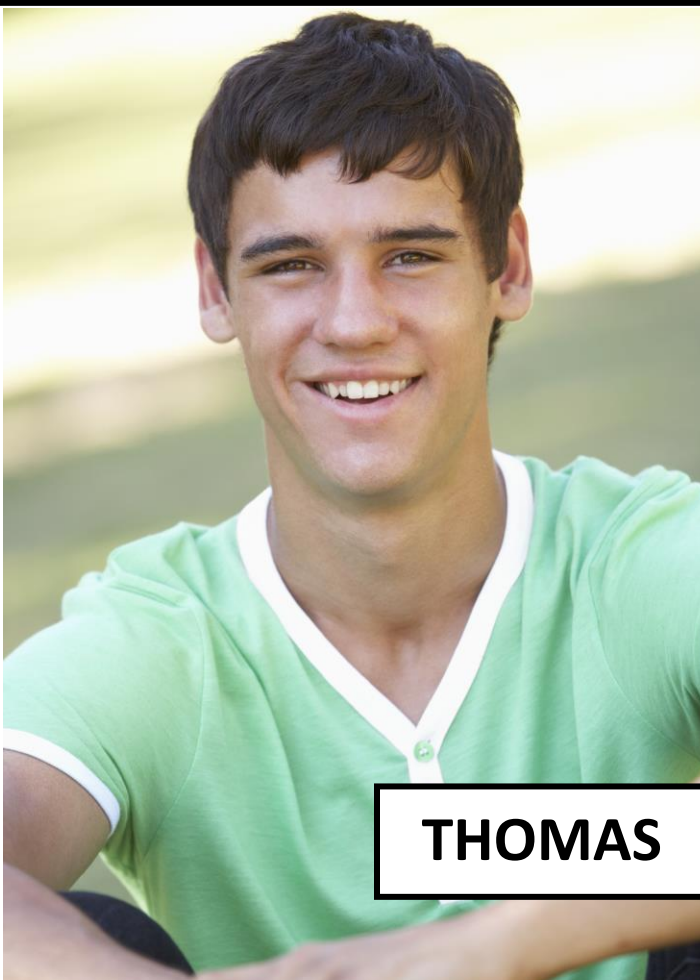




| | |
|------------------|-----------------------------------------------------------------------------------------------------------------------------|
| CLIENTS | Caregivers, Whole Families, Youth- Middle School to Transition Age |
| NUMBER | Approx. 150 |
| ETHNICITY | African Immigrant, Asian or Pacific Islander, Black/African American, Latino, White/Caucasian |
| INCOME | Low Income (see page 2) |
| DIAGNOSES | ADHD, Anxiety, Attachment Disorder, Autism, Bipolar Disorder, Conduct Disorder, Depression, Eating Disorder, FAS, ODD, PTSD |

Youth Mental Health First Aid and Youth M.O.V.E

- 100% of the participants in the Youth Mental Health First Aid Trainings improved their knowledge and skills for assessing a mental health crisis, providing initial help and connecting young people to professional, peer, social and self-help resources.
- 100% of youth participants were satisfied or highly satisfied with the program and pre/post test results showed that they gained knowledge of mental health disorders and self-care.



THOMAS

PROBLEM/CHALLENGE

Thomas is in special education at Capital View High School. For many years, he struggled with out of control emotions and behaviors. He tells stories about how it felt to be placed in a locked quiet room at school or to fail in his classes. He says he felt misunderstood and had a hard time keeping friends. At Capitol View, Thomas learned self-regulation and relaxation strategies as well as social skills training that made a huge difference in his school experience.

INTERVENTION

School staff suggested that Thomas should join the Youth M.O.V.E. trainings to learn how to become a leader and advocate, reduce stigma, raise awareness, improve services, promote systems change and inspire other youth.

IMPACT/SUCCESS

Funding from RCCMHC made it possible for Thomas to learn new skills and expand his leadership development. He now acts as a mentor to special education students at four middle school programs in the Twin Cities. During sessions with a social worker, he assists the middle-schoolers with de-escalation and other coping skills, and acts as a role model during art and physical education classes. Thomas and his Youth M.O.V.E. peers also participated in Children's Mental Health Day at the Capitol. Thomas has been awarded MACMH's 2016 Champion for Change Award.

Ramsey County Children's Mental Health Collaborative (RCCMHC) Funded Services

FUNDED AGENCY: MACMH is an education and advocacy agency whose mission is to promote positive mental health to all children, youth and families.

FUNDED PROGRAM/SERVICE: Youth Mental Health First Aid and Youth M.O.V.E.

PROGRAM/SERVICE DESCRIPTION: RCCMHC funds supported a series of six Youth Move mental health trainings and Youth M.O.V.E. chapter startup trainings for students in Intermediate District 916 at three sites: Bellaire, Capitol View and WELS North Campuses. The youth trainings included an introduction to mental health and the signs and symptoms of mental health disorders, self-care, support, and youth advocacy. MACMH staff also hosted five Youth Mental Health First Aid parent trainings at locations throughout the northeast metro region served by District 916. Youth Mental Health First Aid introduces participants to the warning signs of mental health problems in adolescents, the importance of early intervention, and skills for helping an adolescent experiencing mental health distress. Through role-playing, participants learn a five-step action plan to respond in a mental health crisis, providing initial help and connecting young people to professional, peer, and social resources and self-help care. Families were given the opportunity to receive support, advocacy, resources, and technical assistance.

LENGTH OF GRANT TERM: June to December 2016

AWARD: \$25,000

DATA COLLECTION: The Youth Mental Health First Aid training curriculum for adults includes a pretest/posttest, Youth Mental Health Opinions Quiz (pretest) and Mental Health First Aid Quiz (posttest) created by the National Council on Behavioral Health. The Youth M.O.V.E. training evaluation is internally produced with a short questionnaire regarding knowledge and consumer satisfaction. 100% of youth participants were satisfied or highly satisfied with the program and pre/post test results showed that they gained knowledge of mental health disorders and self-care.

IMPACT AND OUTCOMES (and how they relate to RCCMHC vision and goals)

RCCMHC Vision: Every Child in Ramsey County Will Function at the Highest Possible Level of Mental Health. Parents and caregivers learned to assess for risk of suicide or harm, how to listen nonjudgmentally, give reassurance and information, plus encourage professional and self-help. Adults learned how to distinguish between normal teen development and the signs of a mental health disorder. Youth learned the signs and symptoms of common mental health disorders and how to support their peers during a mental health crisis.

Goal A: Cross-System Collaboration. Both the Youth MOVE trainings and Youth Mental Health First Aid trainings were targeted towards parents and youth from Intermediate District 916 families. Saturating a school district with evidence based programming helps to get everyone on the same level of understanding using a common language regarding mental health and mental illness. This greatly reduces stigma and promotes early intervention

Goal B: Health Equity. The program and services were targeted towards families and youth with mental health disorders in District 916. Our program served approximately 25% of that population in the District 916 schools that participated. The students at Capitol View are 80% from low-income families. The students at Bellaire were 65% low-income, and the students at WELs North are 36.7% low-income. Parents and youth learned and shared about cultural risks for trauma related mental health concerns and were encouraged to seek help.

Goal C: Whole Family Wellbeing. Early intervention and having a "toolbox" of skills and common terminology causes the whole family to become more functional, increases help-seeking, and reduces domestic discord.

LESSONS LEARNED: With proper training and support, youth and adults can make a significant difference in the lives of classmates, community members, and family members by respectfully reaching out to others in a crisis in order to promote early intervention and help seeking.