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

- Prevalence
  - Trauma
  - Adversity

- Correlation
  - Childhood stress
  - Risk for negative outcomes

- Resilience
  - Ameliorates risk
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
ACEs in Monroe County

Prevalence

- 13% (222)
- 9% (149)
- 15% (251)
- 27% (450)
- 36% (607)

n=1679
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

The chart shows the distribution of ACES scores across different academic performance categories.
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

Monroe County Office of Mental Health YRBS/ACEs Analysis 2017
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)*

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**Graph Description:**

- **1 ACES Flag:**
  - % total non-suicidal self-injury ever
  - % total considered suicide in the past year
  - % total attempted suicide in the past year

- **2 ACES Flags:**
  - % total non-suicidal self-injury ever
  - % total considered suicide in the past year
  - % total attempted suicide in the past year

- **3 ACES Flags:**
  - % total non-suicidal self-injury ever
  - % total considered suicide in the past year
  - % total attempted suicide in the past year

- **4 or More ACES Flags:**
  - % total non-suicidal self-injury ever
  - % total considered suicide in the past year
  - % total attempted suicide in the past year

- **No ACES Flags:**
  - % total non-suicidal self-injury ever
  - % total considered suicide in the past year
  - % total attempted suicide in the past year

Monroe County Office of Mental Health YRBS/ACEs Analysis 2017
Violence

**Compared to youth with 0 or 1 ACE:**
Youth with 2 or More ACEs are:
- Over $4\times$ more likely to have carried a weapon in the past month
- Over $8\times$ for 4 or more ACEs
- Nearly $4\times$ more likely to been in a physical fight in the past year
- Nearly $8\times$ for 4 or more ACEs
- Nearly $2\times$ more likely to have been a victim of harassment at school in the past month
- Nearly $4\times$ for 4 or more ACEs

![Graph showing percentages of youth engaged in different violent behaviors based on number of ACEs.](chart.png)

- Red: % total carried weapons
- Orange: % total engaged in a fight
- Blue: % total victim in past 30 days

Monroe County Office of Mental Health YRBS/ACEs Analysis 2017
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.
When substance use risks are analyzed by other ACEs, the effects are different.

ACE: Not Living with Both Parents

ACE: MH Problems in the Home
The Impact of Assets on Risk
### Assets or Resiliency Factors

#### ACE: Not Living With Both Parents
- 918
- 1,000

#### ACE: Lived with Someone with Mental Health Problems
- 906
- 1,273

#### ACE: Lived with Someone w/ Substance Use or Gambling Problem
- 813
- 1,120

#### ACE: Household Member History of Jail or Prison
- 728
- 1,431

#### ACE: Has Seen Violence in Neighborhood
- 560
- 1,349

#### ACE: Has Experienced Sexual Abuse
- 280
- 1,438

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#### Asset: Has at Least 1 Non-Parental Adult for Help
- 1,348
- 236

#### Asset: Family Gives Support Needed
- 1,343
- 197

#### Asset: Receive Encouragement at School
- 890
- 496

#### Asset: I Matter to People in My Community
- 883
- 574

#### Asset: Volunteers 1+ Hour Per Week
- 765
- 708

#### Asset: Sleep 8+ Hours on School Nights
- 564
- 1,040

#### Asset: Exercise At Least 60 Minutes Daily 5+ Days Per Week
- 830
- 843
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...

![Graphs showing data on substance use, suicide consideration, and feeling sad for 2+ weeks.](image)

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

- 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

- No: 32% Red, 20% Orange, 22% Yellow, 26% Green
- Unknown: 29% Red, 36% Pink, 21% Pink, 14% Green
- Yes: 25% Red, 26% Orange, 20% Yellow, 28% Green

MH Risk Avg by Asset Response

- No: 1.6 Green
- Unknown: 1.8 Pink
- Yes: 1.5 Orange

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

- No: 47% Red, 21% Orange, 24% Yellow, 8% Green
- Yes: 20% Red, 25% Orange, 19% Yellow, 33% Green

MH Risk Avg by Asset Response

- No: 2.1 Orange
- Yes: 1.3 Green
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
- Monroe County Office of Mental Health
- Three Youth-serving Community-Based Organizations
- Homeless Shelter serving Youth
- Health/Hospital System
- 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!