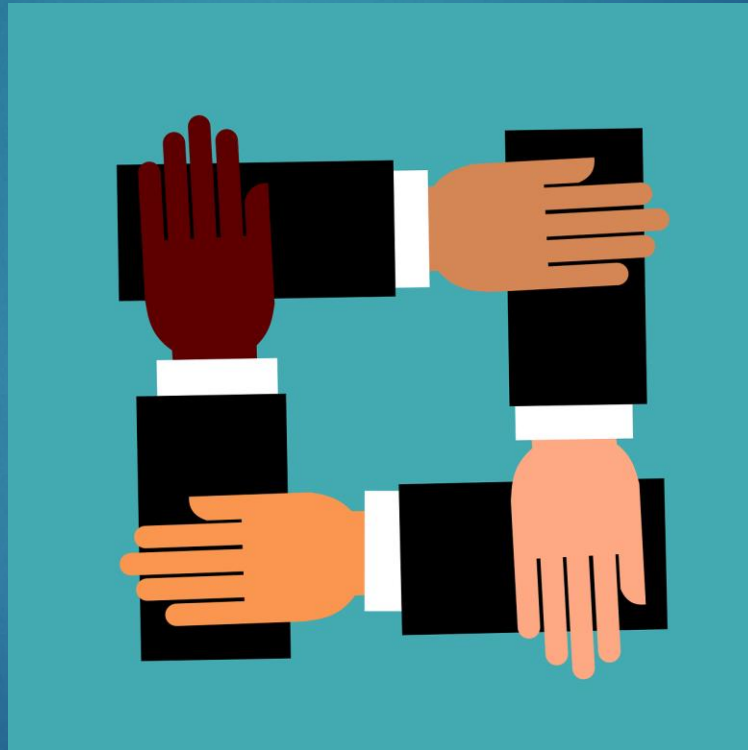


STATEWIDE YOUNG ADULT SERVICES

Department of Mental Health and Addiction Services



History of Young Adult Services

2



Special Populations project

3

1997: Legislature approved funding for a specialized, collaborative pilot project

Target Populations:

- DCF involved youth
- Minimal psychiatric issues,
- “Sexual offenders”
- Individuals diagnosed with Pervasive Developmental Disorder and high risk behaviors who required maximum levels of support and supervision

Transitioning Youth Program

4

2000: Second collaboration between DCF and DMHAS

Youth transitioning from DCF & DMHAS with psychiatric diagnoses requiring minimal support and supervision

Who We Serve Now

5

Youth who are 18 – 25 who have:

- Complex psychiatric diagnoses
- Developmental disorders
- Multiple co-morbid conditions that result in severe limitations/behavioral disorders
- Sexual Behavior problems
- Complex Trauma and/or Abuse
- History of Neglect
- Attention Disorders
- Psychotic Disorders
- May have legal involvement

Who We Serve Now (cont'd)

6

- Multiple hospitalizations
- 7 - 10 average out of home placements prior to the age of 16



- Significant attachment disorders which make it extremely difficult to engage in treatment
- May have co-morbid substance use issues

Who We Serve Now (cont'd)

7

- Require ongoing support to acquire the necessary life skills or emotion regulation skills to cope with daily challenges
- Lack of education/vocational experiences
- Have not had the opportunity to experience and transition through the typical developmental tasks of young adulthood

Eligibility Criteria

8

- ✓ Must be 18 years of age and older
- ✓ Must have a documented major mental illness
- ✓ Must be willing to voluntarily participate in services
- ✓ Must be referred to DDS if IQ < 70
- ✓ May be diagnosed with Autism Spectrum Disorder but must also have an existing major mental illness

Young Adults Served In DMHAS

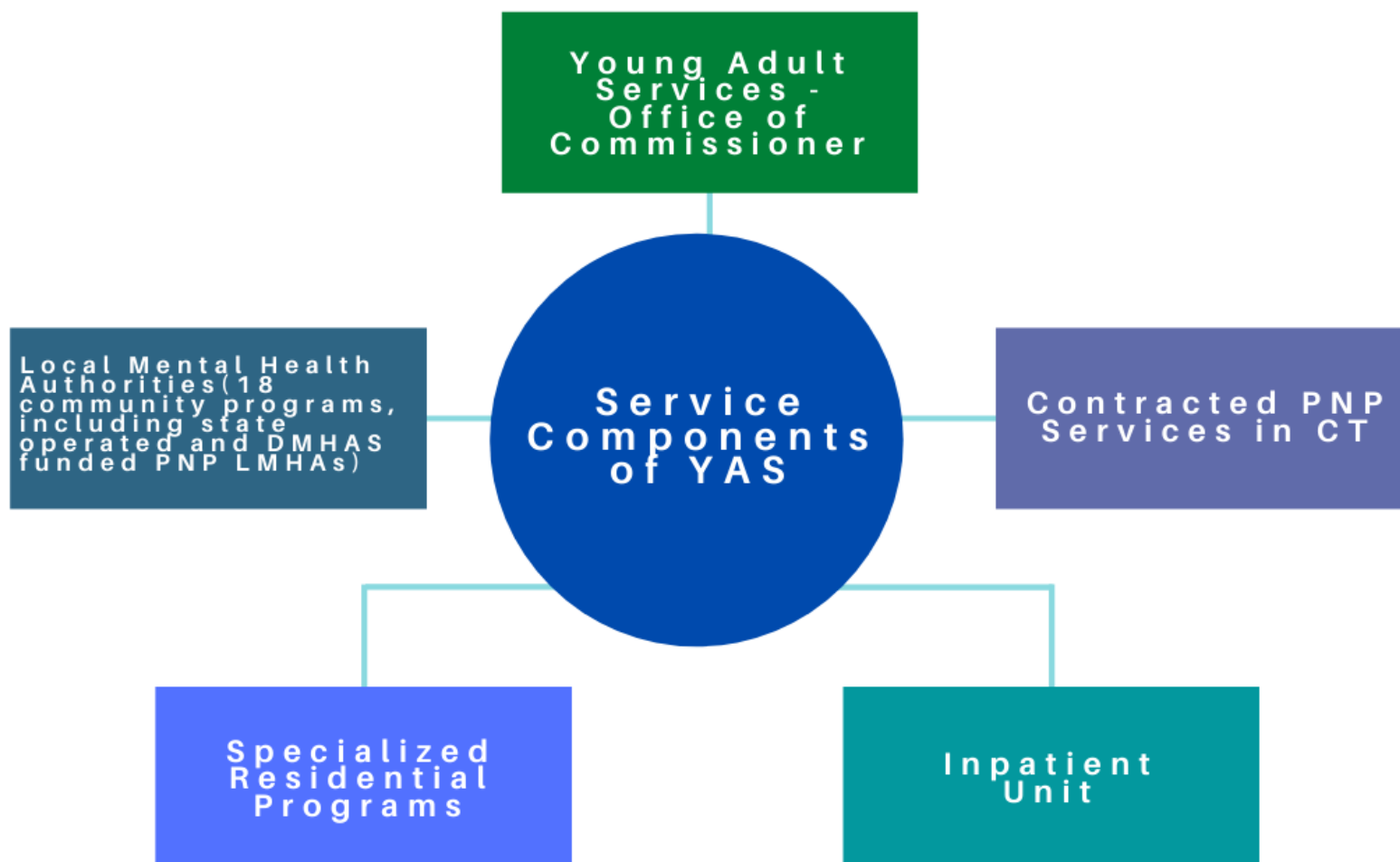
9

DMHAS served approximately 11,000 young adults between the ages of 18 and 25 in FY 2020

Approximately 1500 young adults are serve in Young Adult Services

Service Components of YAS

10



Young Adult Services Program Offer:

11



Psychiatry

Crisis Services

Individual Psychotherapy

Rehabilitation Services

Case Management Services

Consultation Services

Clinical Services

Assessment Services

Nursing Services

Linkage to Vocational/Educational Services

Group Psychotherapy

Residential/Housing Support

Trauma Services

Programming to support young parents

Peer Mentoring



Referral Process

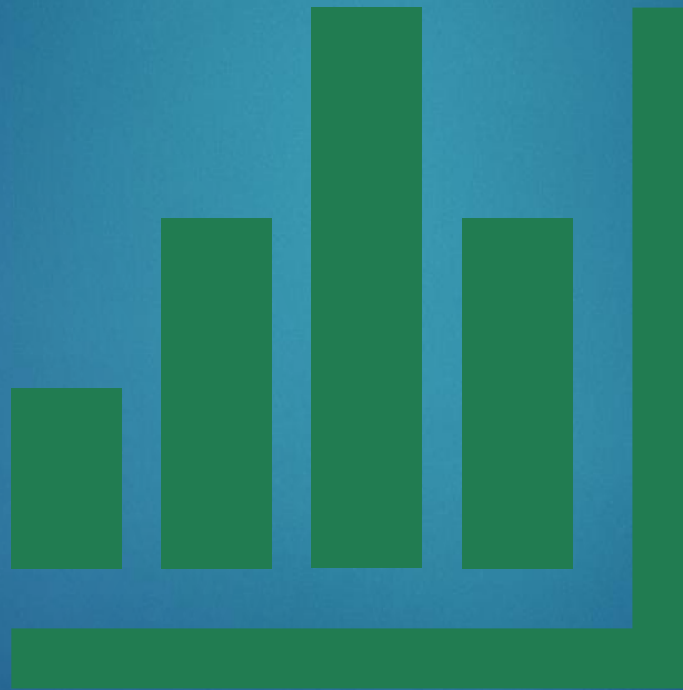
12

DCF/Beacon/CSSD involved: DCF/Beacon/CSSD worker will submit a referral packet to their respective Central Offices at age 16; the referral will be forwarded to DMHAS OOC Statewide Young Adult Services for eligibility determination

Non DCF/Beacon/CSSD involved: Close to young person's 18th birthday, the young person can be assisted by guardian and current provider to contact the Local Mental Health Authority in the person's area to request an intake appointment

YAS Outcomes at Discharge SFY 2020

14



Discharge Outcomes

15

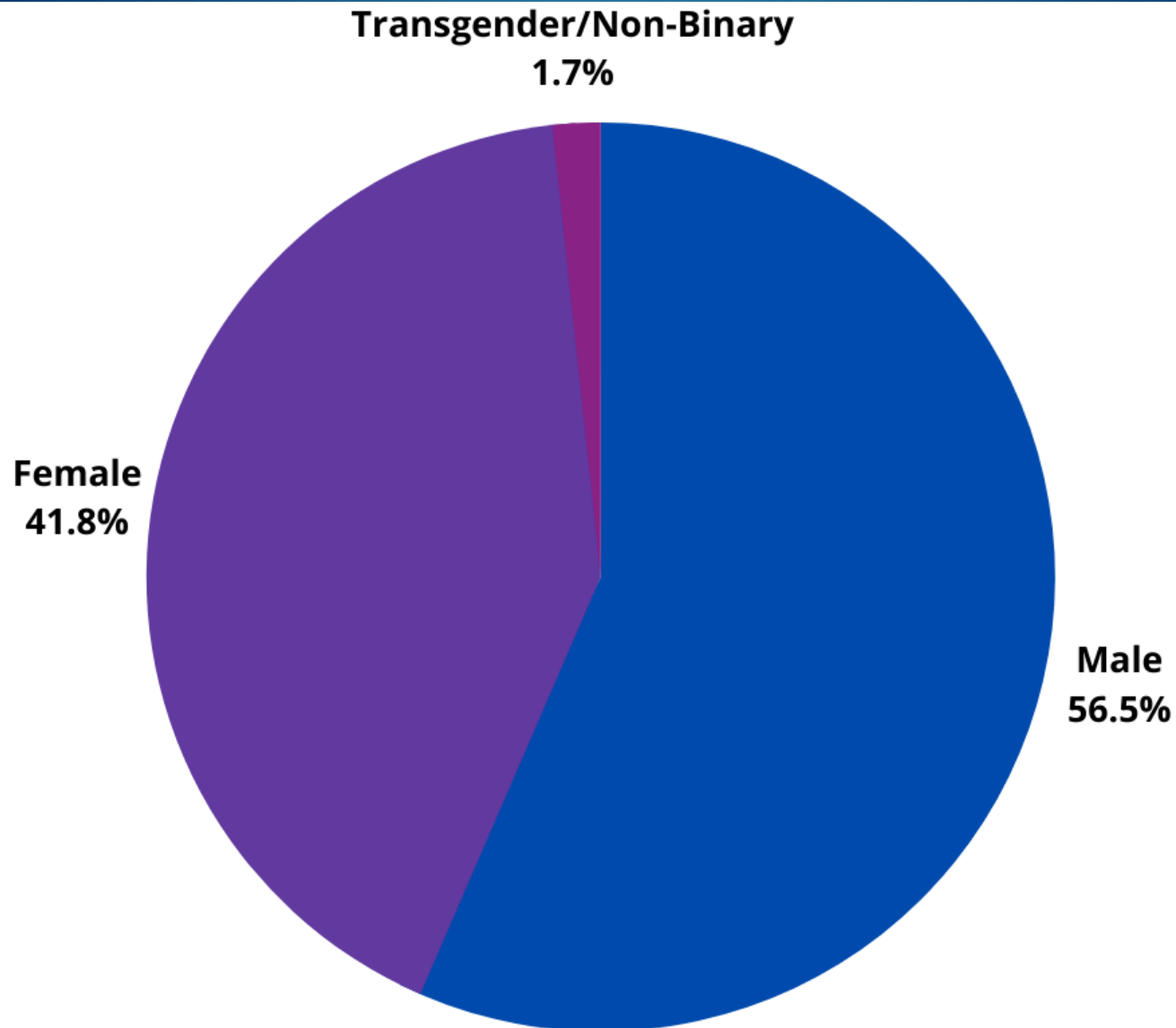
Data based on the discharge forms collected by research division (N=292 in FY20)

Discharge outcomes including:

- Housing- Independent living
- Employment

Gender Statewide in YAS

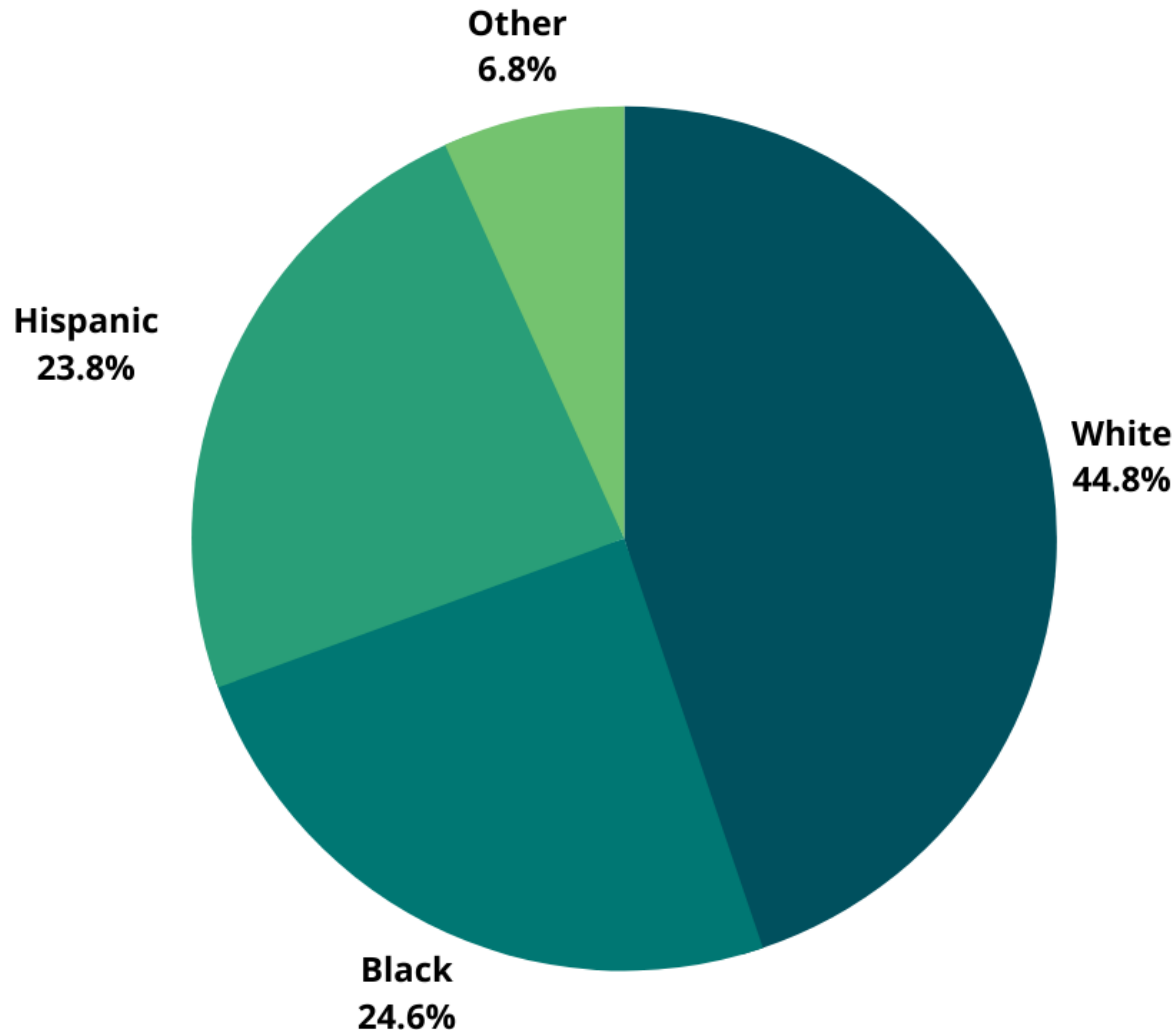
16



N=292 discharges in FY20, 56.5% Male

Race/Ethnicity Statewide in YAS

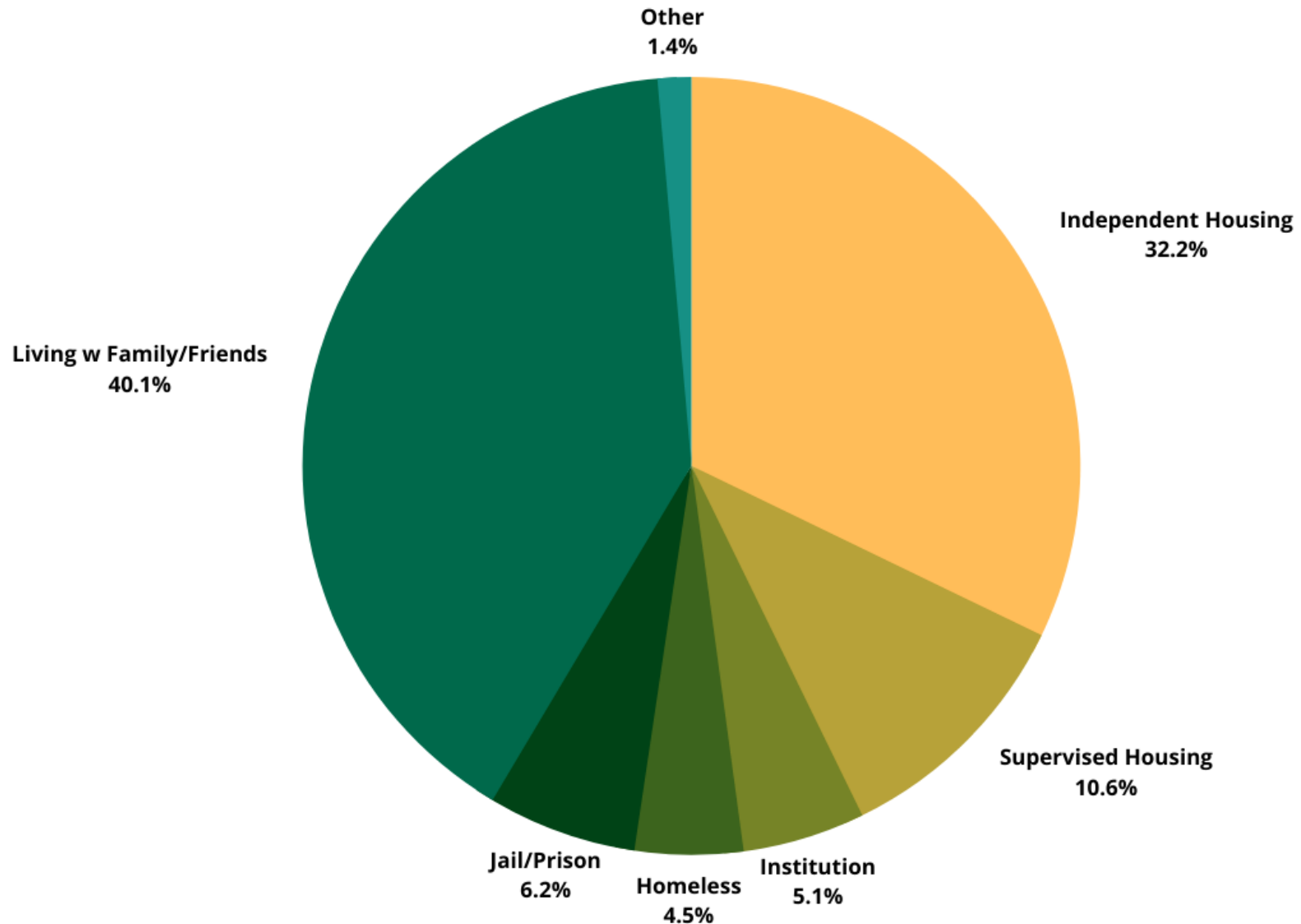
17



N=292 discharges in FY20, 44.8% non-Hispanic White; 24.6% non-Hispanic Black; 23.8% Hispanic; 6.8% Others

Living Situation Statewide in YAS

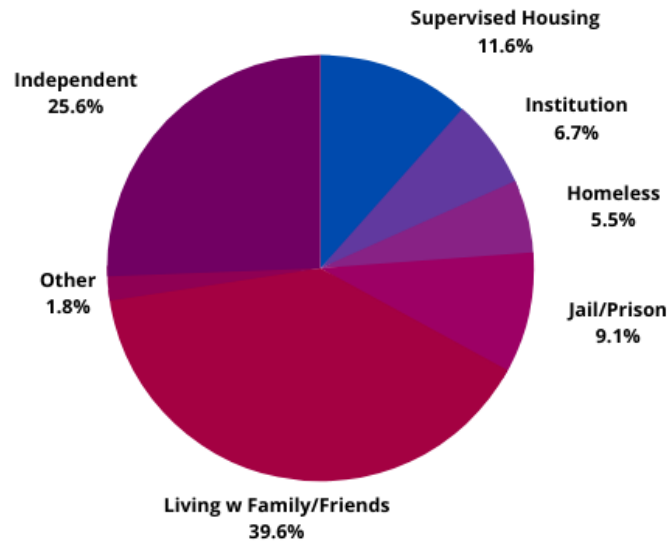
18



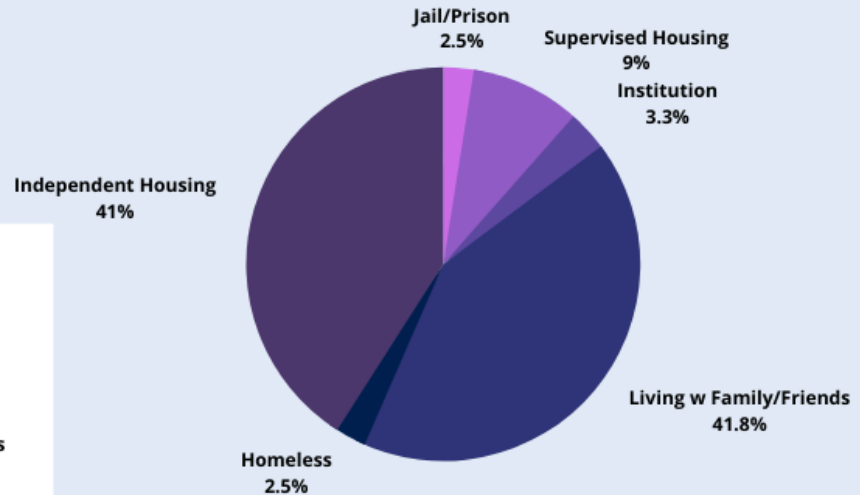
Living situation by Gender

19

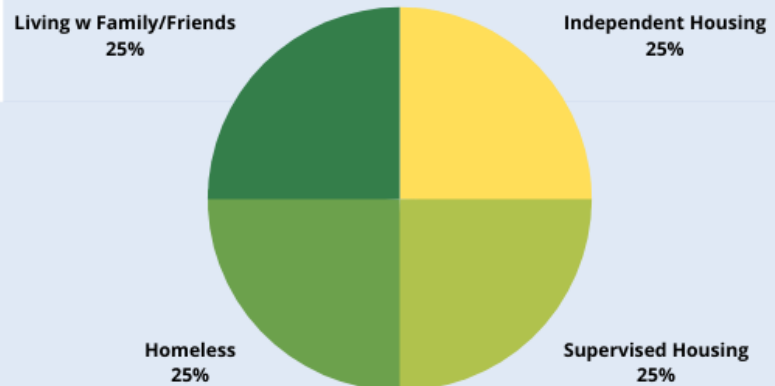
Female



Transgender/ Non-Binary

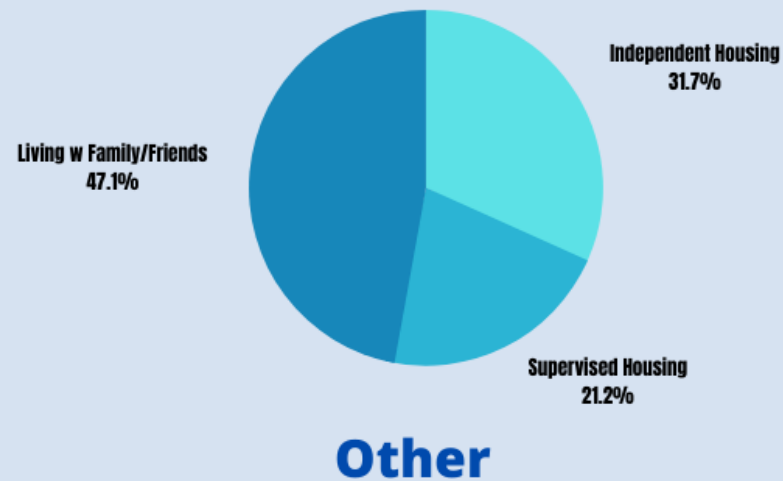
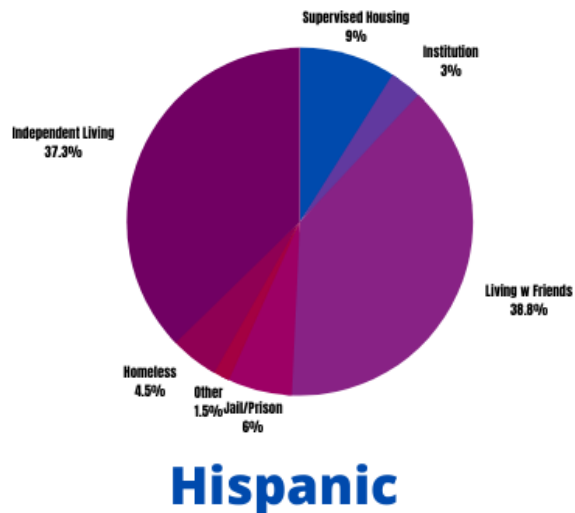
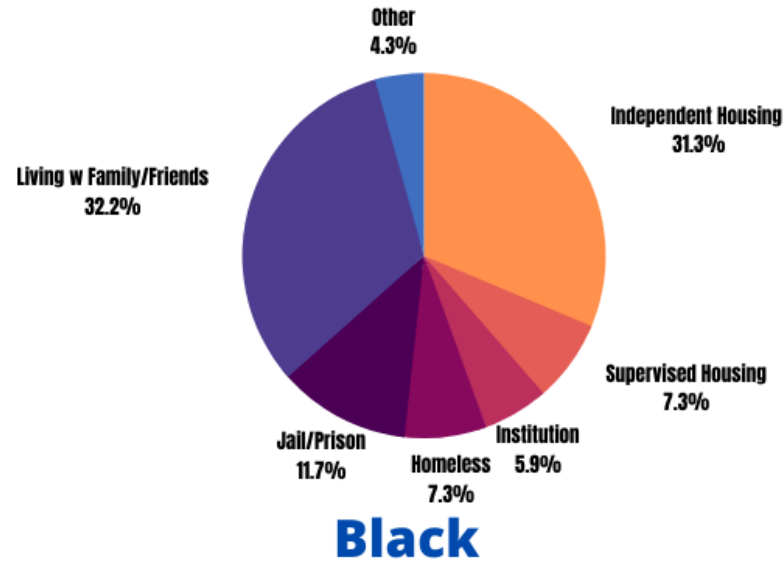
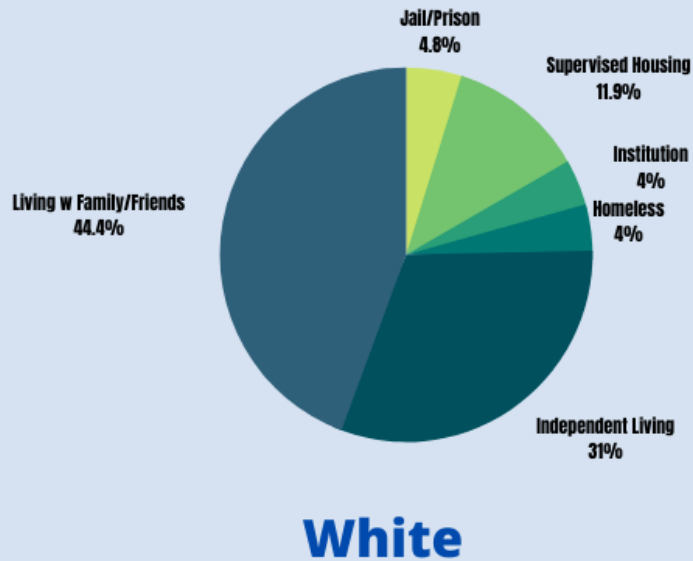


Male



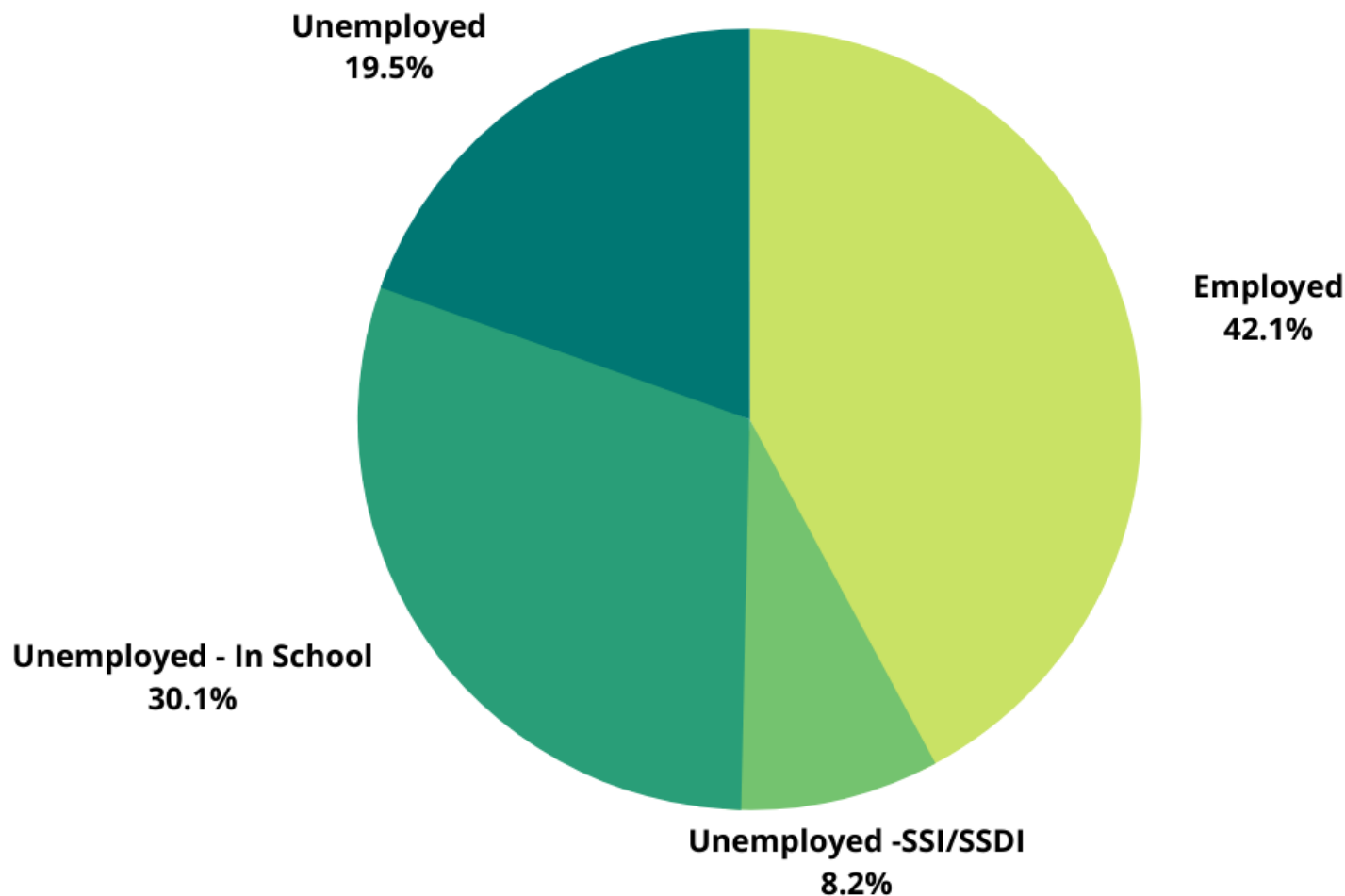
Living situation by Race/Ethnicity

20



Employment status Statewide in YAS

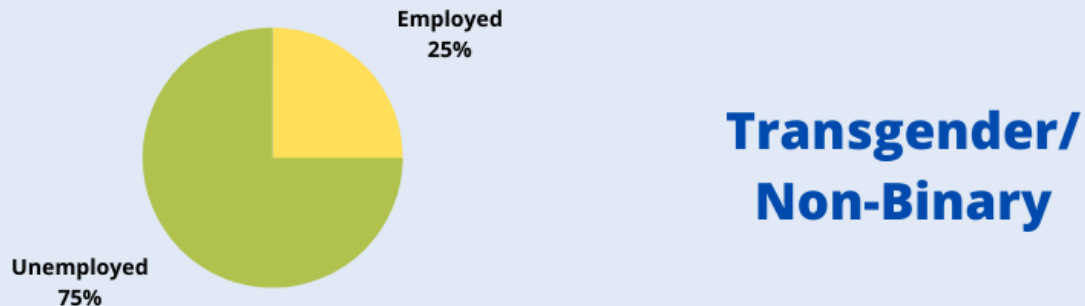
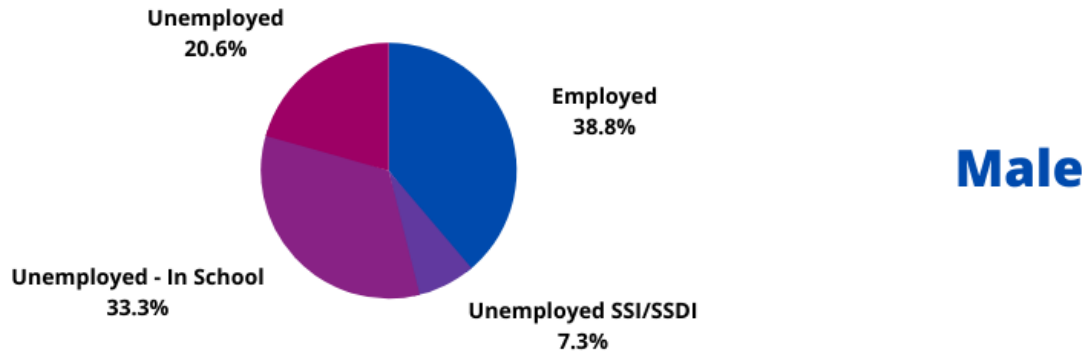
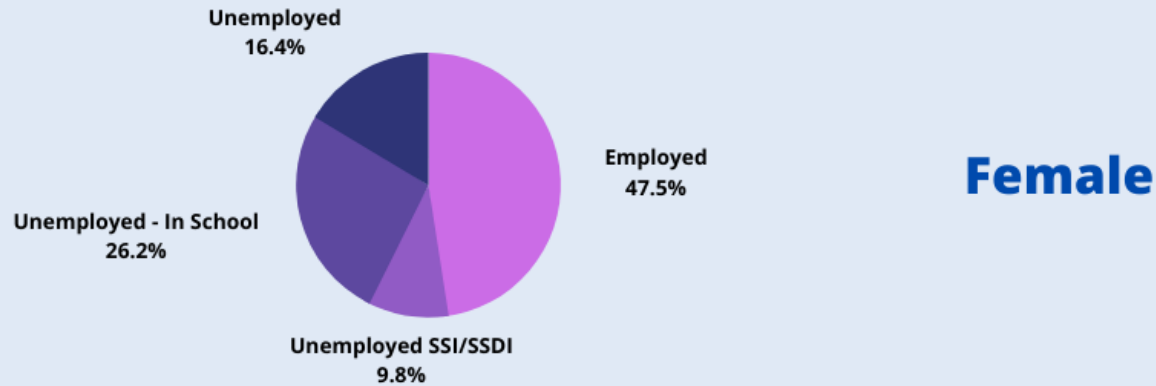
21



N=292 discharges in FY20, 42.1% employed; 8.2% unemployed SSI/SSDI; 30.1% Unemployed-in school; 19.5% unemployed

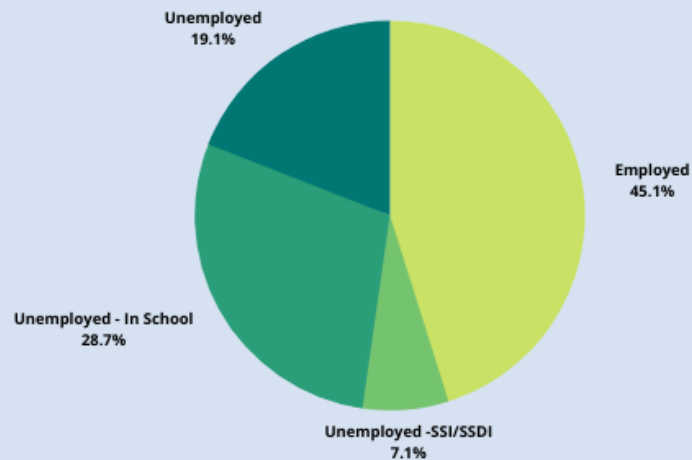
Employment status by Gender

22

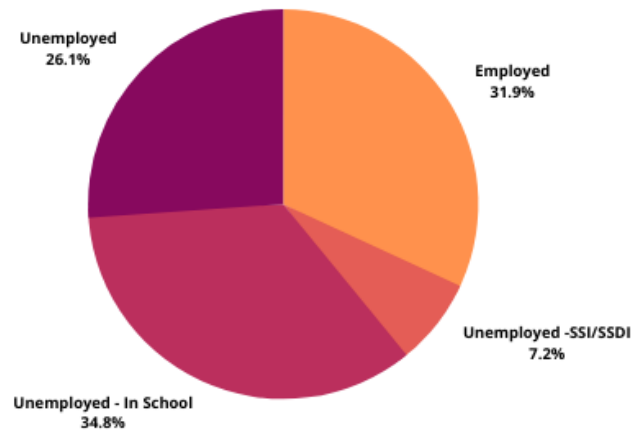


Employment status by Race/Ethnicity

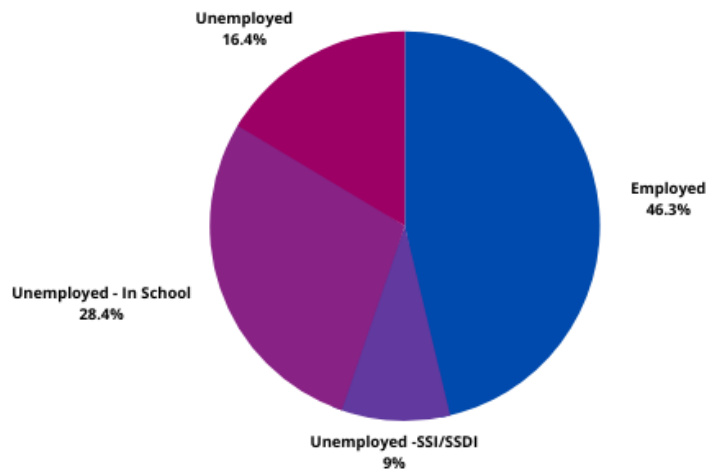
23



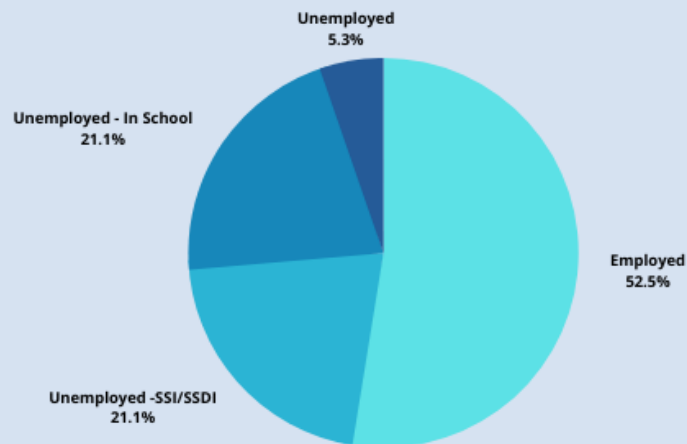
White



Black



Hispanic



Other

Current YAS Initiatives

24



ACE Study



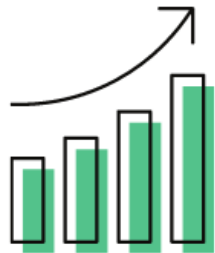
**Employment &
Education**



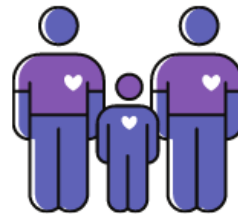
**Self Injury
Treatment**



**Substance Use
Training**



**UM Tool
& Outcomes**



**Young Parents
Program**



**CT Stay Strong
Grant**



ACE Study

In 2017, YAS conducted the ACE study with the following findings:

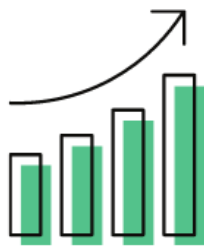
- Adversity experienced by YAS clients is significantly higher than found in the general population.
- As found in prior studies, the imprint of such high levels of prolonged childhood adversity is significant. YAS clients present with an exceedingly high frequency and severity of relational, behavioral, and affective disorders.
- ACE is currently completed on all DCF referrals at the time of referral from DCF to more effectively anticipate and plan for the specialized needs of this cohort.
- Data analysis is underway with goal of informing YAS efforts to better understand and mediate the effects of early childhood trauma on behavioral challenges in young adulthood.



Self Injury Treatment

26

- In collaboration with DMHAS Medical Director and Statewide Services Division, YAS collaborated to plan and conduct statewide trainings and consultation from nationally known experts in understanding and treatment of severe self-injury. Trainings emphasized evidence based current research practices for individuals whose symptoms resulted from severe childhood maltreatment and trauma.
- Ongoing training and supervision in Cognitive Restructuring for PTSD approach will be provided to selected YAS clinicians and consultation to YAS teams at statewide YAS program sites.



UM Tool & Outcomes

27

- YAS developed/implemented a Utilization Management (UM) Tool to ensure effective utilization of 14 supervised community-based living programs statewide with 16-24 hours of on-site staff support (approximately 100 beds).
- Initial pre/post test analysis of housing outcomes in this program suggest declines in high risk behaviors from admission to discharge and very high rates of discharge to stable housing in the community.
- Follow up analysis at six months and one year post discharge indicates housing stability is maintained.



Decline of High Risk Behaviors



Discharge Stability



Employment & Education

28

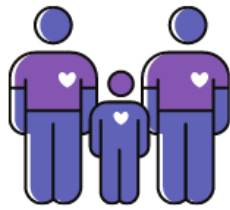
- Study conducted in 2019 analyzed predictors of young adult engagement in education and employment activities over 12 months at YAS program.
- Results showed strong positive relationship between symptom reduction and engagement in these activities.
- Symptom management increased over course of study.
- Substance use was negatively associated with symptom reduction and interfered with engagement in ed/voc activities.
- Plans to replicate study at other statewide YAS programs.



Substance Use Training

29

YAS Statewide Substance Use Work Group developed and piloted a training program for YAS staff that focuses on increasing skills and knowledge of trauma, harm reduction, and motivational interviewing in the context of young adult development for statewide implementation. This training program is being adapted to a virtual platform to train statewide YAS program sites.



Young Parents Program

30

In collaboration with DPH, YAS developed and implemented a perinatal support program to provide prenatal, labor, and delivery Doula supports, and in home parenting support services to all pregnant and parenting young adults.



CT Stay Strong Grant

31

- DMHAS YAS was awarded a five million dollar five year federal Healthy Transitions SAMHSA grant - CT Stay Strong - to identify, engage, and connect transition age youth and young adults (ages 16-25) who present with or are at risk for serious behavioral health disorders with services needed to improve outcomes related to housing stability, health and mental health, and education and employment.
- DMHAS YAS and DCF, in collaboration with ABH, will administer the grant and UCONN will conduct the evaluation of services provided by CMHA in New Britain and InterCommunity in East Hartford, which has hired key project implementation staff (young adult peer, family advocate, clinician, and educational/employment specialist) to implement the wrap-around approach to assist young adults with achieving identified goals.

Questions...

32



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