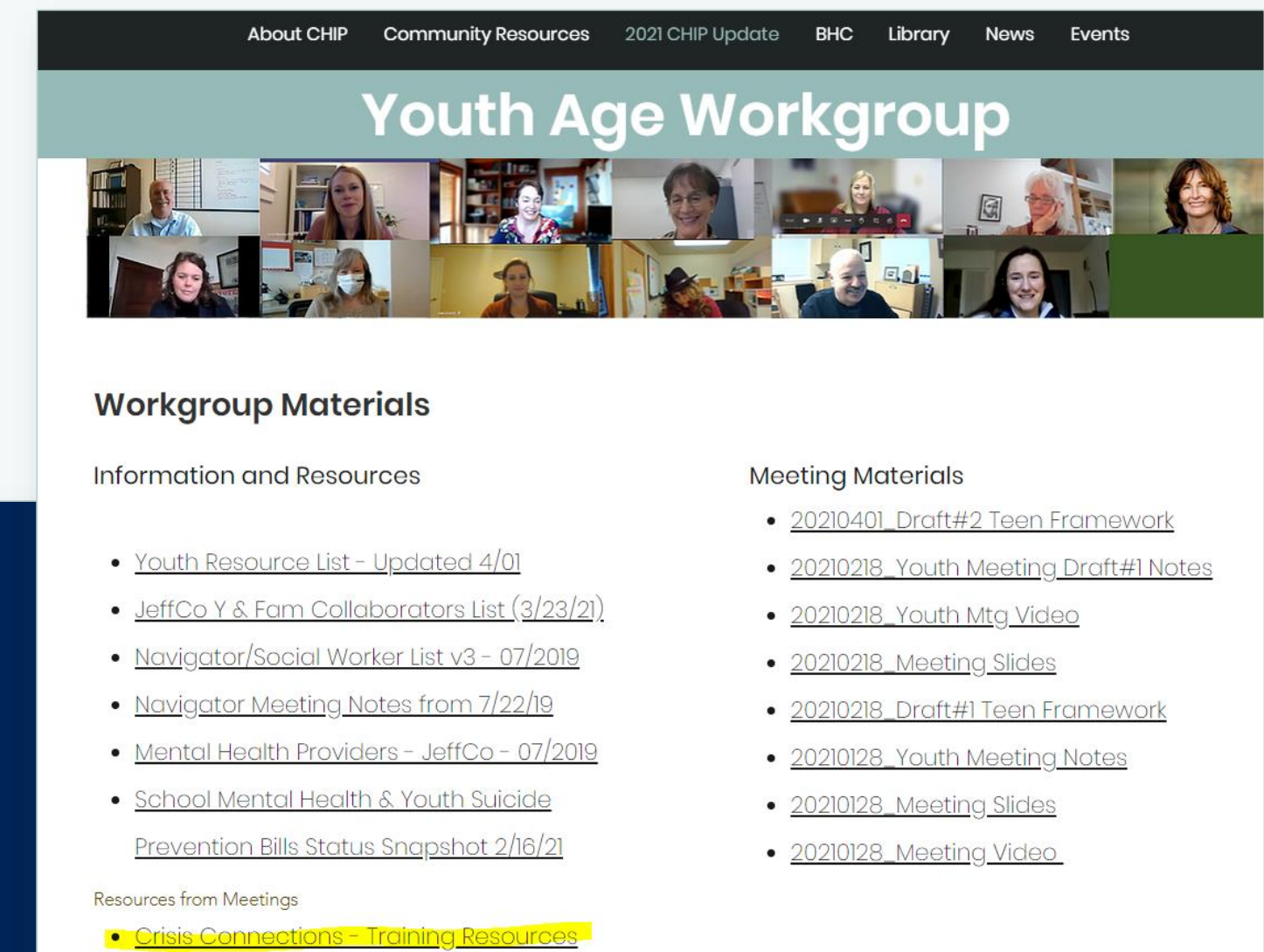
Resource suggested by Jenny Vervynck



We are proud to offer a series of community trainings designed specifically for mental health and social service providers working in King County. Each course is conducted by a caring, skilled professional with years of hands-on experience in their field.

Crisis Connections' trainings have been approved by the WA State Department of Health and are the Model List for Suicide Prevention Training for Health Professionals.

<https://www.crisisconnections.org/get-training/>



Also – linked on
[CHIP's Youth Age Band webpage](#)



Potential Training Resource

Possibly the Provider Survey being presented would have insightful information?

Don't miss the April 6, DBHR call for behavioral health service providers

Staff from the University of Washington will present on mental health resources for school aged youth and the Behavioral Health Institute will present on their provider survey.

Information about providing prevention, intervention, treatment, and recovery support services during the COVID-19 pandemic continues to evolve. These bi-weekly calls are a way for behavioral health service providers to hear updates about serving individuals during COVID-19. We hope that you find these calls useful and remember to take care of yourself as well as those you serve.

Call details

- Tuesday, April 6
- 1:30 to 2:30 p.m.
- [Register](https://register.gotowebinar.com/rt/9000606996850564363)

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Potential Connection

For her Public Nursing course senior project, Emma is required to **create a proposal for a public health intervention** for the city/town where she was born. Emma was born at Jefferson County Hospital in Port Townsend, Washington in 1997.

Her hope for this project, while the assignment is to create a proposal, would be to **work with CHIP to create something tangible that could improve the health of the individuals residing in Port Townsend** – possibly a proposal around work connected to the “Okay Not to Be Okay” campaign, or any other public health gap in Port Townsend that would serve the community.



Emma Khang
Senior BSN Student
Idaho State University
in Pocatello, ID



Potential Connection

Emma's Proposal must address:

- A detailed description of public health gap.
- How the population that benefits from the proposed intervention is involved in the implementation and maintenance of the program.
- What potential there is for recipients to become dependent on the intervention and/or pass up on personal improvement to stay on the program.
- Does the intervention have educational components that promotes recipient growth?
- What human and structural resources will be need to contribute to the proposed intervention?
- Is the proposed intervention unique or are there similar interventions implemented in other areas outside this location?
- How will the proposed intervention be funded?
- How will the recipient population receive information about the proposed intervention?
- How will you measure the success of the proposed intervention?



Emma Khang
Senior BSN Student
Idaho State University
in Pocatello, ID



Youth Resource List

Review of First Draft



Youth Resource List


Youth Resource List – as of 4/01/21		
Resource Agency/ Service Provider & Contact Info & Hours Available	Access through Referral? Other?	Areas of Consultation / Services Offered Note if service is: Upstream (Prevention) - U Midstream (Interception) - M Downstream (Crisis) – D Specific Services NOT offered that you'd like to note
<p>YMCA of Jefferson County Tanya Barnett, Family Resource Navigator tanya@olympicpeninsulaymca.org 360-565-6025</p> <p>Genevieve Barlow, Meals/Nutrition Director meals@olympicpeninsulaymca.org 360-385-5811</p> <p>Dana Nixon, Building Futures Coordinator dana@olympicpeninsulaymca.org 360-477-0075</p> <p>Rowen Matkins, Childcare Services Director rowen@olympicpeninsulaymca.org 360-385-5811</p>		<p>Resource navigation, youth/family supplemental meals, childcare, literacy, enrichment, youth mentoring, recreation/wellness, etc.</p> <p>Most Y programs are intended to be Upstream (U) and Midstream (M) – work collaboratively with Downstream (D) service providers, pre- and post-crisis.</p>
<p>Empowered Teens Coalition, Chimacum Denise Banker Jefferson County Public Health dbanker@co.jefferson.wa.us 360-385-9438</p>		<ul style="list-style-type: none">• ATOD+V Prevention (U)• School-based prevention education programs (U)• Community-based prevention education programs (U)
<p>Empowered Teens Coalition, PT Lindsay Scalf Jefferson County Public Health lscalf@co.jefferson.wa.us 360-385-9419</p>		<ul style="list-style-type: none">• ATOD+V Prevention (U)• School-based prevention education programs (U)• Community-based prevention education programs (U)

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Youth Age Workgroup



Workgroup Materials

Information and Resources

- [Youth Resource List - Updated 4/01](#)

Meeting Materials

- [20210401_Draft#2 Teen Framework](#)
- [20210218_Youth Meeting_Draft#1 Notes](#)

Also – linked on [CHIP Youth Age Band webpage](#)



Youth Resource List – Cont'd


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Juvenile & Family Court Services Anne Dean Dependency & Civil Programs Manager adean@co.jefferson.wa.us 360-385-9190		<ul style="list-style-type: none">• Dependency• Youth at risk (YAR)• Child in Need of Services (CHINS)• Truancy
Washington Mental Health Referral Service for Children and Teens Available to all WA residents, staffed by Seattle Children's Hospital <ul style="list-style-type: none">• Families can call 833-303-5437, Monday through Friday from 8 a.m. to 5 p.m. Referral specialists ask about mental health needs, location, and health insurance plan	N/A, families can call directly	Midstream A referral specialist will call and email the family with information for 2+ providers or agencies that meet their needs and have openings
JHC Clinic Adolescent MH Care: PCP's All who see children (Sheridan, Townsend, Port Ludlow, South County Clinics)	Call clinic to establish care. If urgent, ask to speak to RN.	Diagnosis, medication management, referrals to community providers (DBH, Jumping Mouse, Dove House, community therapists) Time Period: Longitudinal care when stable
JHC Clinic Adolescent MH Care - Clinic PCP Resources: Seattle Children's PALS line when local care is not available	For Providers only	Phone consult services

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JHC Clinic Adolescent MH Care -Clinic: Psychiatric Evaluation Anne Koomen, ARNP	Referral from Primary Care Provider	1-2 time consult for more complex cases and to start medications. Time period: Hand-off back to PCP or transition to higher level of care
JHC Clinic Adolescent MH Care - Clinic: Social Work for Therapy Sol Riou, MSW	Referral from Primary Care Provider	Cognitive behavioral therapy for 8-12 Time Period: Transition to community therapist if longer term is needed.
JHC Clinic Adolescent MH Care - ED: Crisis Assessment EC Providers (all)	Walk-in	Call for mental health assessment and then placement, if indicated or referral to primary care or DBH
JHC Clinic Adolescent MH Care - ED: Sexual Assault Nurse Examiner	Walk-in	Forensic exams for ages 14+, coordinate with Dove House, CPS, Police as indicated Time period: Follow up calls to ensure connection with PCP and support.
Discovery Behavioral Health (DBH) Jim Novelli, Exec Dir jimn@discoverybh.org Specific Youth-Related Resources? Name / Contact Info? Hours Available?		DCR
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Generate a Youth Meeting List?

Request from Sam Troxler

Hope you are well. At our last Youth Provider Meeting we talked about how many Youth Meetings there are. Do you have a list of those? Would you be able to share the following about the Youth Meeting you host and others you attend?

Host/Leader

Date

Time

Mission of Meeting

Goals Identified

We are hiring another Youth Team Member and a Youth Specialist who will be working at the local, state and federal level to advise, create and evaluate youth programs in the community and throughout the state. I would love to have this Youth Specialist (who is a young person with lived experience) involved in all appropriate meetings where Youth Programs and Development is discussed. SO I am creating a list of the meetings with contacts. Right now there are 9 youth focused meetings just in Jefferson County that happen regularly.



Strategic Framework

Review of Second Draft



Workgroup's Next Steps

Goal	Agree on a broad description of the destination
Objective	Generate narrow, specific, tangible, solid, measurable objectives to ensure accountability (Accountability)
Outcome / Process Indicators	Build short, intermediate and long term measure indicators and outcomes to determine the rate of success (Proof)
Strategies	Create strategies as the engine that drives meeting the objectives that achieve the goal (Engine)
Activities	Specific steps or tactics to execute the strategy
Resources	Assign human, monetary, and other appropriate resources to execute projects
Timeline	Define short, intermediate and long term timeline with indicators and outcomes at each juncture



Goals:	Objectives:	Strategy:	Activities	Inputs
What are the objectives, if completed, going to lead to? What measurable goals has the workgroup decided on to make sure that it meets the purpose of the group? These should be SMART goals.	How are we going to implement our workgroup goals? How are the deliverables from the strategy going to be maintained?	What types of things do we need to develop to help met our objectives? What deliverables will we have after we perform the activities?	What steps need to happen to make sure that we can complete the strategy?	What do we need to make the activities happen?
Goal 1:	Objective 1:	Strategy 1A:	1.A Activities	Inputs
Implement a plan to reduce Jefferson County's adolescent suicide to 0% by...(year/date?) (Before this goal is finalized, re-work using the SMART format) Specific, Measurable Attainable, Realistic Time oriented	Improve resources for Adolescent Behavioral Health Develop the above using specific language. Also, include Metric; Metric Data Source: Current State:	1A. Identify and execute a plan to improve the success of youth connecting and availing themselves of community, family and school services that support their improved mental health. Who owns this strategy and provides leadership/accountability?	1A.1 Resource Map all agencies/organizations for relevant services. Perform gap analysis, determine actions to address shallow spots.	Develop Inputs
			1A.2 Explore University of Maryland’s “Quality Mental Health Care Teaming” program to: - develop a vehicle for relevant, impactful-yet-siloed activities to connect with regularity; - generate a wholistic understanding of the community's available resources.	Develop Inputs
			1A.3 Create a robust intentional, educational opportunity for adolescent discussion around suicide prevention. Consider the Zero Suicide program (an off-the-shelf program). Develop timelines? Who owns this activity and provides leadership/accountability?	Develop Inputs

Also – linked on [CHIP Youth Age Band webpage](#)



Draft Strategic Results Framework

Youth Age Band Group - Strategic Framework Development

Goal 1 - Cont'd:	Objective 1 - Cont'd:	Strategy 1A - Cont'd:	1.A Activities - Cont'd	Inputs
Implement a plan to reduce Jefferson County's adolescent suicide to 0% by...(?yeardate?) (Before this goal is finalized, re-work using the SMART format) Specific, Measurable Attainable, Realistic Time oriented	Improve resources for Adolescent Behavioral Health Develop the above using specific language. Also, include Metric; Metric Data Source: Current State:	1A. Identify and execute a plan to improve the success of youth connecting and availing themselves of community, family and school services that support their improved mental health. Who owns this strategy and provides leadership/accountability?	1A.4 Design a process for better integration of services across community, family and school and improve how our kids are served by all. Develop Timeline and Who owns this activity and provides leadership/accountability?	Develop Inputs
			1A.5 Develop a method to communicate Youth-related community effort updates between providers Develop Timeline and Who owns this activity and provides leadership/accountability?	Develop Inputs
			1A.6 Bring In ESD for help assessing Jefferson-specific action plan to reduce youth suicide to zero %. Develop Timeline and Who owns this activity and provides leadership/accountability?	Develop Inputs

[Link to draft2 of the “Reduce Teen Suicide” Strategic Results Framework](#)



Strategic Framework - Brainstorm

- Goal and Objective
More of a smart goal? Objectives should have measures?
- Overall review
 - What is good?
 - What is missing?
- Other specific activities or strategies?



Next Steps & Meeting



Next Steps? Next Meeting

- Next Steps?
- Agenda Items for next meeting?

Next Meeting: April 22, 2021 @12:15pm



Thank You for all your hard work