



# ACCESS TO BEHAVIORAL HEALTH SERVICES IN THE COMMUNITY

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## Prevention And Early Intervention



# BRAD'S STORY

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## **AGE 4**

**Behaviors**

**Parent Therapy**

**Child Neurologist**

**Early Diagnosis – Bipolar/ADHD**

**Medication**

## **AGE 5**

**Child Psychologist**

**Child Psychiatrist**

## **AGE 6**

**School Problems**

**First Suicide Attempt/Hospitalization**

**No education on programs to help.**





# Parent Found Resources

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- Child and Adolescent Bipolar Foundation
- Families Together – School Issues
- NAMI Family to Family
- Mental Health Association South Central KS
- Community Mental Health Center
- SED Waiver
- Parent Support and Wrap Around Services
- NIH
- Keys For Networking
- Federation of Families For Children's Mental Health
- Sensory Occupational Therapy



# Barriers to accessing resources and service limitations

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- PCP's and some Psychiatrists, Social Worker, Psychologists, Schools aren't aware of services and programs.
- Service limitations in some area's such as rural and frontier.
- Cultural Barriers and Stigma
- We have gotten better overcoming some of these but we have a way to go.



# Brad's Journey

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- 7 Hospitalizations from 6yrs. To 9yrs.
- School Suspensions
- Kicked out of MH programs for behaviors.
- Told by providers when he was 8 he would end up in a group home or Jail.
- Unacceptable



# Wraparound and Advocacy

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- Services were wrapped around the family within the Mental Health Association, school and in the community.
- Engaged in Advocacy including parent and child testifying before Legislature about programs needed to promote recovery.



# Early Intervention = Success

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- Brad was the 1<sup>st</sup> youth appointed to the GMHPC and had input in to the states block grant.
- Developed Power Point on Stigma and presented statewide and nationally.
- Youth Leader in the state wide youth leadership program.
- Youth Move Board Member

# National Awards

- Federation of Families Celebration of Youth Award
- Mental Health America Empower Award





# What are some of other early intervention and prevention services used now to keep more youth on the outside of bars and group homes?

- Family and Consumer Run Networks
- Systems of Care
- Suicide Prevention Programs
- Healthy Students/Safe Schools
- Violence Prevention
- Pathways
- Bullying
- Substance Abuse
- Early Childhood and Trauma
- Most of these services are provided through Federal Funding with SAHMSA, HHS, and CDC. This funding is critical and is often in jeopardy of being cut.





# For Adults

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- State Wide Consumer Networks
- Certified Peer Mentoring Programs
- Trauma Informed Care
- Substance Abuse
- WRAP
- Common Ground

Are just a few examples....



# Affordable Care Act

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- Will allow for Depression and Alcohol Screenings for Adolescents and Adults at no cost. This is an important step towards getting treatment.
- Hopefully as the US Preventive Services Task Force identifies more early intervention and prevention services they can be provided at no cost as well.



# Whole Health and Wellness

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- Optumhealth Behavioral Solutions Live Your Life Well and Recovery Focused Value Added Programs
- Medical Model Homes
- Navigators
- Bridging gaps between physical and mental health.



# Mental Health America and Affiliates

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- Provide Upstream Services in some areas, and always provide information and support for those in the community.
- You can call the National Office if you would like to find an Affiliate in your area. **Toll free** (800) 969-6642