

DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES

STATEWIDE YOUNG ADULT SERVICES



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History of Young Adult Services

SPECIAL POPULATIONS PROJECT

- 1997: Legislature approved funding for a specialized, collaborative pilot project
- Target Populations: DCF involved youth, minimal mental health symptoms, “sexual offenders” and/or individuals diagnosed with Pervasive Developmental Disorder and high risk behaviors who required maximum levels of support and supervision

TRANSITIONING YOUTH PROGRAM

- 2000: Second collaboration between DCF and DMHAS
- Youth transitioning from DCF & DMHAS with psychiatric diagnoses requiring minimal support and supervision

Who We Serve Now

- **Youth who are 18 – 25 who have:**
 - Complex mental health diagnoses
 - Developmental disorders
 - Multiple co-morbid conditions that result in severe 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)

- Multiple hospitalizations
- An average of 7 - 10 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)

- 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

- 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

- DMHAS served approximately 13,000 young adults between the ages of 18 and 25 in FY 2019;
 - Approximately 6,000 received mental health services
 - Approximately 7,000 received substance use services
- Approximately 1500 young adults are served in Young Adult Services

FOCUS

- Early Intervention
- Engagement
- Transition
- Services
- Recovery

Service Components of YAS

- Young Adult Services - Office of Commissioner
- Young Adult Services - Local Mental Health Authorities (18 community programs, including state operated and DMHAS funded PNP LMHAs)
- Contracted PNP Services in CT
- Specialized Residential Programs
- Inpatient Unit

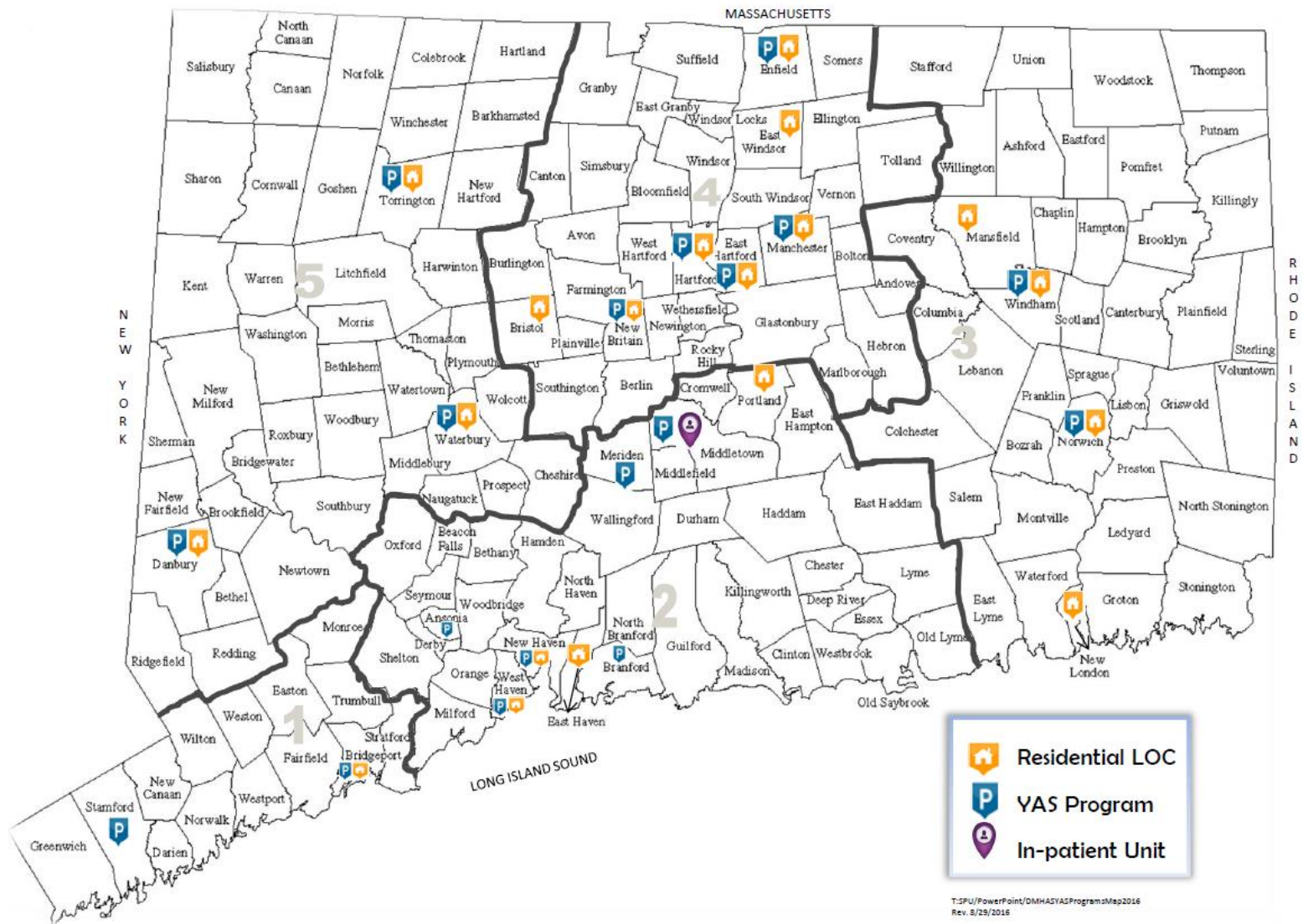
Young Adult Services Programs offer:

- Psychiatry
- Individual Psychotherapy
- Case Management Services
- Clinical Services
- Nursing Services
- Group Psychotherapy
- Trauma Services
- Peer Mentoring
- Crisis Services
- Rehabilitation Services
- Consultation Services
- Assessment Services
- Linkage to Vocational/Educational Services
- Residential/Housing Support
- Programming to support young parents

REFERRAL PROCESS

- **DCF involved:** DCF worker will submit a referral packet to DCF Central Office at age 16; the referral will be forwarded to DMHAS OOC Statewide Young Adult Services for eligibility determination
- **Non DCF 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

DMHAS – YAS Programs



Current YAS Initiatives

YAS ACE STUDY

- In 2017, YAS conducted the Adverse Childhood Experiences (ACE) Study with the following findings:
 - Adversity experienced by young adults in YAS 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. Young adults in YAS present with an exceedingly high frequency and severity of relational, behavioral, and affective disorders.
- ACE is 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.

TRAUMA TREATMENT OUTCOME STUDY

- YAS has trained statewide YAS staff in the trauma-based ARC (Attachment, Regulation, and Competency) treatment model developed by Margaret Blaustein and Kristine Kinniburgh. The model builds competencies required to assist individuals with ameliorating the debilitating physiological, behavioral, and psychological effects of their traumatic experiences.
- Received preliminary approval from the DMHAS IRB to conduct a study to measure benefits of trauma informed supervision for YAS clinicians using the ARC trauma treatment model.
- Given the high stress experienced by YAS clinicians who work with severely traumatized and high risk young adults, the study integrates the anticipated benefits (increased resilience, optimism, job satisfaction) for our YAS workforce with therapeutic outcomes experienced by their clients (reduced trauma symptoms, increased emotional and behavioral stability).

LEARNING INVENTORY OF SKILLS TRAINING

- YAS continues to implement the Learning Inventory of Skills Training (LIST), a functional assessment tool with associated curricula and reference guide to identify strengths and needs related to independent living skills.
- YAS continues to collaborate with DCF and provide support and consultation related to implementation of the LIST, and co-facilitated LIST trainings with DCF providers for all DCF committed youth.
- YAS is collaborating with researchers at UCONN School of Social Work on a study to measure the validity and reliability of the LIST's instrumentation.

UM TOOL AND OUTCOMES

- 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.
- Data was included in a July 2019 paper presentation at the 9th International Conference on Social Work and Mental Health in York, UK.

EMPLOYMENT/EDUCATION OUTCOME STUDY

- Study seeks to identify predictors of positive employment and educational outcomes for young adults in YAS using a longitudinal design. Data collection is complete and data analysis is being conducted.

YOUNG PARENTS PROGRAM

- In collaboration with DPH, YAS has 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.
- YAS has partnered with DPH to provide an evidence-based curriculum, Be Proud, Be Responsible, giving young adults the knowledge and skills needed to reduce their risk of HIV/STDs, and affect their knowledge and beliefs related to sexual behaviors, specifically frequency of intercourse and multiple partners. To date, 45 classes have been held with 310 YAS participants.

Questions...

Contact Information for DMHAS OOC Statewide
Young Adult Services:



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