

Growing Resilience:

Using Local Childhood Adversity, Youth Risk Behavior and Asset Data to Accelerate Change in Systems of Care

Staff Development Training Forum, Saratoga NY

NYS Coalition for Children's Behavioral Health & NYS Office of Mental Health

11 | 28 | 18

Monroe County
Office of Mental Health





WELCOME

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Today we will share:

- An overview of the process to obtain local ACEs data utilizing the national Youth Risk Behavior Survey (YRBS)
- Key findings of the Monroe County 2017 survey data
- How to employ the data to create meaningful learning opportunities for system stakeholders
- Collaborative efforts that support system change community-wide resilience development



Where We Started

Community Assets



Demographics

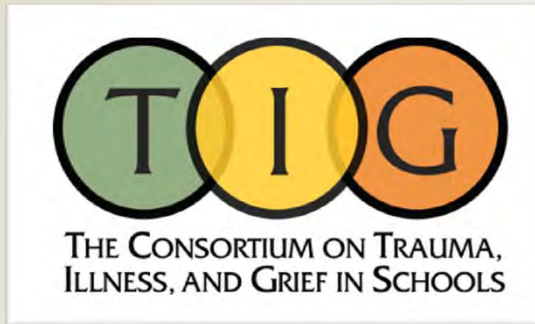
Monroe County, New York

- Population: 749,857
- 77% Caucasian, 16% African American, 4% Asian, 8% Latino or Hispanic
- 15% below the poverty level

Rochester, New York

- Population: 209,983
- 44% Caucasian, 42% African American, 3% Asian, 16% Latino or Hispanic
- 33% below the poverty level





Mission

To maintain and grow a community and school-based consortium of culturally sensitive and clinically appropriate training, support, and resource services to assist schools in responding to the emotional needs of children, teachers, and other school personnel, which arise from trauma, violence, illness, grief and loss.

Core Curriculum

- Five-day sequence
 - Grief & Loss
 - Trauma
 - Chronic & Acute Illness
 - Suicide Awareness & Intervention
 - Threat Assessment
 - Crisis Response – Critical Incident Stress Management
- Appropriate for any staff
- Increases awareness
- Increases capacity to respond

Regional Back-up Support

- 24/7 Support for Critical Incidents
- 60+ component schools/districts
- Evidence informed response model
- Decreases vicarious trauma
- Increases efficacy of response



Youth Risk Behavior Survey (YRBS)

Developed in 1990 to monitor priority health risk behaviors that markedly contribute to the leading causes of death, disability & social problems among youth & adults in the U.S.

Often established during childhood and early adolescence, these behaviors include:

- ▶ Alcohol and other drug use
- ▶ Tobacco use
- ▶ Unhealthy dietary behaviors
- ▶ Inadequate physical activity
- ▶ Behaviors that contribute to unintentional injuries and violence
- ▶ Sexual behaviors that contribute to unintended pregnancy and sexually transmitted infections, including HIV infection

Source: Center for Disease Control <http://www.cdc.gov/healthyyouth/data/yrbs/overview.htm>





Collaboration

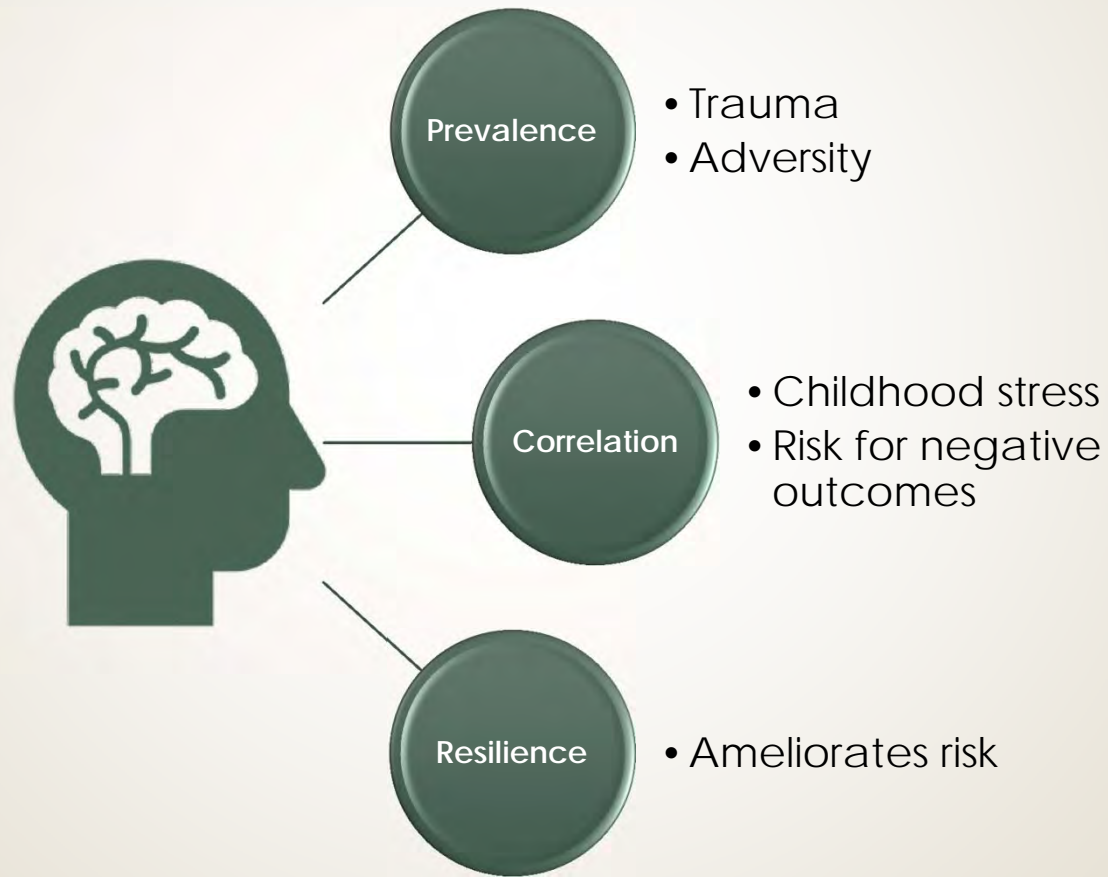
- Department of Public Health (MCDPH)
- Office of Mental Health (MCOMH)

The Process Pt. I

Communication & Collection



The Original ACEs Study





Resilience is ordinary NOT extraordinary

- ▶ The power of one strong adult relationship is a key ingredient in resilience — a positive, adaptive response in the face of significant adversity.
- ▶ Building resilience can help our children manage stress and feelings of anxiety and uncertainty



The Framework



MOU

MCDPH
MCOMH



Assess

Locally Determined
Questions
11 ACEs Assessed



Collect

County Sample
MCDPH



Analyze

Risk – ACEs –Assets
MCOMH



Key Findings

2017 Monroe County Data



2017 Monroe County YRBS

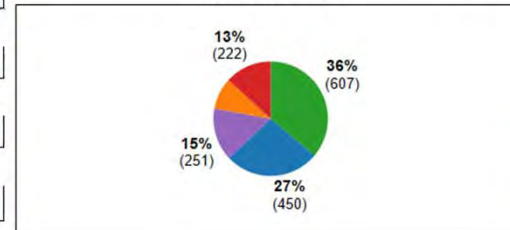
- 13 districts participated fully
- 2 districts contributed to the County Sample only
- 3 districts opted out
- Participation included RCSD as well as suburban districts
- Sample representative of Monroe County student population



Monroe County Youth Risk Behavior Survey (YRBS) Demographic Characteristics by ACES Flags



Distribution by ACES Total Score Category for MC DPH Sample

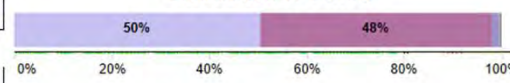


Clicking on a segment of a graph will change the display on the entire screen to show results for the selected sub population. Use Ctrl to select multiple sections of the pie chart.

ACES Total Score Category

- No ACES Flags
- 1 ACES Flag
- 2 ACES Flags
- 3 ACES Flags
- 4 or More ACES Flags

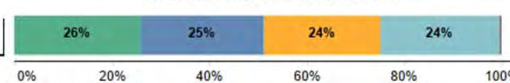
Distribution of Gender



Gender

- Female
- Male
- Other
- Unknown

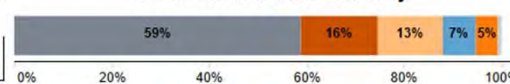
Distribution of Grade Level



Grade Level

- 9th grade
- 10th grade
- 11th grade
- 12th grade
- Unknown

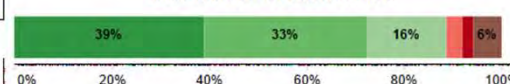
Distribution of Race-Ethnicity



Race-Ethnic

- White Not Latino
- Black Not Latino
- Hispanic-Latino
- Asian
- Other and Multi-Racial
- Unknown

Distribution of Academics



Academic Grades

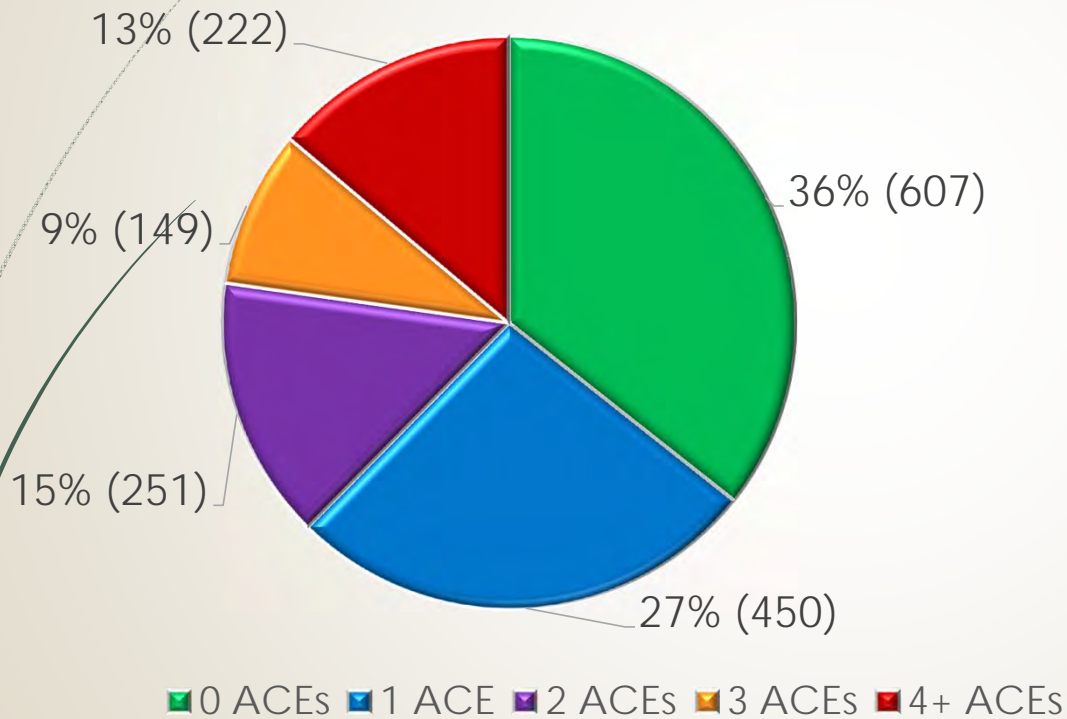
- Mostly A's
- Mostly B's
- Mostly C's
- Mostly D's
- Mostly F's
- None of These..

Data Source: Monroe County Youth Risk Behavior Survey (YRBS) for 2016-2017 School Year - Survey data compiled by Monroe County Dept of Public Health

Note that information presented in this reporting tool is critically dependent on the accuracy and completeness of data collection practices for the referenced data source(s). While these reports may be useful in raising questions and identifying areas that merit further investigation, in many cases, more detailed follow-up analysis may be required.

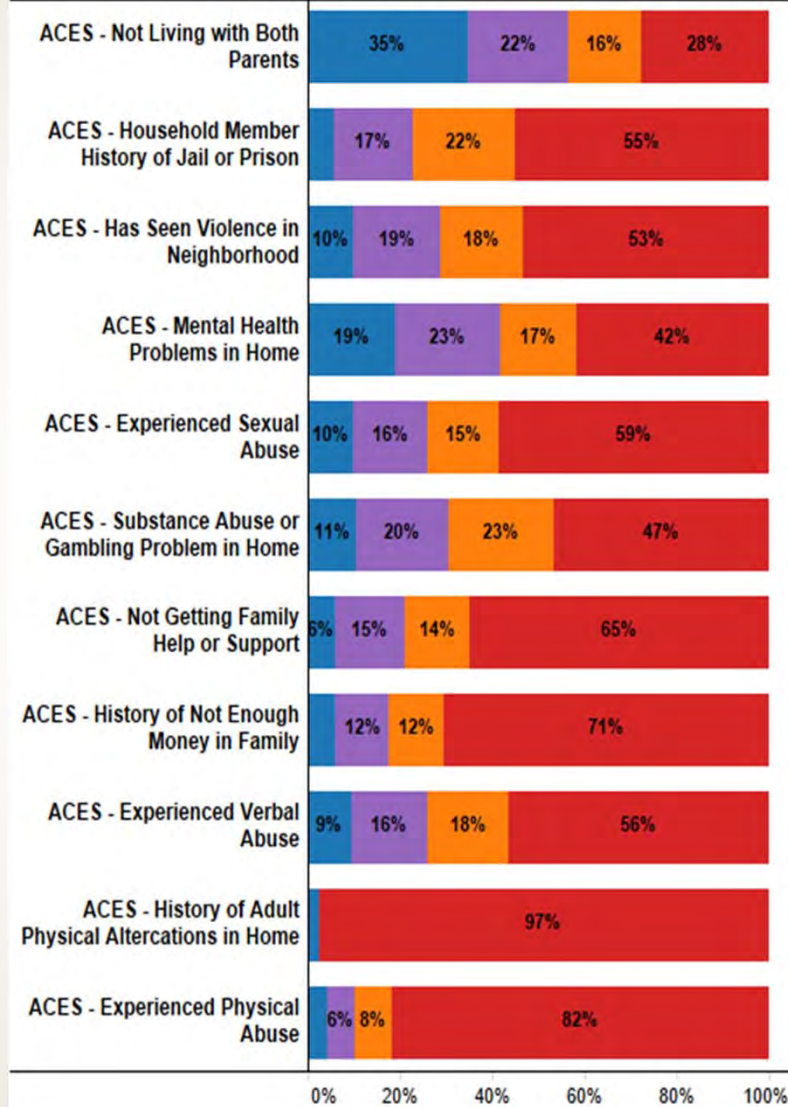
ACEs in Monroe County

Prevalence

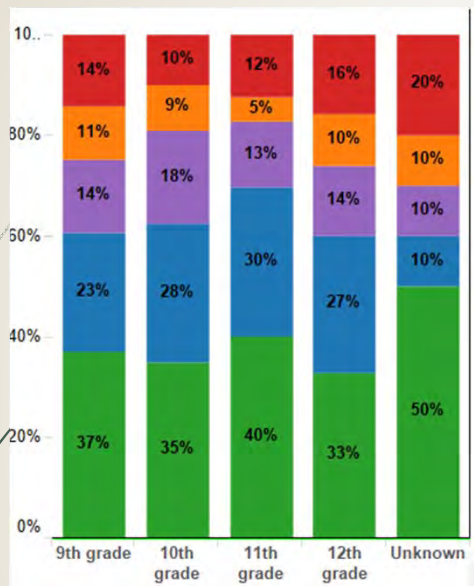


n=1679

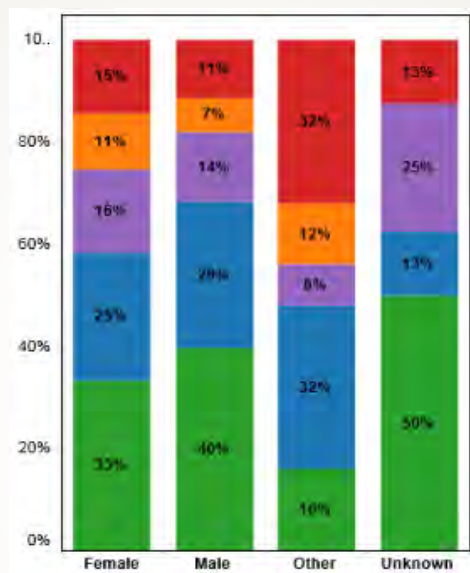
Distribution of ACEs Score Category for Each ACEs Question



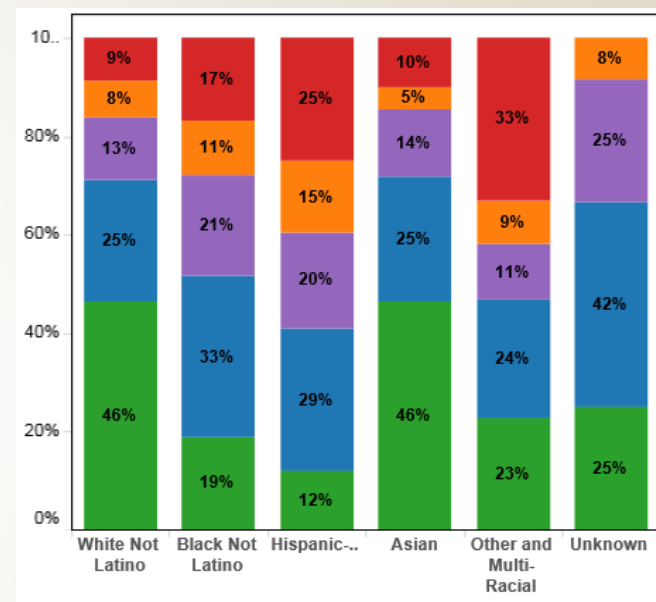
Age



Gender



Race-Ethnicity



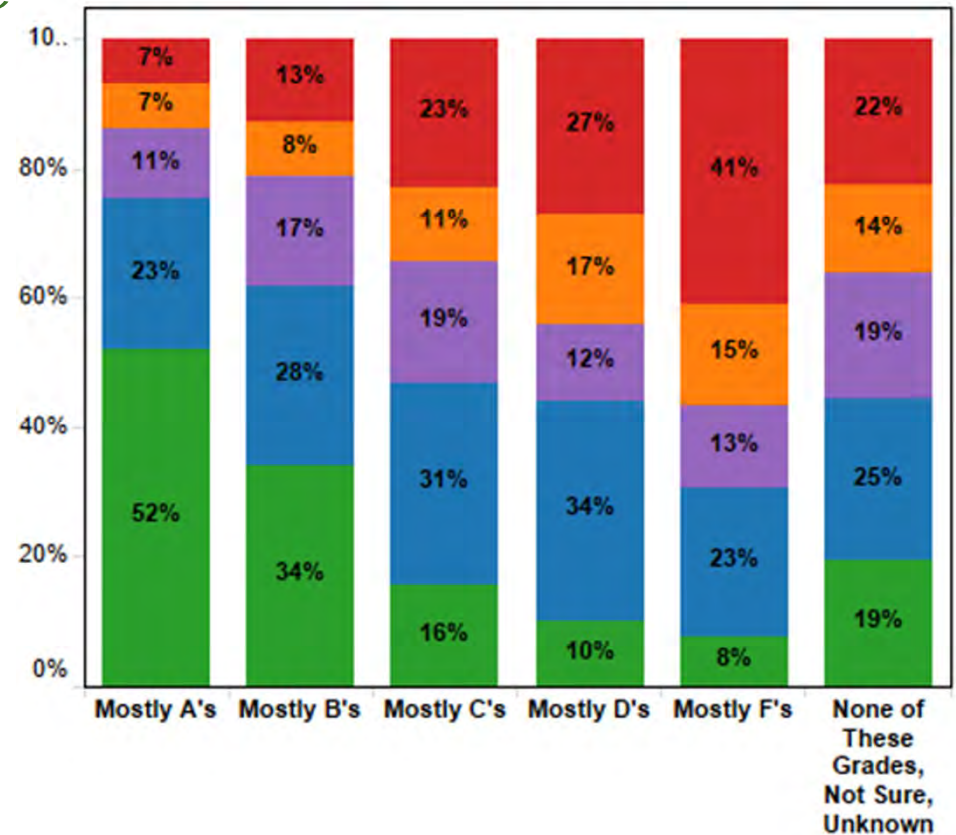
Prevalence of ACEs varies by demographic characteristics

ACEs and Academic Performance

➤ *Accelerated transformation efforts in schools*

ACES Total Score Category

- No ACES Flags
- 1 ACES Flag
- 2 ACES Flags
- 3 ACES Flags
- 4 or More ACES Flags

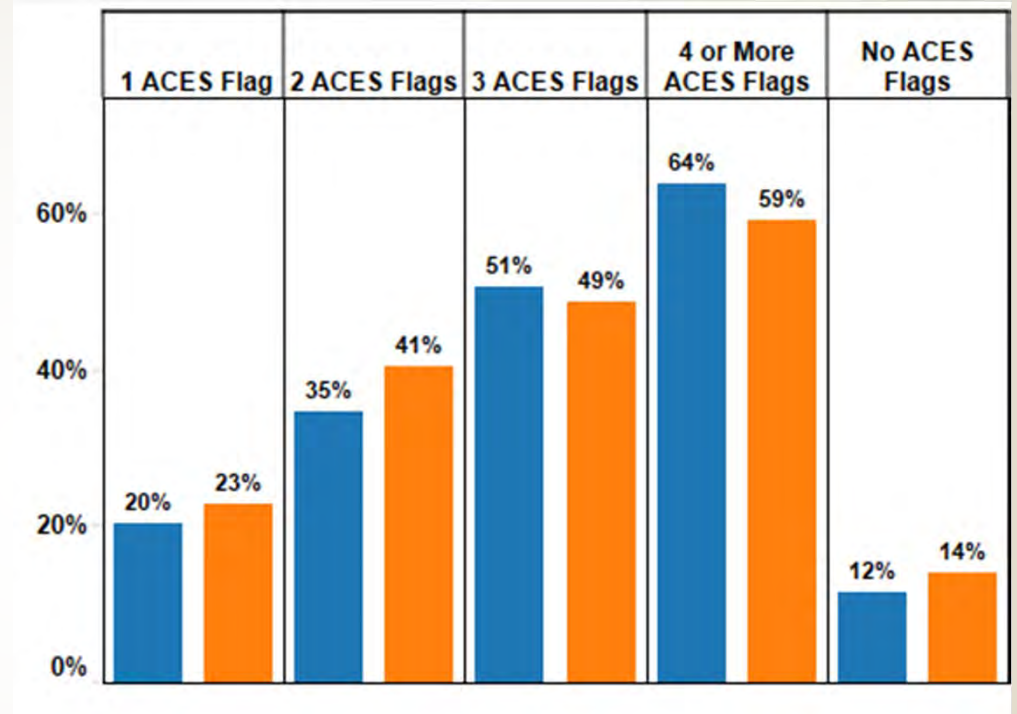


Mental Health

Compared to youth with 0 or 1 ACE:

Youth with 2 or More ACEs are:

- ▶ **4.5x** more likely to experience emotional difficulties
 - ▶ Nearly **7x** for 4 or more ACEs
- ▶ Over **5x** more likely to have experienced symptoms of depression within the last year
 - ▶ Nearly **10x** for 4 or more ACEs



■ % total felt sad 2+ weeks in past year

■ % total for emotional problems

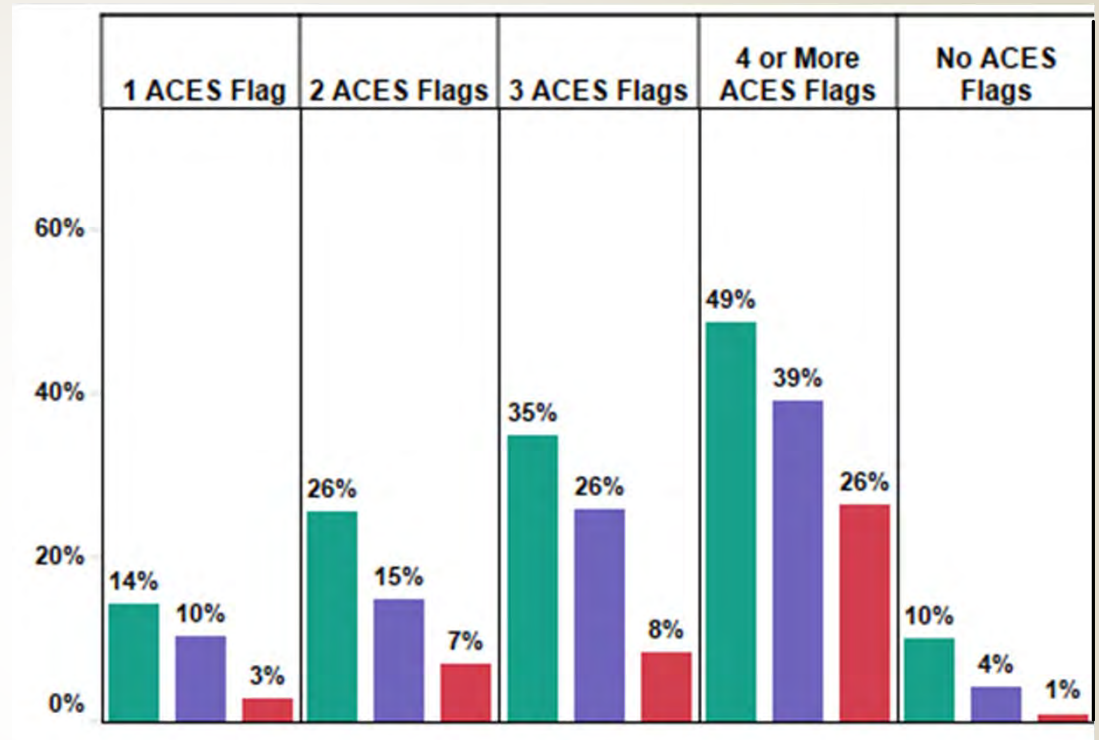


Suicide

Compared to youth with 0 or 1 ACE:

Youth with 2 or More ACEs are:

- Over **4x** more likely to have engaged in self injury ever
 - (**7x** for 4 or More ACEs)
- Nearly **5x** more likely to have considered suicide within the last year
 - (**9x** for 4 or More ACEs)
- Over **9x** more likely to have attempted suicide within the last year
 - (**20x** for 4 or More ACEs)



- % total non-suicidal self-injury ever
- % total considered suicide in the past year
- % total attempted suicide in the past year

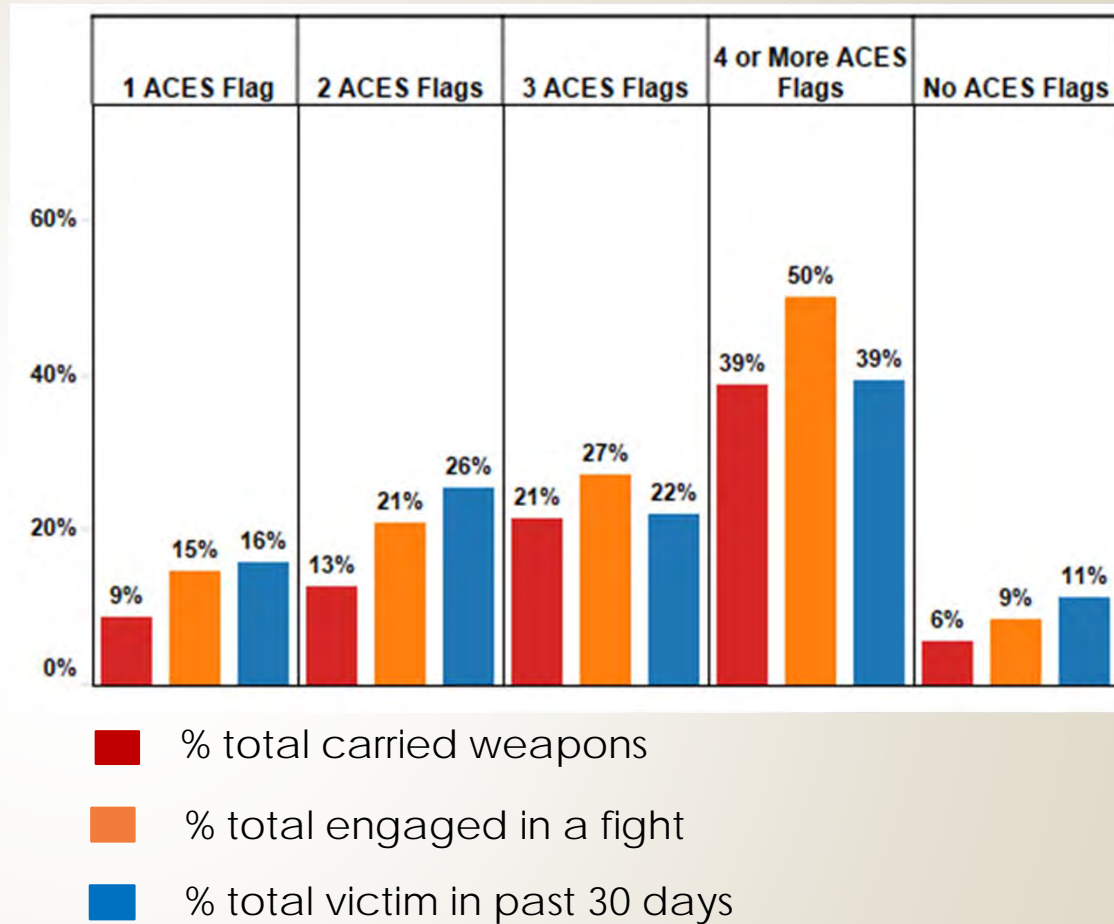


Violence

Compared to youth with 0 or 1 ACE:

Youth with 2 or More ACEs are:

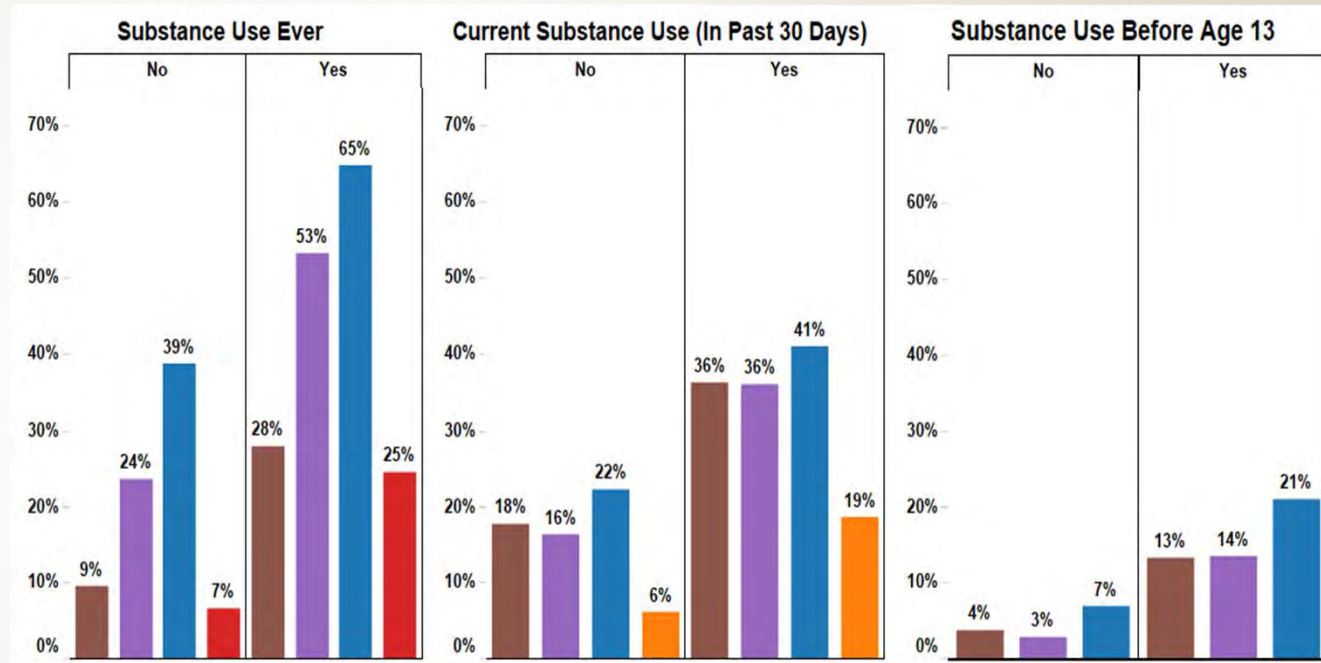
- Over **4x** more likely to have carried a weapon in the past month
 - Over **8x** for 4 or more ACEs
- Nearly **4x** more likely to been in a physical fight in the past year
 - Nearly **8x** for 4 or more ACEs
- Nearly **2x** more likely to have been a victim of harassment at school in the past month
 - Nearly **4x** for 4 or more ACEs



Effect of Specific ACEs: Substance Use

When substance use risks are analyzed by presence of the ACE related to substance use:

- Risks for youth with the ACE increased from **2 to 5 times** for all substance use measures



- Tobacco
- Marijuana
- Alcohol
- Any other drug
- Under the influence at school

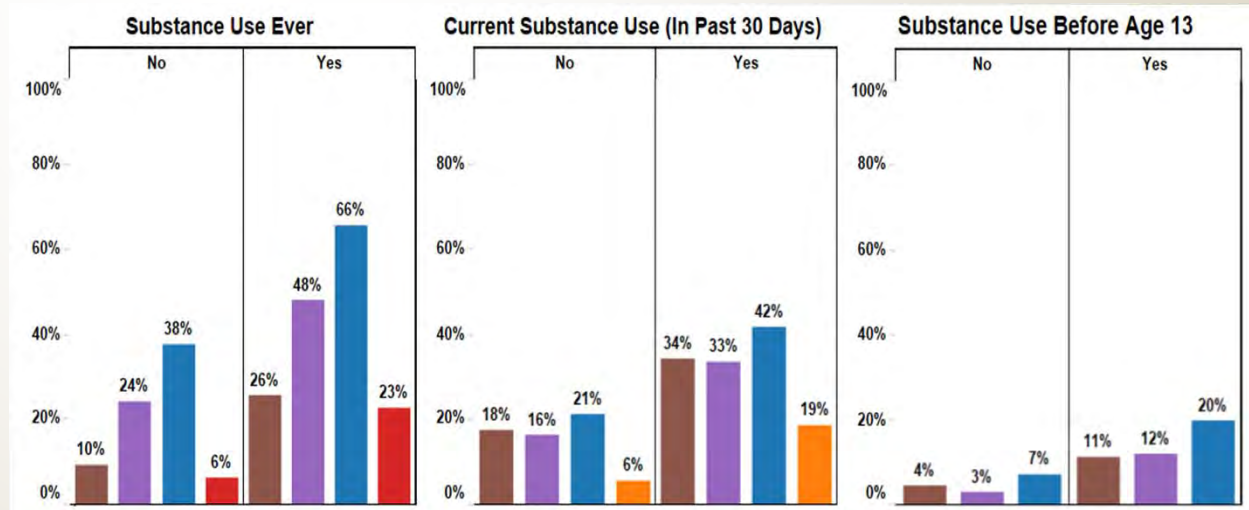
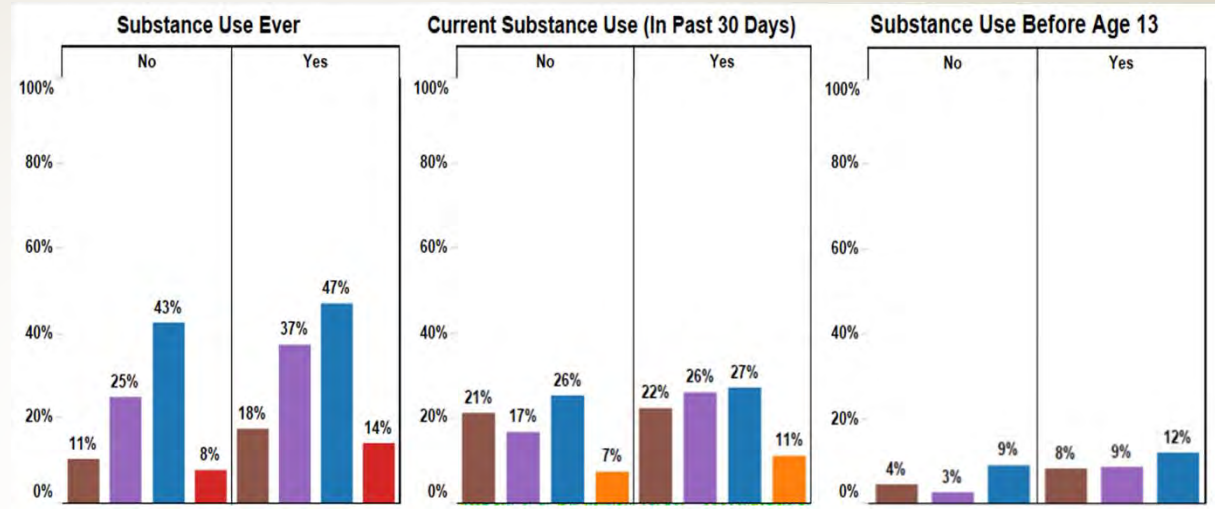
Risk comparisons based on Yes vs. No response to the Substance Use or Gambling in the Home



ACE: Not Living with Both Parents

When substance use risks are analyzed by other ACEs, the effects are different.

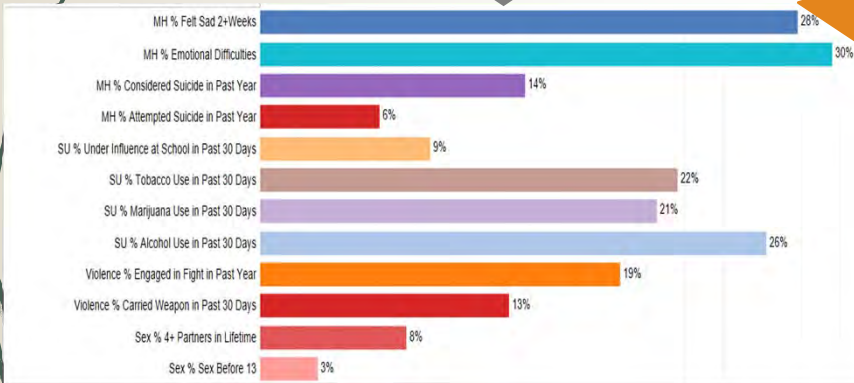
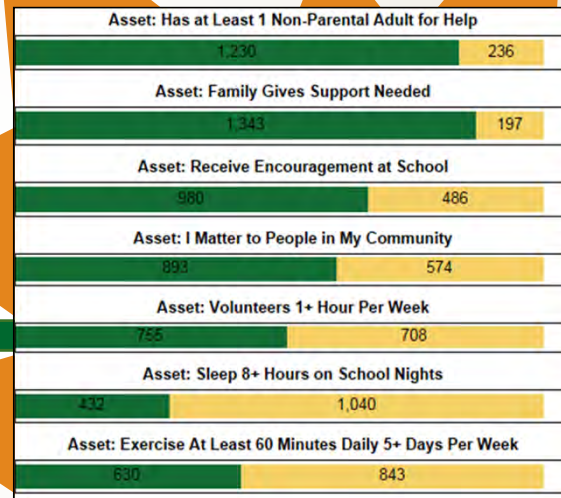
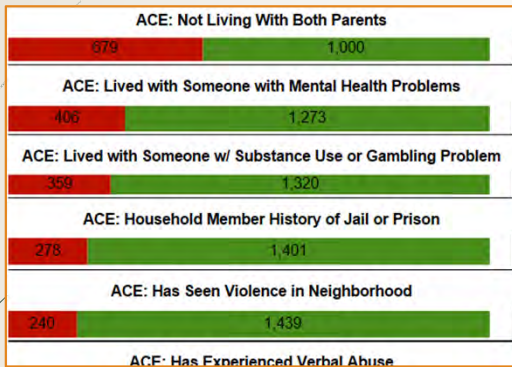
ACE: MH Problems in the Home





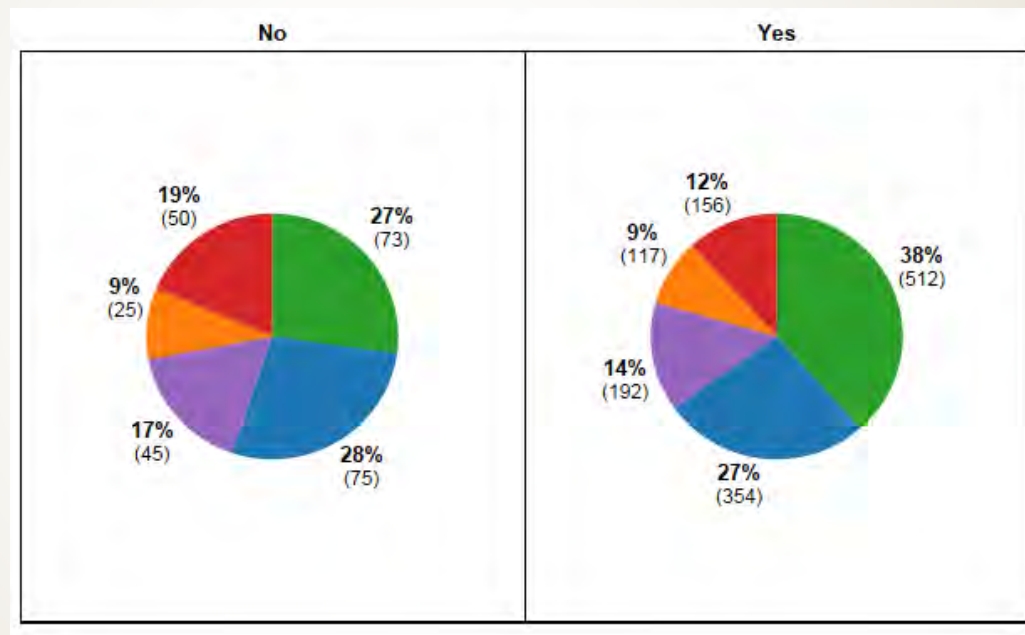
The Impact of Assets on Risk

Assets or Resiliency Factors



Resiliency Factors Exist Regardless of ACEs

I have at least one non-parental adult support.

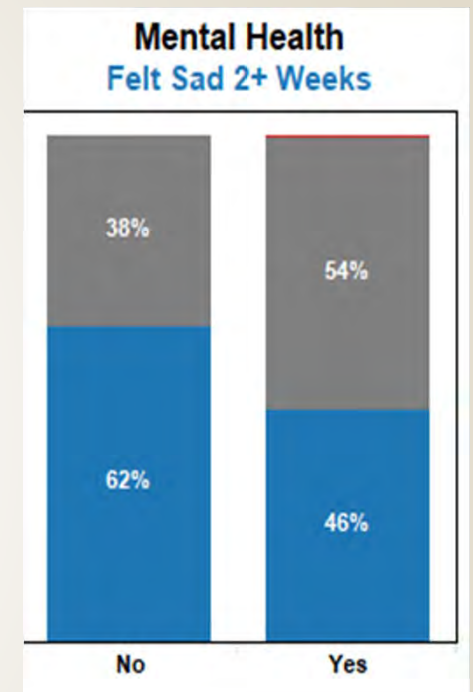
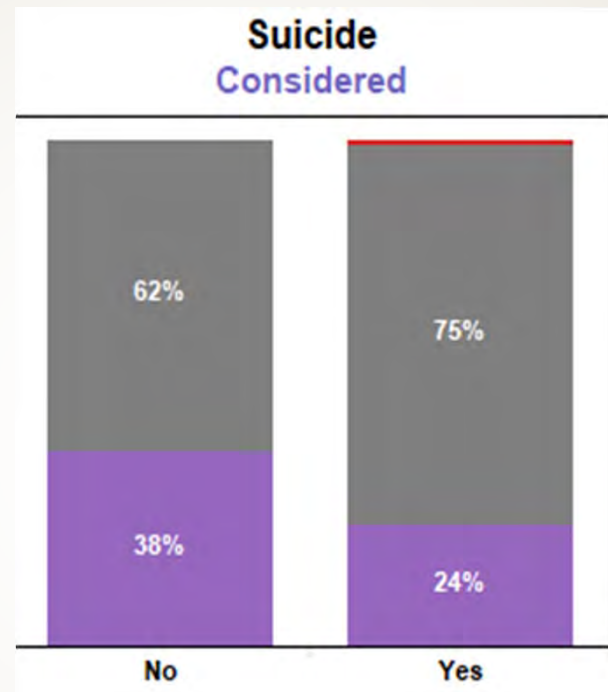
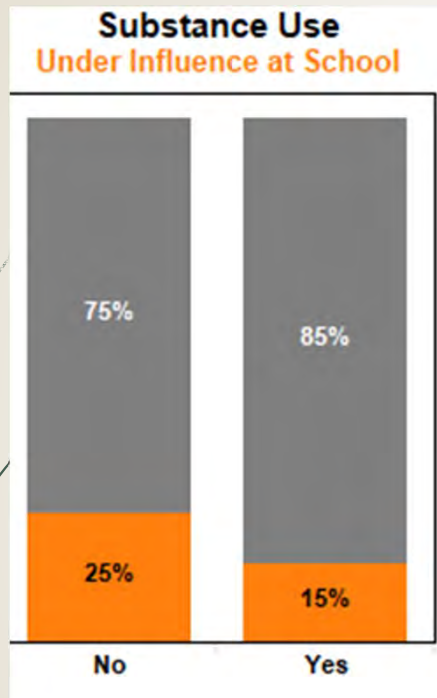


No = 268

Yes = 1331



I have at least one non-parental adult support...

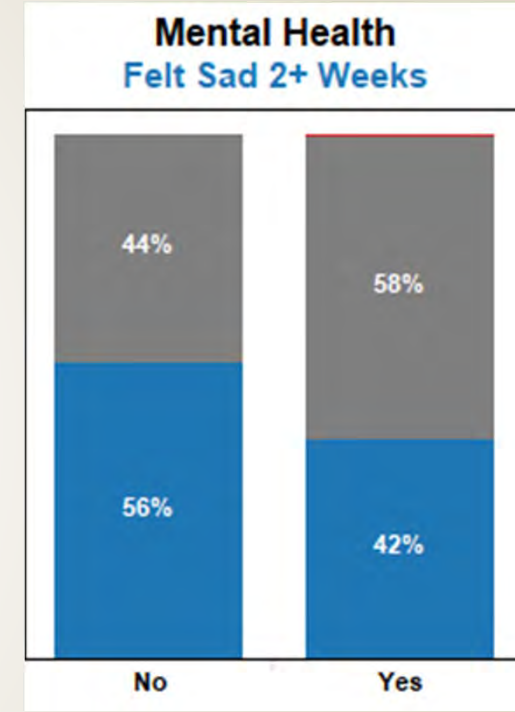
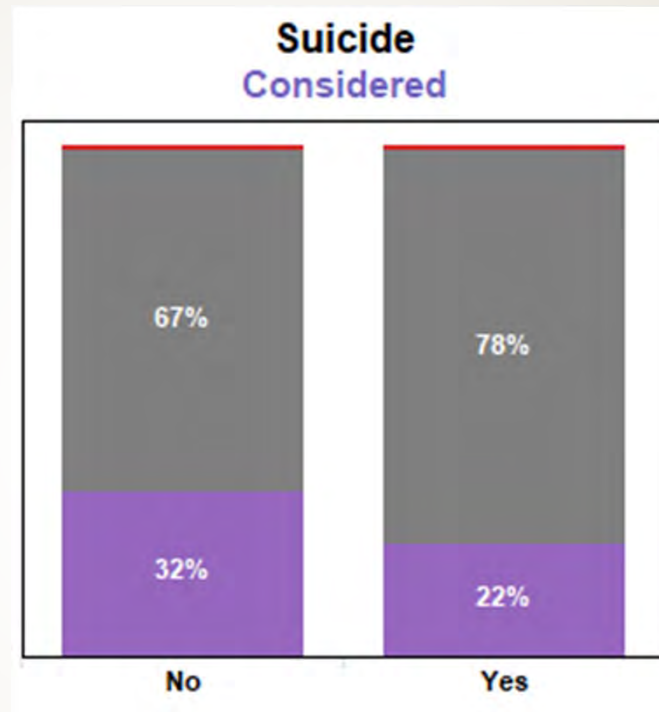
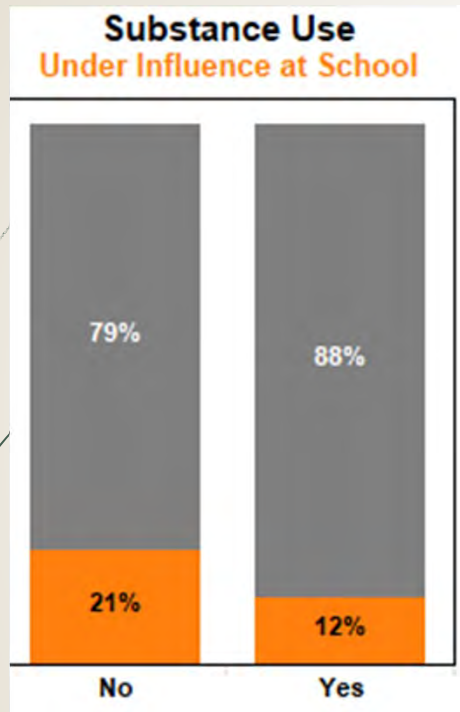


Youth with 2 or More ACEs : NO = 120 YES = 465

Monroe County Office of Mental Health YRBS/ACEs Analysis 2017



I receive encouragement at school...

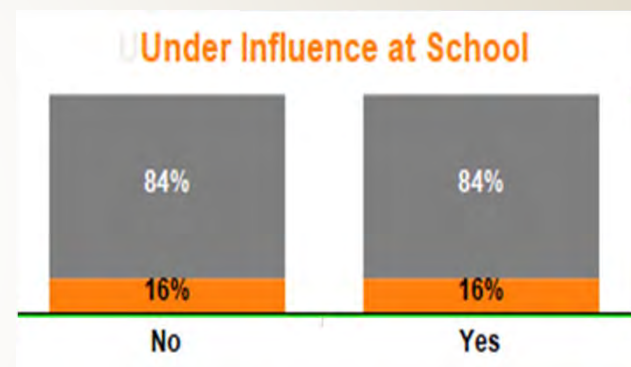
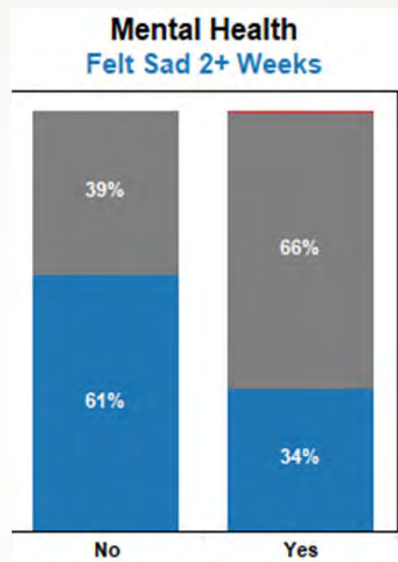
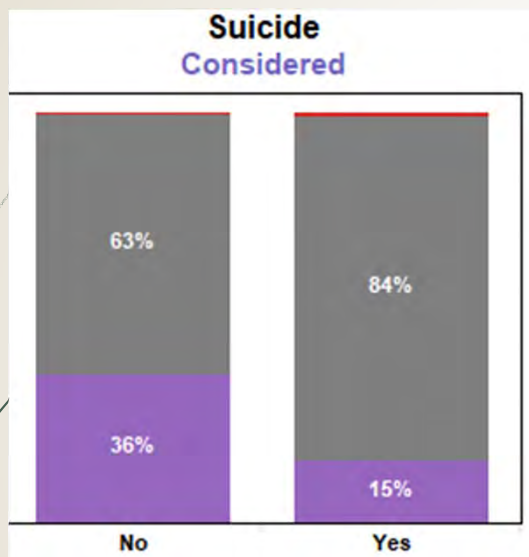


Youth with 2 or More ACEs: NO = 294 YES = 292

Monroe County Office of Mental Health YRBS/ACEs Analysis 2017



I feel I matter in my community...



Youth with 2 or More ACEs: No = 328 Yes = 261

Monroe County Office of Mental Health YRBS/ACEs Analysis 2017





How powerful can Assets be?

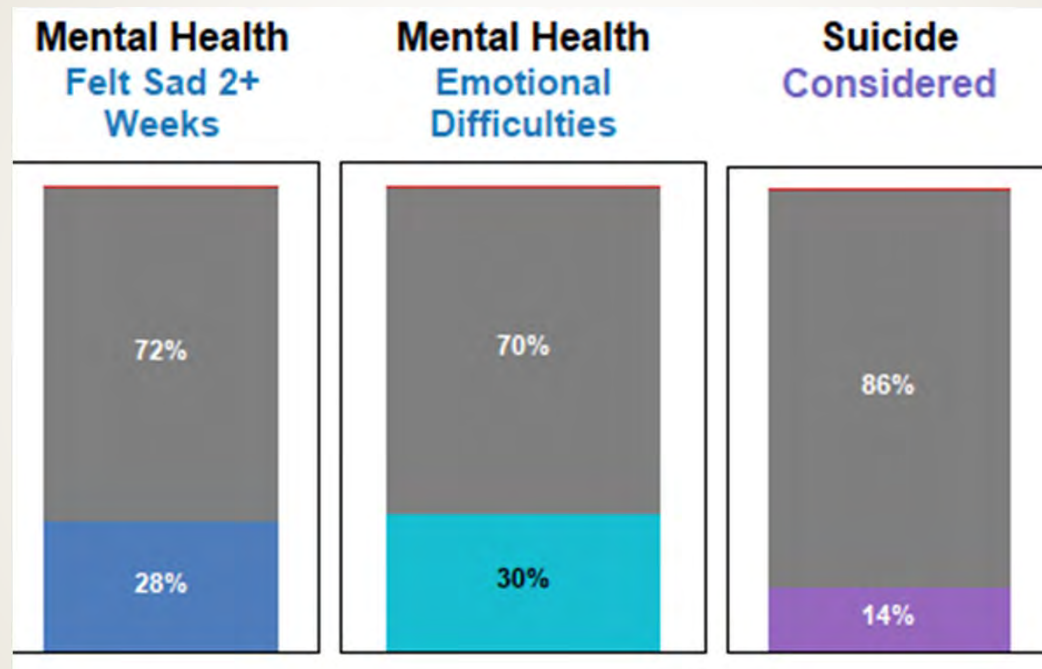
Which Assets have most impact on reducing risk when an ACE exists that significantly increases occurrence of specific risks?



Assessment of increased Mental Health Risk

- Youth with 2+ ACEs
- ACE for Mental Health Problems in Home
- Combined Risk Factors:
 - Depressed mood for 2+ weeks
 - Emotional difficulties in past year
 - Suicide considered in past year

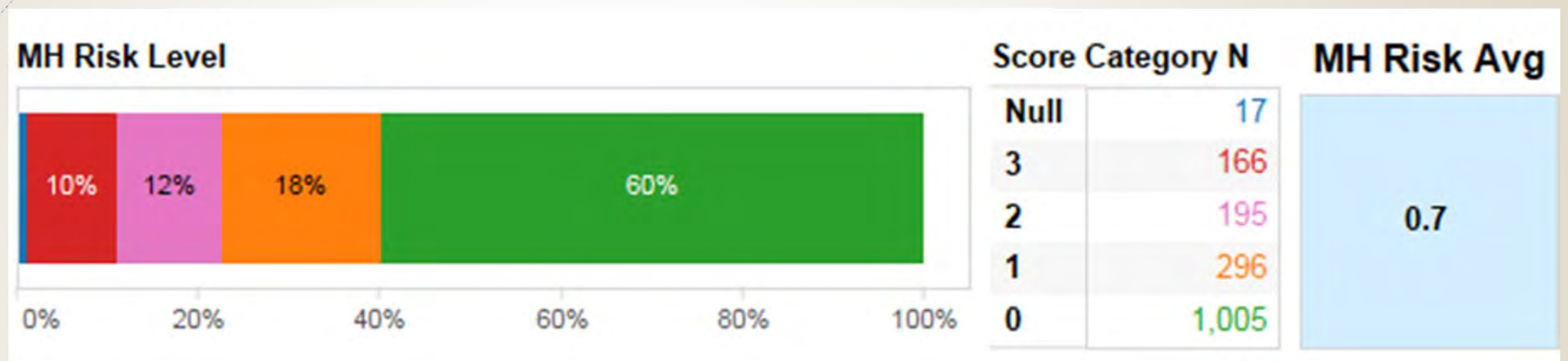
Mental Health Risk Score Method



Score Category	N
Null	17
3	166
2	195
1	296
0	1,005

➤ 1 point for each risk indicated

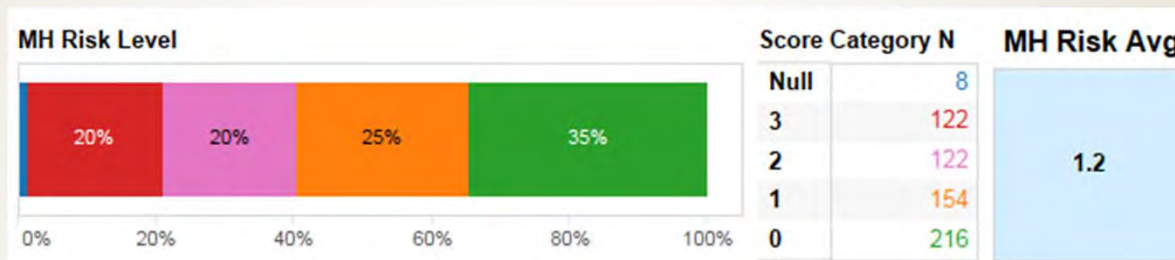
- Calculate Average Risk Score
- Show distribution of score categories



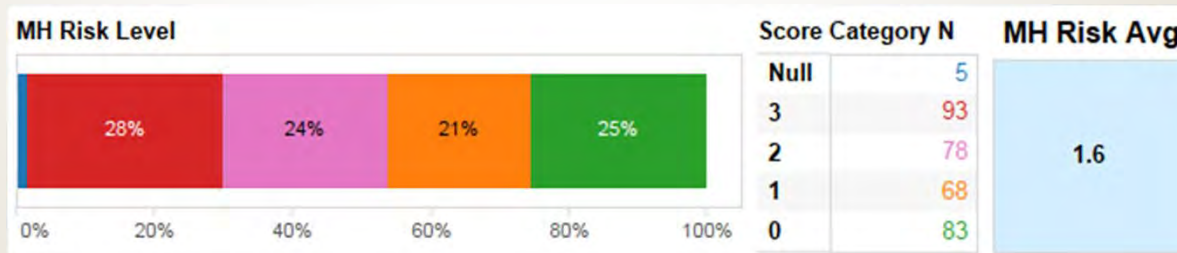
FOR ALL RESPONSES:

40% of youth show some level of mental health risks with an average mental health risk of 0.7

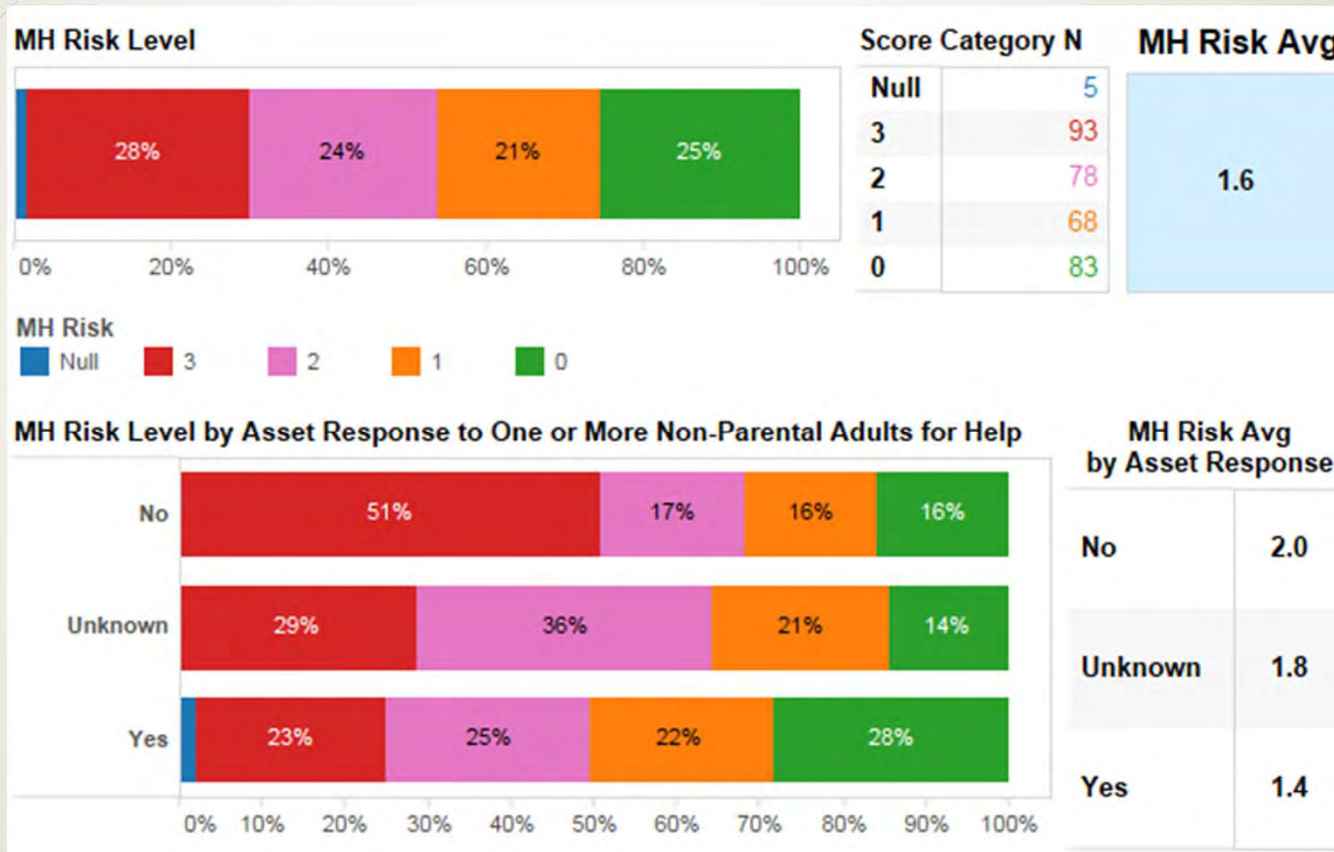
For youth with 2 or more ACEs:
65% have some risk, avg score = 1.2



Of 2+ ACEs population, have MH in Home:
74% have some risk, avg score = 1.6

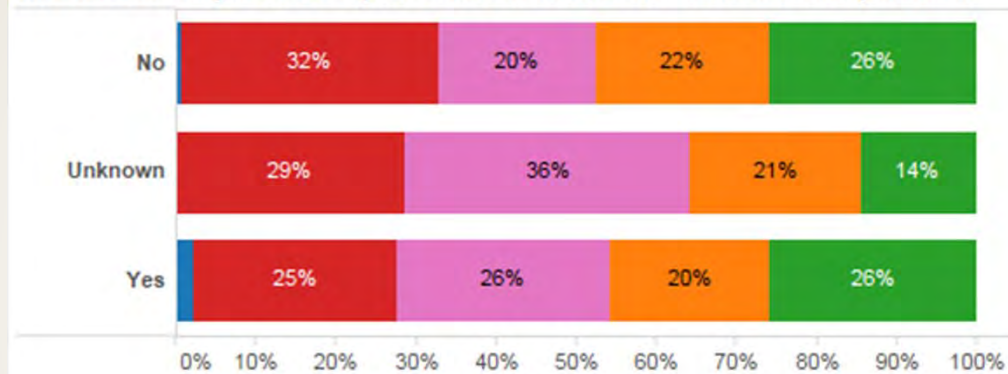


The difference of having one or more non-parental adult for help:



Different effects for different assets:

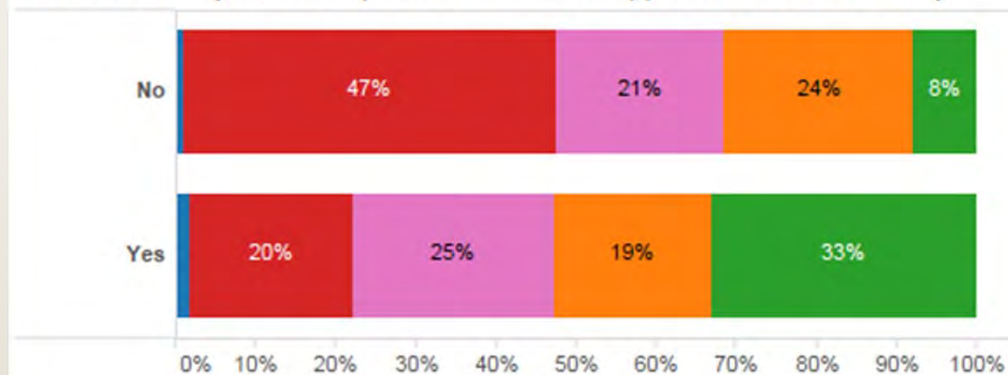
MH Risk Level by Asset Response to Volunteers One or More Hours per Week



MH Risk Avg by Asset Response

No	1.6
Unknown	1.8
Yes	1.5

MH Risk Level by Asset Response to Receives Support Needed from Family



MH Risk Avg by Asset Response

No	2.1
Yes	1.3

The Process Pt. II

Communication & Action



Being Proactive vs. Reactive



Data



Knowledge



Action



The Framework



DEAA

MCDPH
MCOMH



Assess

Locally Determined
Questions
11 ACEs Assessed



Collect

County Sample
MCDPH



Analyze

Risk – ACEs –Assets
MCOMH



Communicate

Cross-Sector
Drive Change



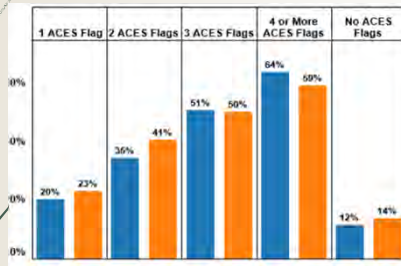
Communication Strategy

- Community Event
- School Districts
- Policy & Advocacy
- Capacity-Building / Stakeholder Awareness
- Finger Lakes ACEs Connection

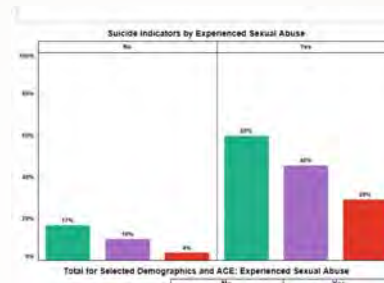


Supporting Stakeholders

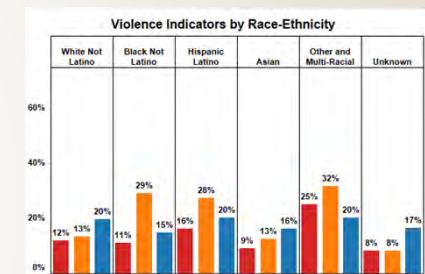
By ACE Score



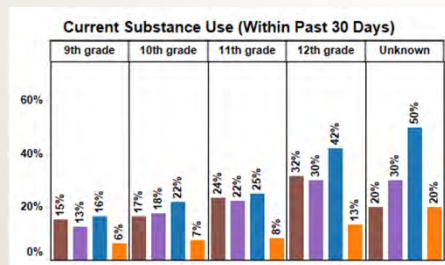
By Presence of Specific ACE



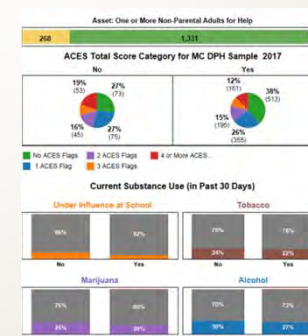
By Race-Ethnicity



By Grade Level



Effects of Assets



Monroe County Resiliency Learning Collaborative

Empowering the growth of roots & wings



13 School Districts



Homeless Shelter
serving Youth



Monroe County
Office of Mental
Health



Health/Hospital
System



Three Youth-serving
Community-Based
Organizations



Policy and Funding
Advocates



Action Areas

- Inform system planning & development (LSP)
- Enhance System of Care
 - Improved cross-sector communication
 - Facilitate integrated care
 - Common, strength-based approach
- Site specific transformation
 - Employee onboarding
 - Trauma-informed Care
 - Intervention design
- Accountability
- Support initiatives / Advocacy
- Planning and enhancement for 2019 Analysis





Our Goal

To Support All Monroe County Youth to Grow in Health & Resilience





Thoughts & Questions?

Thank you for your time and attention!