

Promoting Resilience and Emotional Health: SAMHSA's Vision for Children, Youth and Families

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Office of the Assistant Secretary
Substance Abuse and Mental Health Services Administration

NACBH 2023 Emerging Best Practices Conference
November 28, 2023



SAMHSA
Substance Abuse and Mental Health
Services Administration



SAMHSA

Substance Abuse and Mental Health
Services Administration

**Senior Advisor
for Children, Youth
and Families**



Emeritus Executive Director



THE HACKETT CENTER
FOR MENTAL HEALTH



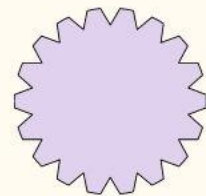
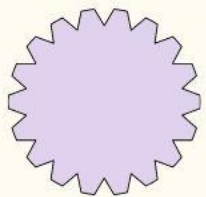
MEADOWS
MENTAL HEALTH
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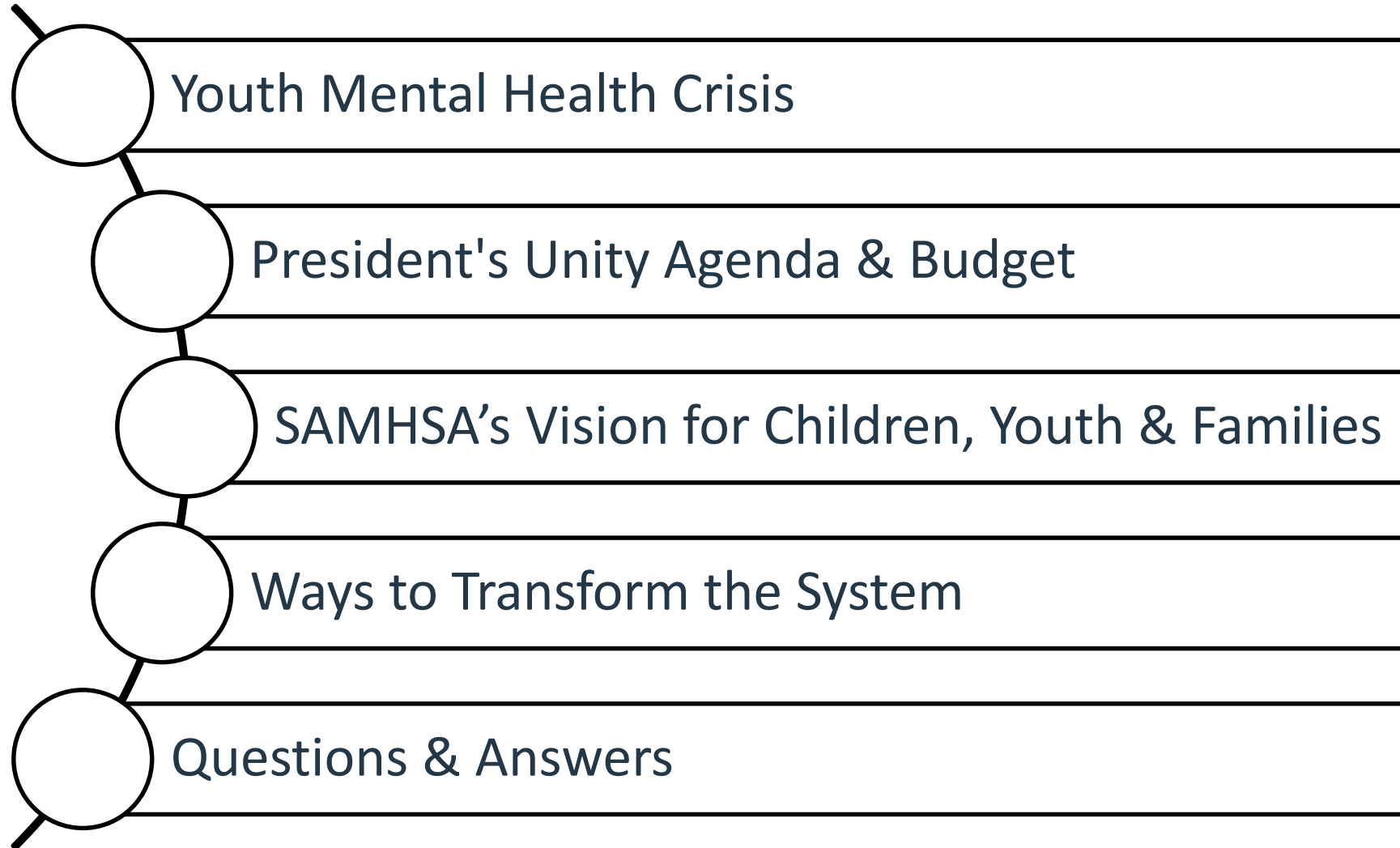


everyone,

Let's Take
a Photo



Overview



Prevalence Rates for Youth Mental Health

The Data

It is estimated that nearly 20% of children and adolescents have a diagnosable mental, emotional, or behavioral disorder. And at least 1 in 10 young people has a SED at some time in their life (about 7.4 million children and youth).

The CDC released a report on children's mental health using data from 2013–2019. Key findings include:

- 1 in 11 children were diagnosed with ADHD and anxiety problems.
- 1 in 5 youth aged 12-17 had experienced a major depressive episode.
- About 7 in 100,000 children aged 10-19 died by suicide (2018-2019).
- Some populations are more affected due to social determinants of health such as poverty, access to education, and geographic area, resulting in health inequities.

2022 National Survey on Drug Use and Health (NSDUH):

- 8.7% of youth ages 12-17 had a substance use disorder (SUD; alcohol or illicit drugs) in 2022.
- Among the 1.8 million adolescents aged 12 to 17 in 2022 who had an SUD in the past year and did not receive substance use treatment in the past year, 97.5% (or 1.7 million people) did not seek treatment or think they should get it.
- The percentage of people aged 12 or older with an SUD in the past year was highest among young adults aged 18 to 25 (27.8%; 9.7 million people),

Half of all mental illnesses emerge by the time a child turns 14, and 75% by the time a person is 24. And death by suicide is the second leading cause of death for individuals ages 10-34 in the United States.

The Impact of the Pandemic

The pandemic substantially worsened this pre-existing epidemic, particularly for children, youth, and families.

- Depression and anxiety doubled in youth compared to pre-pandemic levels.
- More than 271,000 U.S. children have experienced the death of a primary or secondary caregiver due to COVID, with children of color disproportionately impacted.
- The CDC released new data from the Adolescent Behaviors and Experience Survey (ABES) indicating that more than 1 in 3 high school students experienced poor mental health during the pandemic and nearly half of students felt persistently sad or hopeless.

A National Strategy to Address the Mental Health Crisis



FACT SHEET: President Biden Announced Strategy to Address the National Mental Health Crisis, As Part of Unity Agenda in his First State of the Union Speech.

The President's Unity Agenda

The President's national mental health strategy laid out a vision to transform how mental health is understood, perceived, accessed, treated, and integrated.

This strategy has three pillars:

- Increasing connections to care;
- Supporting Americans by creating healthy environments; and
- Strengthening system capacity.

President Biden's Strategy Objectives

3 Objectives

1. Create healthy environments for children and adolescents.
2. Expand access to mental health services via the Counseling Compact and the Mental Health Access Improvement Act.
3. Strengthen system capacity by expanding the behavioral health care workforce.



Fact Sheet: Biden-Harris Administration
Announces New Actions to Tackle Nation's
Mental Health Crisis

May 18, 2023



THE WHITE HOUSE
WASHINGTON

FACT SHEET: Biden-Harris Administration Highlighted Strategy to Address the National Mental Health Crisis.

Actions to advance the President's mental health strategy across its three objectives include:

- Promoting the mental well-being of our frontline health workforce, piloting new approaches to training behavioral health paraprofessionals, strengthening our crisis care and suicide prevention infrastructure, building the capacity of long-term care facilities to deliver behavioral health care, and addressing our caregiving crisis.
- Making care affordable across all types of health insurance coverage, integrating mental health services in ways that reduce stigmatization and access barriers, ensuring access to mental health support in schools, colleges and universities, and strengthening the federal government's role as a model employer for behavioral health.
- Training social/human services professionals and tribal law enforcement personnel in basic mental health skills, spurring innovation in recovery support models, improving financial security among veterans, enforcing workplace rights of the mentally ill, and establishing a federal research action plan on mental health.



FACT SHEET: Biden-Harris Administration Announced Two New Actions to Address Youth Mental Health Crisis.

July 29, 2022

The Administration's two key actions to strengthen school-based mental health services and address the youth mental health crisis include:

1. Awarding the first of nearly \$300 million the President secured through the FY2022 bipartisan omnibus agreement to expand access to mental health services in schools.
2. Encouraging Governors to Invest More in School-Based Mental Health Services.



In the Lead Up to Prevention Month, the Biden-Harris Administration Awards \$42.6 Million to Expand and Strengthen the Capacity of States and Local Community Prevention Providers to Implement Evidence-based Prevention Strategies

Community- and Evidence-Based Work

The **\$42.6 million** in awards include:

- **\$21.9 million** for Strategic Prevention Framework-Partnerships for Success for Communities, Local Governments, Universities, Colleges and Tribes/Tribal Organizations.
- **\$20.7 million** for Strategic Prevention Framework-Partnerships for Success for States.



Biden-Harris Administration Announces More Than \$200 Million To Support Youth Mental Health

<https://www.hhs.gov/about/news/2023/09/25/biden-harris-administration-announces-more-than-200-million-support-youth-mental-health.html#:~:text=media%40hhs.gov-,Biden%2DHarris%20Administration%20Announces%20More%20Than%20%24200%20Million%20To%20Support,behavioral%20health%20care%20and%20treatment.>

September 25, 2023

Certified Community Behavioral Health Center (CCBHC)

To build capacity to meet the mental health needs of Americans, the Department of Health and Human Services (HHS) awarded 15 one-year state planning grants to help states develop the necessary capacity to compete to participate in the Certified Community Behavioral Health Center (CCBHC) Medicaid Demonstration.

Supporting Youth Mental Health

The investments include the following:

- **SAMHSA** is awarding \$131.7 million in grant programs that connect youth and families to behavioral health services.
- **HRSA** is awarding \$55 million to expand access to mental health care for young people, including access to mental health care in schools.
- **ACF** is awarding \$20 million to improve the quality of mental health services provided to children involved in the child welfare system.
- **New Medicaid funding** - PDF that helps expand access to health services, including mental health services, for eligible children in schools.



Biden-Harris Administration Announces \$74.4
Million in Funding Opportunities to Improve
Behavioral Health

November 16, 2023

Supporting Youth Mental Health

The \$74.4 million and are part of the Biden-Harris Administration's priorities to beat the overdose epidemic and tackle the mental health crisis – two key pillars of the President's Unity Agenda for the nation.

The investments include the following:

- [Grants for Expansion and Sustainability of the Comprehensive Community Mental Health Services for Children with Serious Emotional Disturbances \(CMHI\)](#) – \$30.4M
- [Tribal Behavioral Health](#) - \$13.1 M
- [Strategic Prevention Framework – Partnerships for Success for States](#) – \$15.5M
- [Strategic Prevention Framework – Partnerships for Success for Communities, Local Governments, Universities, Colleges, & Tribes/Tribal Organizations](#) – \$15.5M

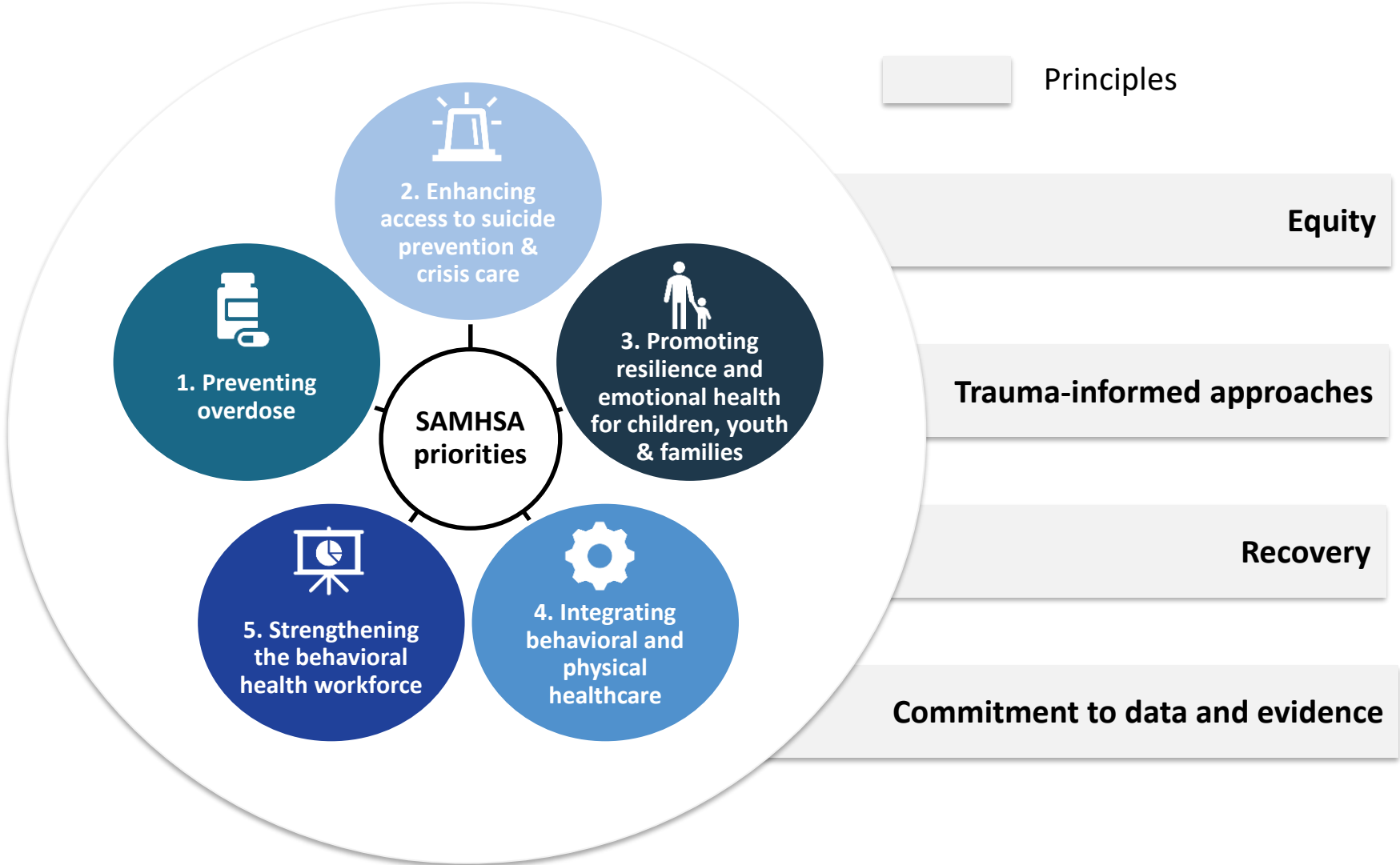
President's FY 2024 Budget Proposal

President's FY 2024 Budget

Mental Health	FY 2024	Increase from FY 2023
Community Mental Health Services Block Grant (MHBG)	\$1.653B	\$645M
9-8-8 and Behavioral Health Services Program	\$836M	\$334M
Mobile Crisis Response	\$100M	\$80M
Certified Community Behavioral Health Clinics (CCBHCs)	\$553M	\$168M
Community Mental Health Centers	\$413M	
Children's Mental Health Initiative (CMHI)	\$225M	\$95M
Project for Assistance in Transition from Homelessness	\$110M	\$43M
Protection and Advocacy for Individuals with Mental Illness	\$40M (w/ level funding)	
Project Advancing Wellness and Resiliency in Education (AWARE)	\$244M	\$104M
National Child Traumatic Stress Network (NCTSN)	\$150M	\$56M
Assisted Outpatient Treatment for Individuals with SMI	\$21M (w/ level funding)	
Programs of Regional and National Significance	\$1.778B	\$734M
Targeted Capacity Expansion Program (Recovery Support Services)	\$158M	\$36M
Building Communities of Recovery Program (Peer Services)	\$28M	\$12M

SAMHSA Strategic Plan

SAMHSA Priorities and Cross-Cutting Principles



Reorganization of the Center for Mental Health Services!!



FEDERAL REGISTER
The Daily Journal of the United States Government

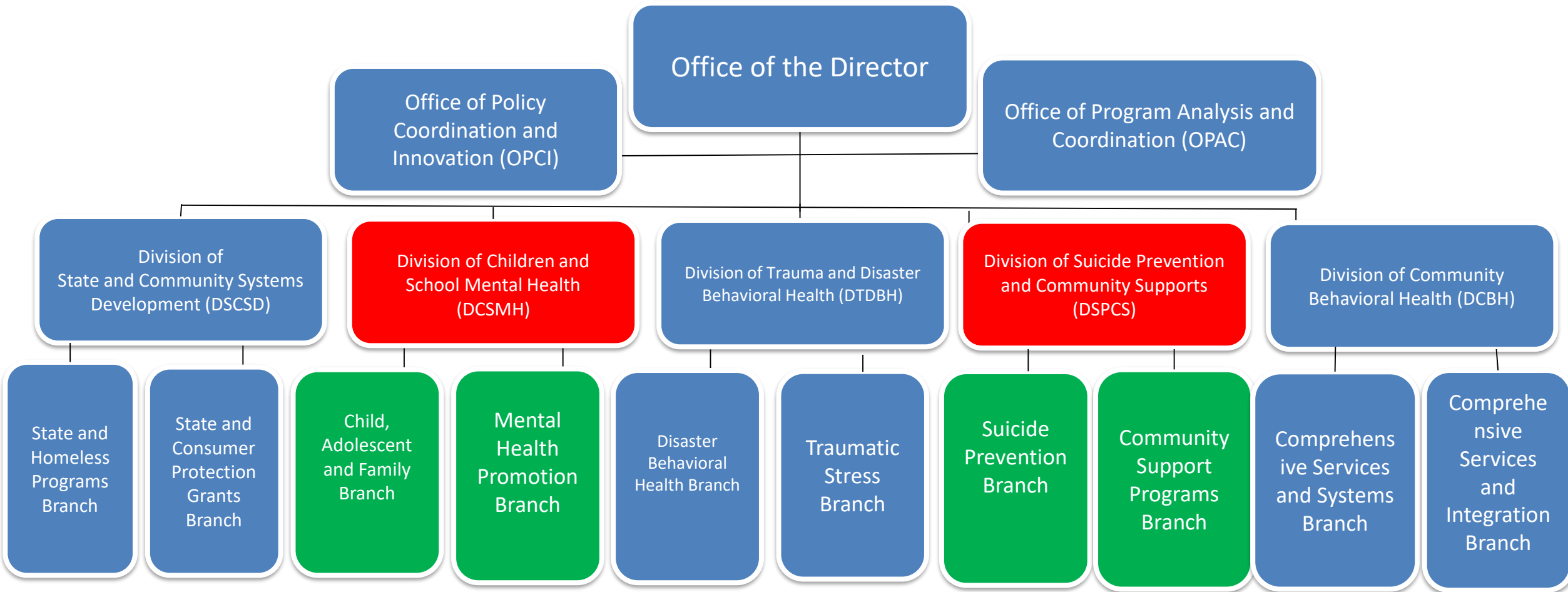


A Notice by the [Substance Abuse and Mental Health Services Administration](#) on [10/30/2023](#)

- This new organizational structure was approved by the Secretary of Health and Human Services on October 11, 2023, and became effective on October 26, 2023.
- Division of Children and School Mental Health
- Division of Suicide Prevention and Community Supports

<https://www.federalregister.gov/documents/2023/10/30/2023-23805/reorganization-of-the-center-for-mental-health-services>

Proposed CMHS Organization Chart

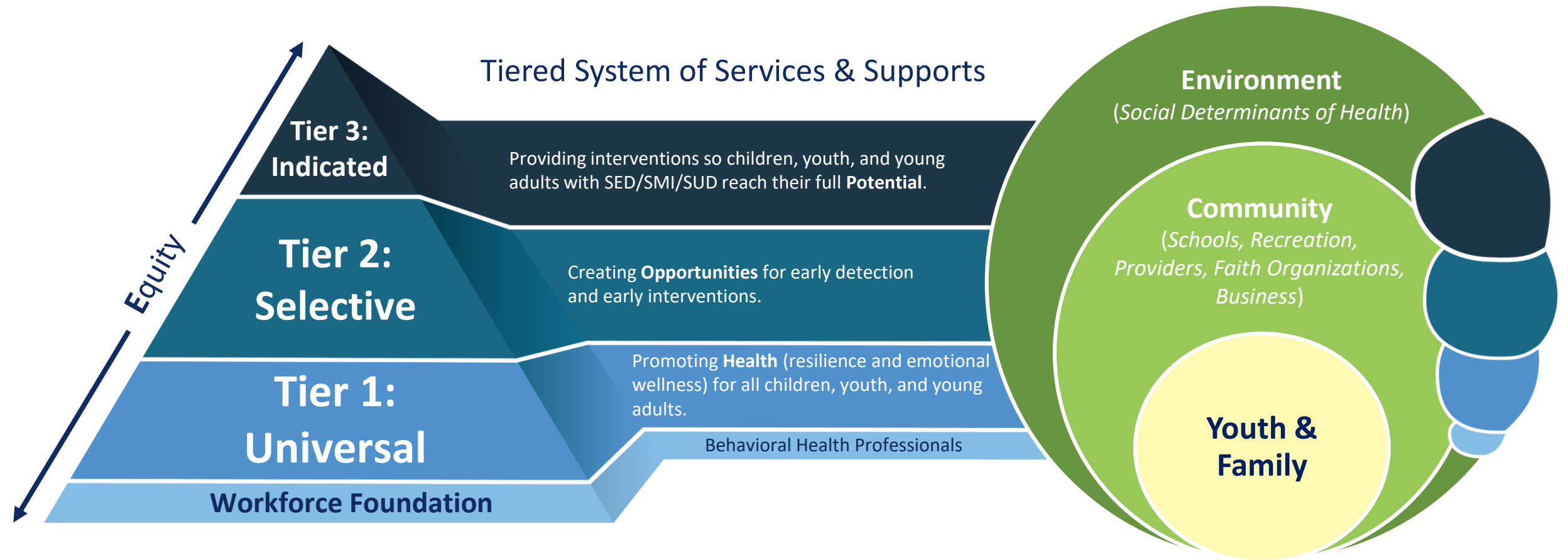


Red boxes represent new divisions and green boxes represent new realignment of the branches

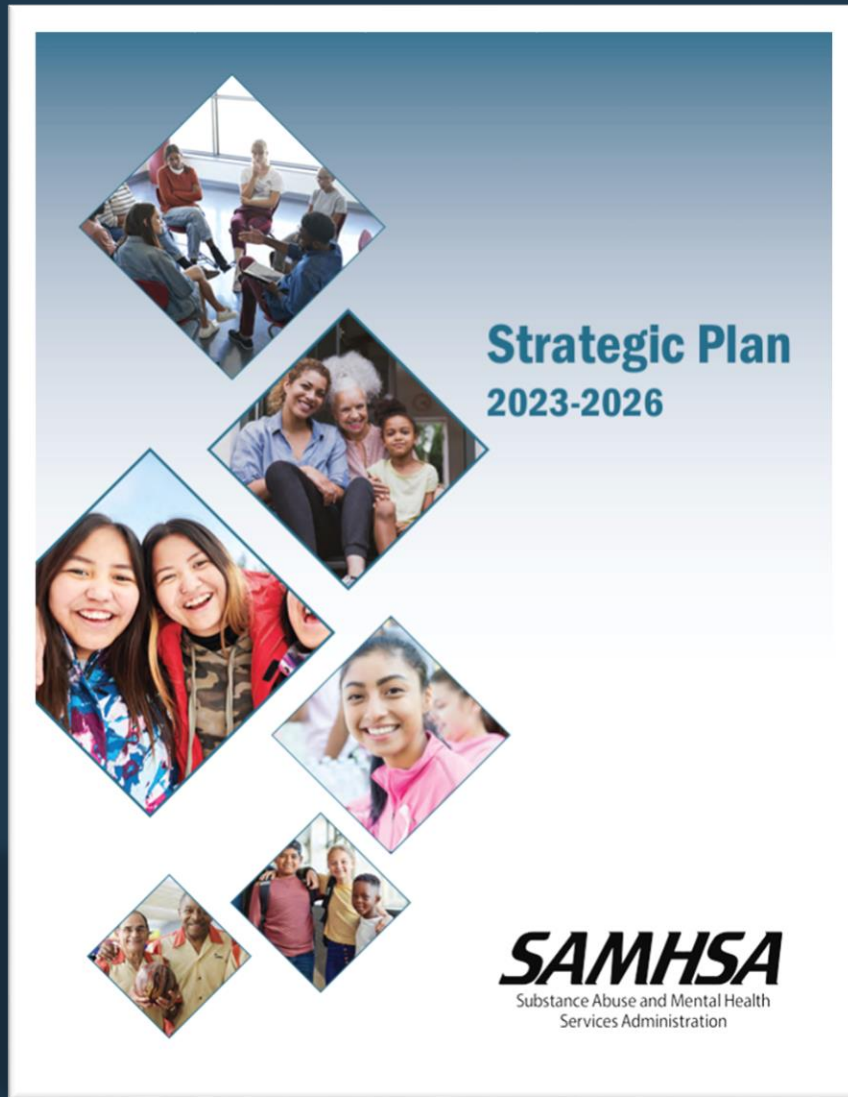
SAMHSA's Vision for Children, Youth, Young Adults and Families

SAMHSA's Vision for Children, Youth, Young Adults & Families

All children, youth, young adults, and their families thrive in their homes and communities and experience **H**ealth, **O**pportunities for success, and the ability to reach their full **P**otential through **E**quitable strategies that build strengths and includes their voices.



SAMHSA's 2023-2026 Strategic Plan



The 2023-2026 Strategic Plan presents a new person-centered mission and vision highlighting key guiding principles and presenting new priorities, goals, and objectives.

The Strategic Plan keeps the mental health promotion, prevention, and treatment continuum at its core, and emphasizes equity, trauma-informed approaches, recovery, and a commitment to data and evidence.

<https://www.samhsa.gov/about-us/strategic-plan>

Strategic Plan Priority Area 3

Promoting Resilience & Emotional Health for Children, Youth, & Families

Goal 1. To ensure the wellness and resilience of children and youth, SAMHSA will support mental health promotion and primary prevention of substance use.

- **Objective 1.1.** Expand mental health promotion and primary prevention of substance use through outreach, training, and technical assistance.
- **Objective 1.2.** Lead efforts with federal partners to reduce substance use by those under the age of 21.

Strategic Plan Priority Area 3

Promoting Resilience & Emotional Health for Children, Youth, & Families

Goal 2. To ensure that all children, youth, and families have opportunities to thrive, SAMHSA will increase access to a comprehensive array of equity-driven behavioral health programs by increasing program integration and expanding pediatric behavioral health capacity.

- **Objective 2.1.** Strengthen the nation's youth behavioral health system by integrating behavioral health services across youth-serving systems, including child welfare and juvenile justice, with a particular emphasis on education and pediatric primary care.
- **Objective 2.2.** Ensure that plans to develop the crisis continuum, in conjunction with the transition to the 988 Suicide & Crisis Lifeline, incorporate a specialized focus for children, youth, and their families.
- **Objective 2.3.** Increase opportunities across multiple settings for screening, early identification, and early and brief intervention.
- **Objective 2.4.** Work collaboratively with other federal agencies and external stakeholders to develop strategies to increase capacity to deliver behavioral health services for children, youth, and their families.

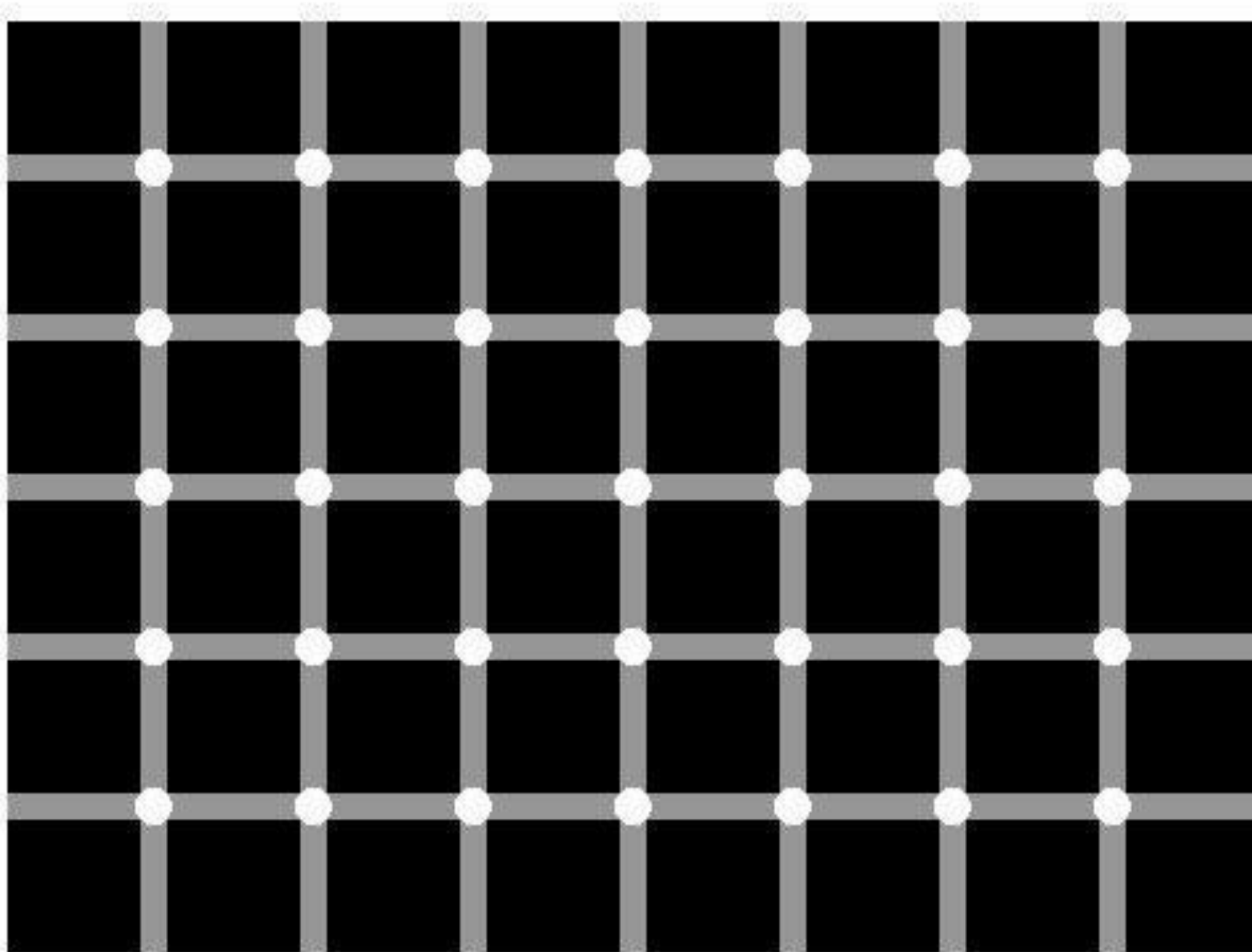
Strategic Plan Priority Area 3

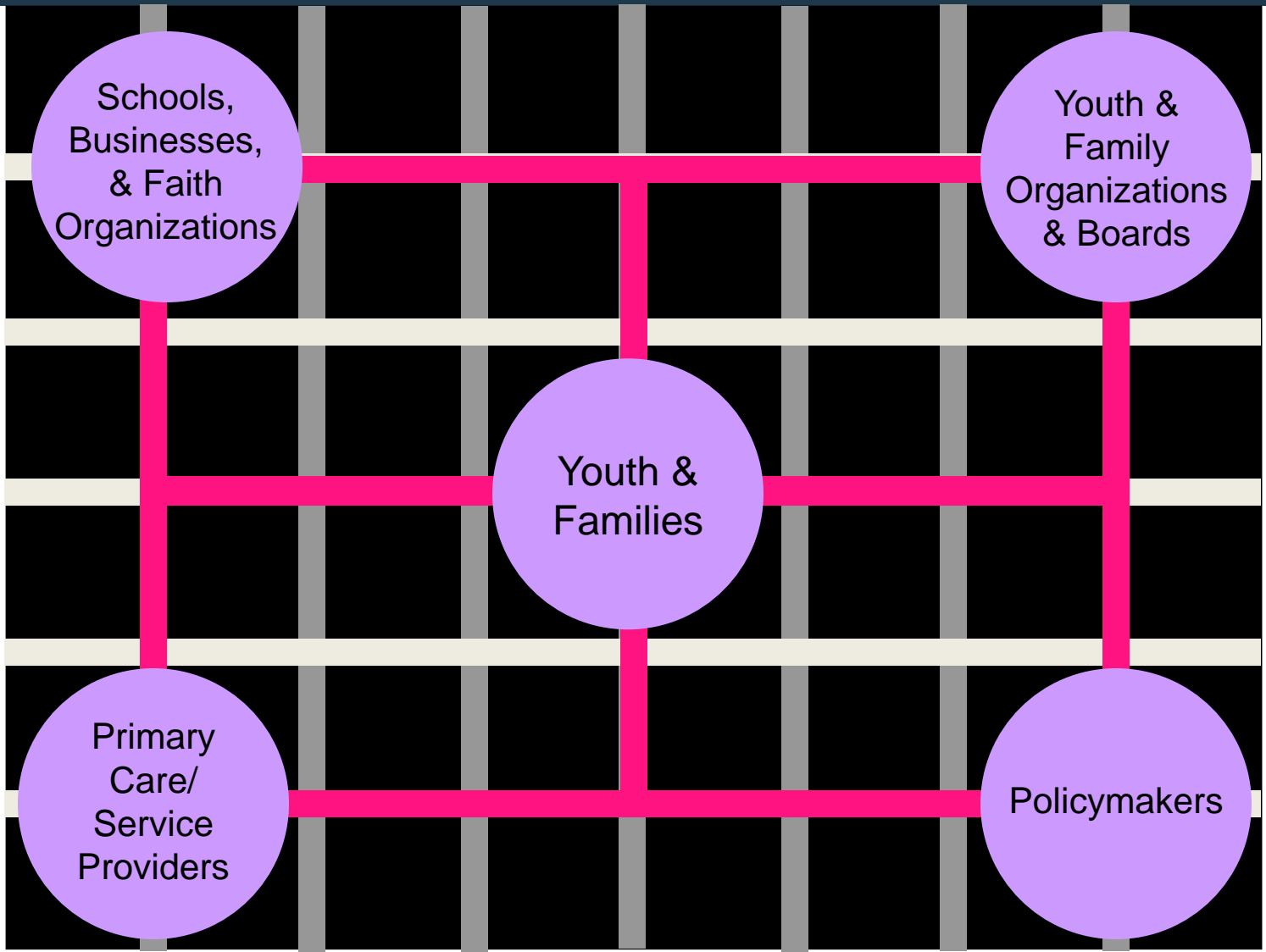
Promoting Resilience & Emotional Health for Children, Youth, & Families

Goal 3. To meet the specific needs of children, youth, and their families, SAMHSA will support the dissemination and implementation of evidence-based and culturally appropriate services.

- **Objective 3.1.** Reduce health disparities and ensure effectiveness of SAMHSA programs by establishing an equity-informed approach to data, evaluation, technical assistance, and service delivery that is specific to young people and their families.
- **Objective 3.2.** Promote and coordinate technical assistance for youth behavioral health that provides guidance and expertise to professionals, organizations, and the public.
- **Objective 3.3.** Increase the inclusion of young people and family members with lived and living experience in the development, implementation, and evaluation of programs and services.
- **Objective 3.4.** Guide the optimal use of technology to support the behavioral health of children, youth, young adults, and families.

System Transformation





Transformation Equation:

$$T = (V + B + A) \times (CQI)^2$$

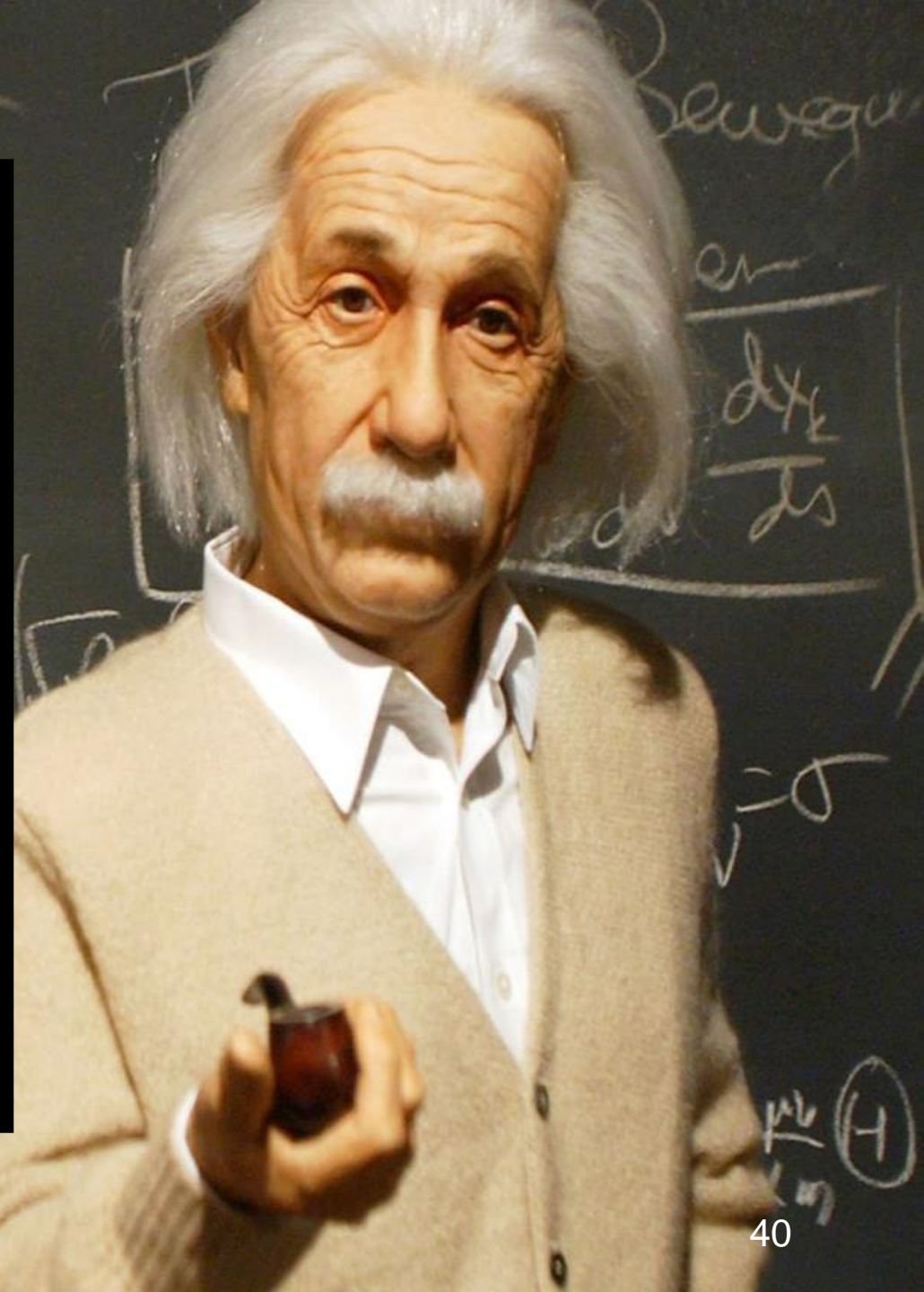
Family Driven

Youth Guided

Cultural & Linguistic Competence

*Evidence Based Practices & Clinical
Excellence*

Continuous Quality Improvement





Seven Ways to Transform the Youth Mental Health System



1. Integrated Care

We Treat the Brain Differently From the Body

7,632
SUBSTANCE
 RELATED DEATHS
 in Texas in 2018

THE CURRENT MENTAL HEALTH CARE SYSTEM

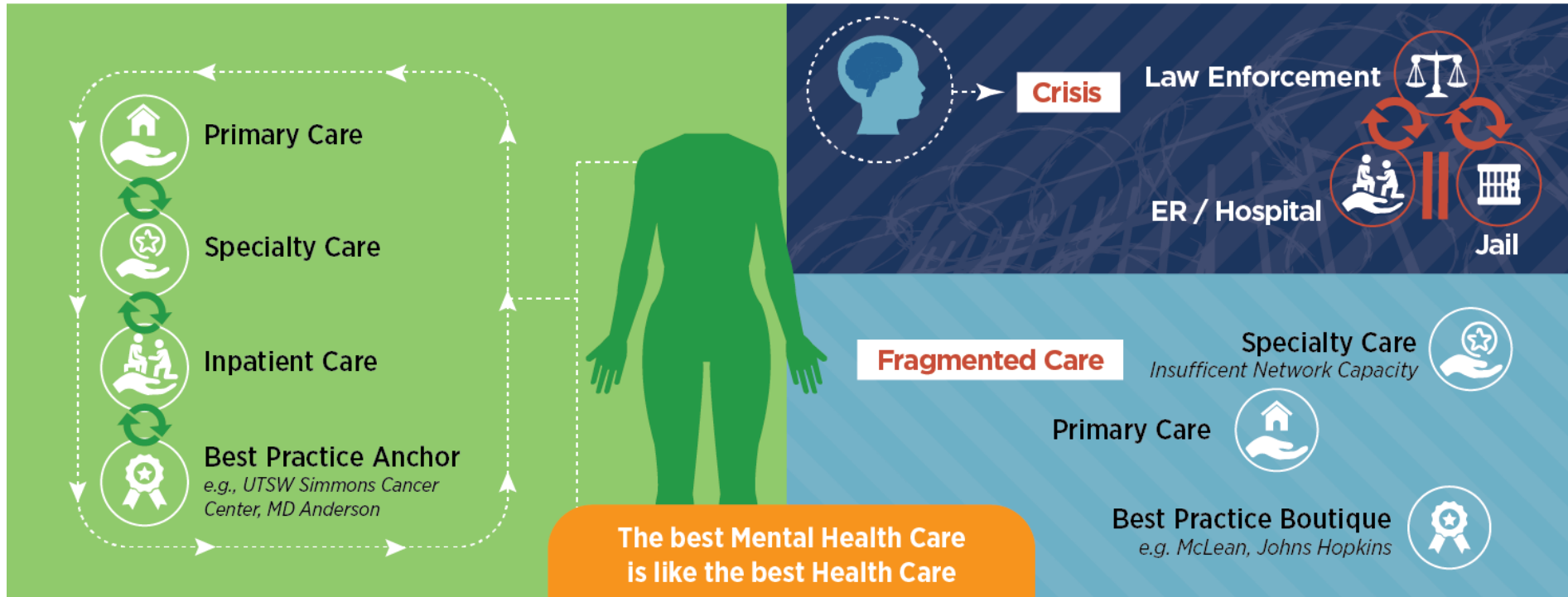
3,930
 DEATHS BY
SUICIDE
 in Texas in 2018

The Goal of Health Care: **LIVING YOUR LIFE** in the COMMUNITY

PHYSICAL



MENTAL



Physical Health Crisis!



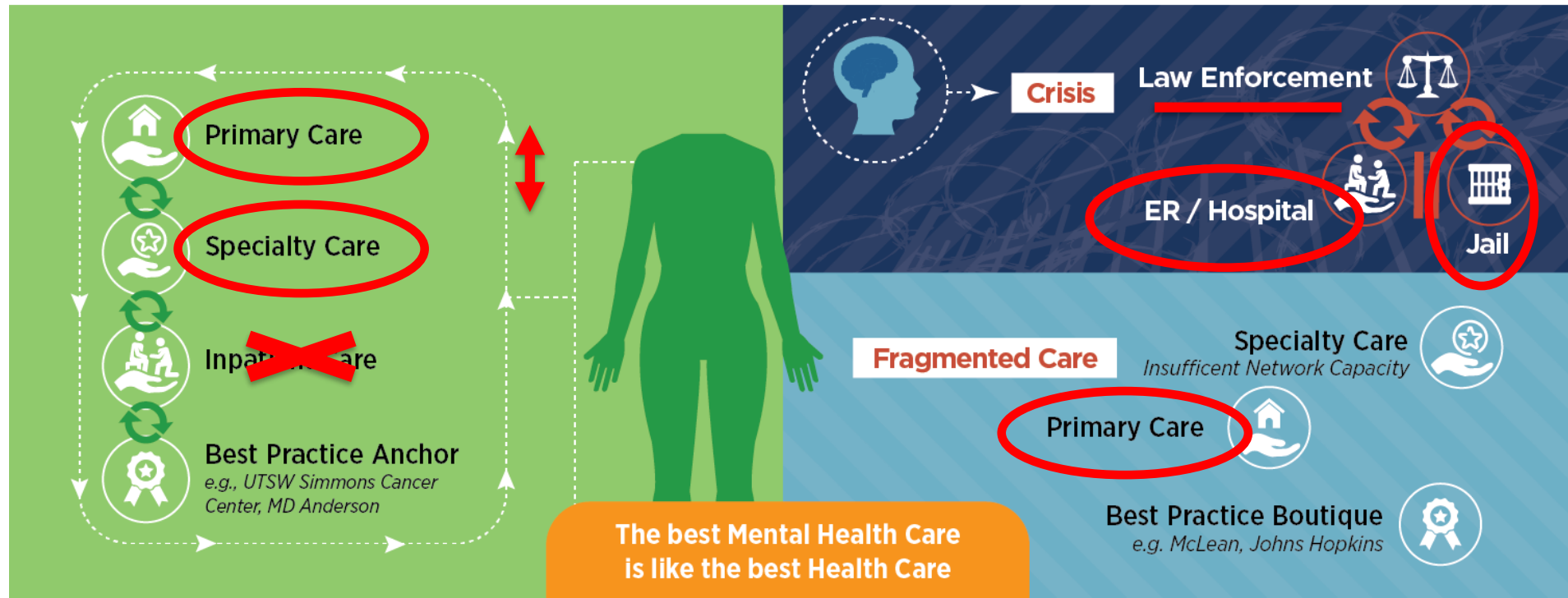
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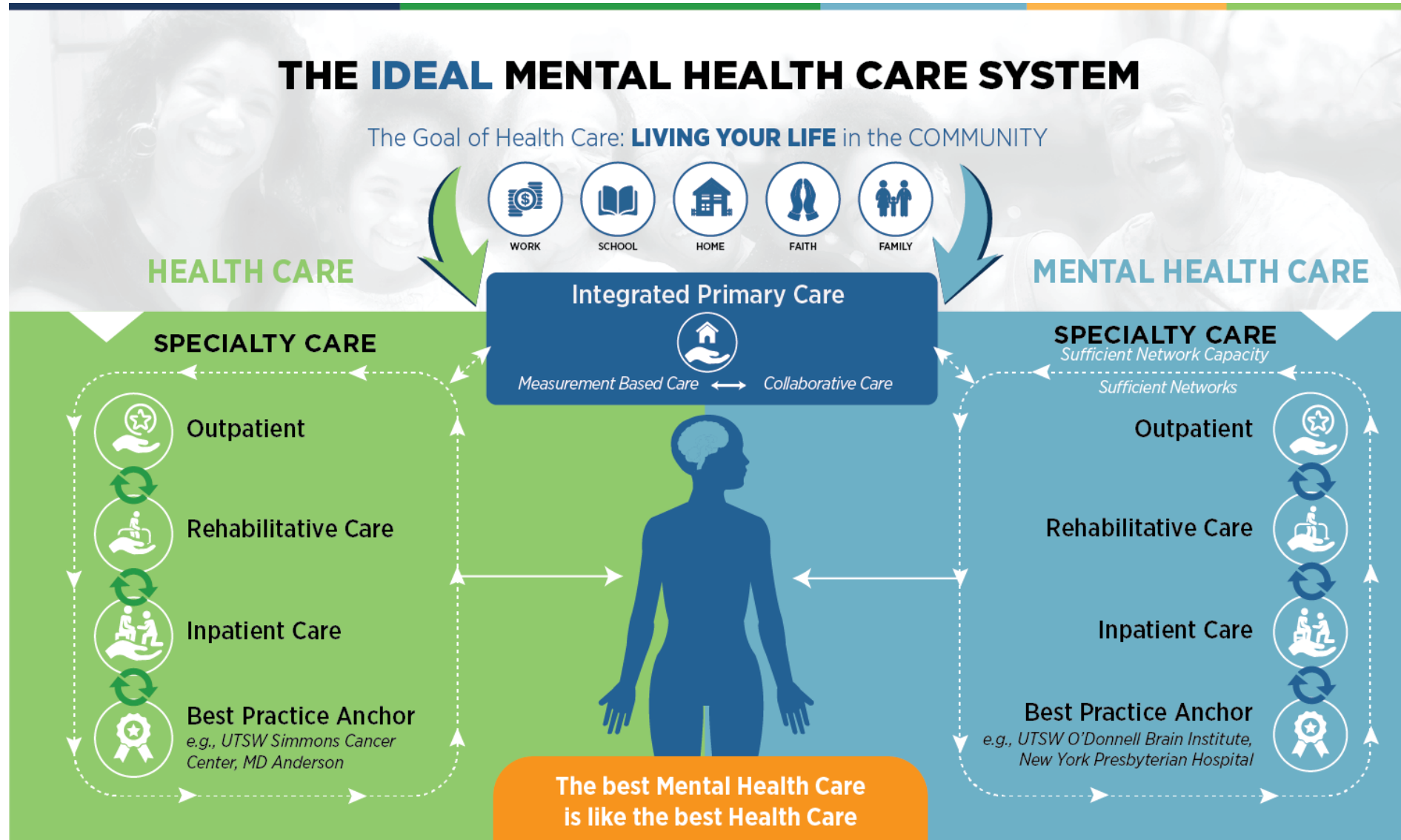
THE CURRENT MENTAL HEALTH CARE SYSTEM

3,930
DEATHS BY
SUICIDE
in Texas in 2018

The Goal of Health Care: **LIVING YOUR LIFE** in the COMMUNITY



Integrated Health Care: The System of Tomorrow



2. School-Based & School-Linked Services

School-Based & School-Linked Services

For many children and youth, schools are their primary mental health system. Although some schools can provide direct services (i.e., school-based interventions), many others do not have such capabilities and therefore need to link with services in the community (i.e., school-linked services).

- These linkages can help schools identify and address the unique needs of students, which can allow for more comprehensive assessments, reduce service gaps, and lead to better outcomes.
- Attention should be focused on meeting the social and emotional need of students, including a focus on grief and loss.
- The Multi-Tiered System of Supports (MTSS) framework can help address the mental health needs of students and ensure that schools are both secure and safe. The MTSS model is designed to provide a continuum of instructional and behavioral supports that can positively impact an entire school and create a supportive school culture, as well as offer specific interventions to meet the individual needs of each student.



Advancing Comprehensive School Mental Health Systems

[Advancing Comprehensive School Mental Health Systems Report](#)

“Schools are a natural setting for collaboration across partners to promote student well-being and to support early identification and intervention for students with mental health concerns.”



THE WHITE HOUSE



Addressing the Fentanyl Crisis: A Letter to Schools

October 30, 2023

Supporting Youth in Schools

- Highlighted the importance of focusing on measures to prevent youth drug use and ensure that every school has naloxone and has prepared students and faculty on how to use
- Encouraged development or revision of school emergency operation plans

Texas Child Mental Health Care Consortium Background

Established through Senate Bill 11 of the 86th Legislative Session to:

- 1. Leverage the expertise and the capacity of the health-related institutions of higher education in Texas to:**
 - address urgent mental health challenges;
 - improve the mental health care system in this state in relation to children and adolescents; and
- 2. Enhance the state's ability to address mental health care needs of children and adolescents through collaboration of the health-related institutions of higher education.**



TCMHCC Programs

More info at www.tcmhcc.utsystem.edu/



Child Psychiatry Access Network (CPAN)



Texas Child Health Access
Through Telemedicine



Community Psychiatry Workforce
Expansion



Child & Adolescent Psychiatry
(CAP) Fellowships



Children's Mental Health
Research

Texas Child Health Access Through Telemedicine

- Provides in-school behavioral telehealth care to at-risk children and adolescents.
- Parental consent is required.



Direct telepsychiatry or counseling to students at schools.



Educational and training materials for school staff.



Statewide data management system.

Preliminary Outcome Data on Impact of TCHAT on Depression Scores

- Participation in TCHAT resulted in a clinically significant reduction in depressive symptoms, particularly for those with more severe symptoms on entry to the program
- Treatment was equally effective for students of
 - All major racial and ethnic groups
 - Males and females
 - All age groups
 - Rural, Suburban and Urban areas

3. Crisis Continuum

Crisis Continuum

Current crisis services do not function as a coordinated system, which prevents children and youth from getting the services they need when and where they need them.

- We must have a crisis continuum so young people and their families have someone to call, someone to respond, and somewhere to go, including the ability to activate mobile response and stabilization teams that are focused on children and youth so that services are provided by the right people with the right expertise.
- We must also focus on ensuring that approaches across the country to implement the new 988 system for behavioral health crises include a specialized focus on children, youth, and families.



**National Guidelines for Child
and Youth Behavioral Health
Crisis Care**

HHS Released National Guidelines for Improving Youth Mental Health Crisis Care

Thursday, November 10, 2022

The *National Guidelines for Child and Youth Behavioral Health Crisis Care* offers best practices, implementation strategies, and practical guidance for the design and development of services that meet the needs of children, youth, and their families experiencing a behavioral health crisis. Additional technical guidance is provided in a companion report produced by SAMHSA in conjunction with the National Association of State Mental Health Program Directors, *A Safe Place to Be: Crisis Stabilization Services and Other Supports for Children and Youth*.

https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/pep-22-01-02-001.pdf

988 Suicide & Crisis Lifeline

- 988 Lifeline is made up of a network of more than 200 state and local call centers supported by HHS through SAMHSA
- Since the July 2022 launch, 988 has received (routed) about 7 million calls, texts, and chats.
- One year after the rollout of 988, HHS announced the addition of Spanish text and chat services

4. Youth & Family Peer Support

Youth Peer Support

Youth peer support programs equip young people with tools to support themselves, their friends, and their communities. These programs are a critical part of the mental health workforce and in creating more equitable, healthy communities.



- Peer support programs, whether informal or formal, embody a unique approach to building relationships based on mutual sharing and skills, such as sharing personal stories, offering emotional support, linking people with community resources, and exchanging strategies that promote wellness.
- Young people and those with lived experience bring valuable insight. Partner with them to evaluate existing initiatives and to identify opportunities to develop more engaging, comprehensive resources and programs.
- Mental health supports and tools should be embedded into the daily lives of young people and situated in the places where they spend their time.

Family Peer Support

Family peer support offers a unique mechanism for rebuilding our support networks and communities, particularly as we seek to reduce the social isolation that has occurred from the pandemic.

- For those receiving assistance from mental health, substance use, and related service systems, family peer support provides hope, direction, advocacy, and partnership.
- Family peer support enables contributions and shared expertise from those with children or teens who have social, emotional, behavioral, or substance use issues.
- Family peer support can assist parents/caregivers in better navigating child-serving systems and learning new skills.



5. Brain Science & Innovative Uses of Technology



GOING DIGITAL HEALTH'S
**BEHAVIORAL
HEALTH TECH**
NOVEMBER 15-17, 2023

abridge

[Meadows Institute Report: Near-Term Policy Solutions to Bolster the Youth Mental Health Workforce Through Digital Technology](#)



GreyMatter

<https://mmhpi.org/topics/announcements/calling-all-investors-innovators-help-texas-solve-the-youth-mental-health-crisis/>

Youth and Social Media

What's the Issue?

- Phone access occurs much earlier in life
- Social media apps are programmed to keep people on them
- Certain groups are more vulnerable
- Tech has its benefits—a primary concern is about the amount of time spent and what's missed while using technology

What can be done?

- Find windows of time to do things that “light up life” that don't include tech (e.g., during carpool, cleaning dishes, etc.)
- Explain “why” reducing tech time is important
- Encourage more play and creativity
- Model what you would like to see.
- Talk with other parents to share experiences, ideas, expectations, ask for advice

Task Force on Kids Online Health & Safety

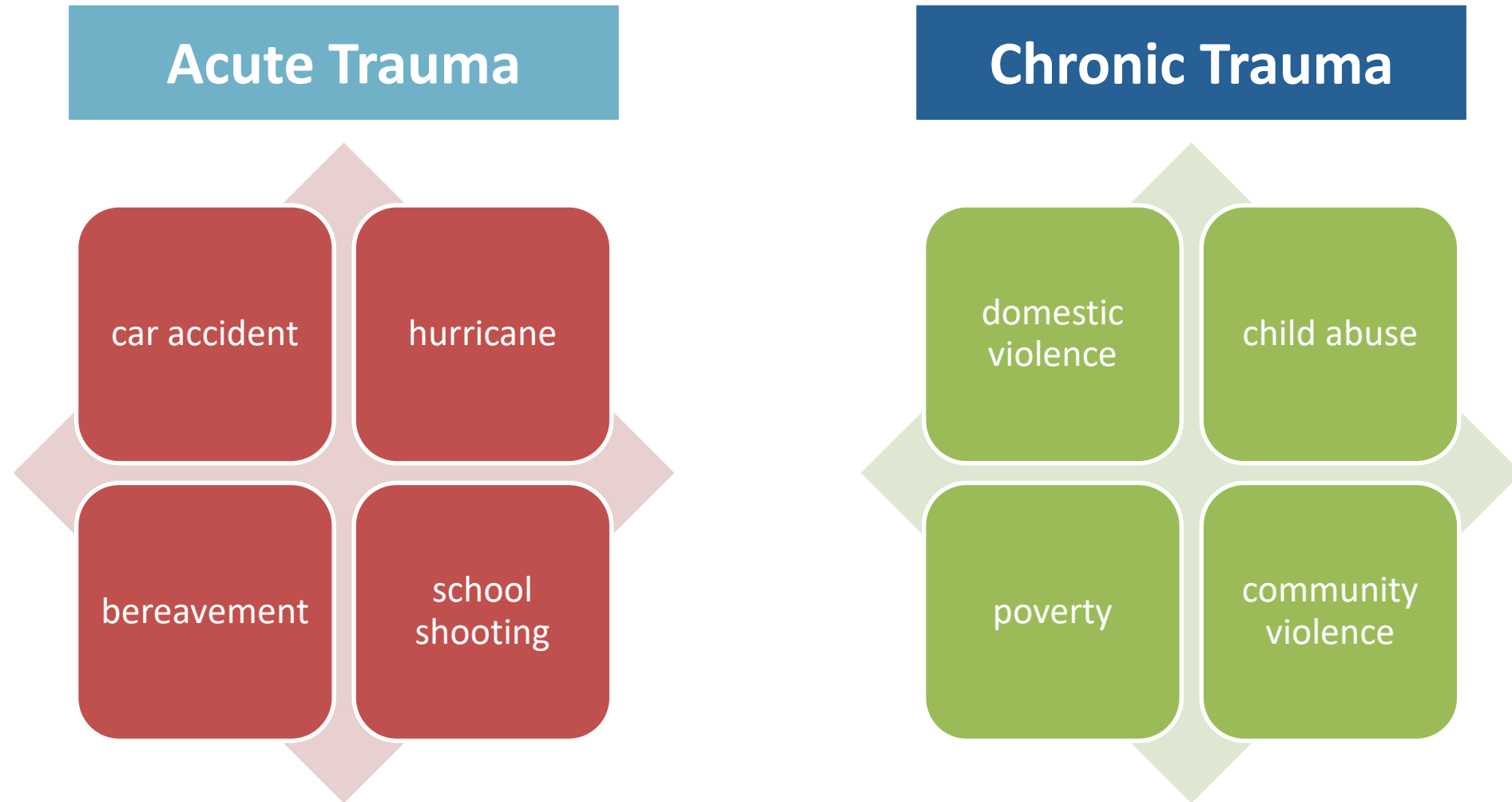
In May 2023, the Biden-Harris Administration issued a fact sheet on actions to Protect Youth Mental Health, Safety and Privacy Online.

- One of the actions to safeguard children's privacy, health, and safety from online harm is to create a Task Force on Kids Online Health and Safety.
- The Task Force is led by the U.S. Department of Health and Human Services (HHS) through the Assistant Secretary at SAMHSA, and in close partnership with the U.S. Department of Commerce.
- By Spring 2024, the Task Force will develop voluntary guidance, policy recommendations, and a toolkit on safety-, health- and privacy-by-design for industry developing digital products and services.

FACT Sheet, May 23, 2023: <https://www.whitehouse.gov/briefing-room/statements-releases/2023/05/23/fact-sheet-biden-harris-administration-announces-actions-to-protect-youth-mental-health-safety-privacy-online/>

6. Trauma & Grief

What is Trauma?



Certain traumas tend to cluster together.

Recognizing Signs of Traumatic Stress

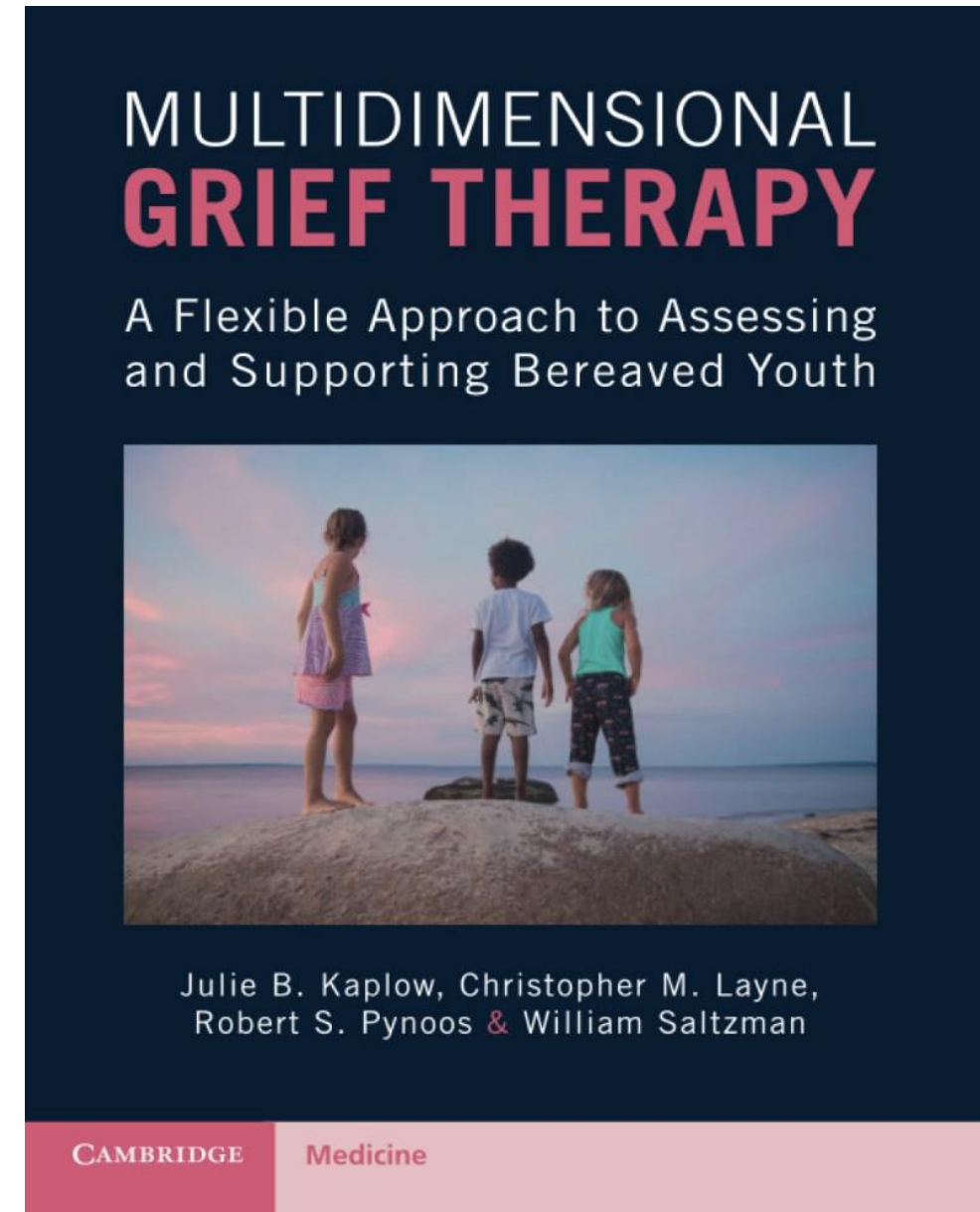
- Can resemble **anxiety**
- Can resemble **ADHD**
- Can resemble **depression**
- Can resemble **conduct problems**
- Can resemble **physical illness**



A New Book by Dr. Julie Kaplow

Multidimensional Grief Therapy (MGT) provides counselors, social workers, psychologists, and psychiatrists with a flexible program for assessing and supporting children and adolescents who have experienced bereavement.

This manual provides activities and handouts designed to engage and empower youth after experiencing a death, including under traumatic circumstances.



7. Strategic Partnerships

Connections & Collaboration



- Enhance connections and alliances.
- Free exchange of ideas and information with allies and competitors.
- Collectively strive for having healthy children and families.

Building Bridges Initiative



The Building Bridges Initiative (BBI) is a collaborative effort between youth, families, and systems to improve services and outcomes for youth and families involved in both the child welfare and juvenile justice systems. BBI/Residential best practices are expanding throughout the country.

Visit www.buildingbridges4youth.org for resources.

Creating & Maintaining CLC in Human Service Agencies: Rationale & Recommendations for Promising Practices

Supporting Siblings When a Brother/Sister is Receiving Residential Interventions

Building Consensus on Residential Measures for Outcome & Performance Measures

Tip Sheets for Families

Tip Sheets for Youth

Self-Assessment Tool - Revised

Parting Thoughts

Systems of Care & Resilience...





**Be the Aspirin,
Not the Headache**

WIN, WYN Situation



**What I need,
& what you need**

Sometimes you have to cause a
to stir a cause.



**The difference
you make**

**makes a
difference.**





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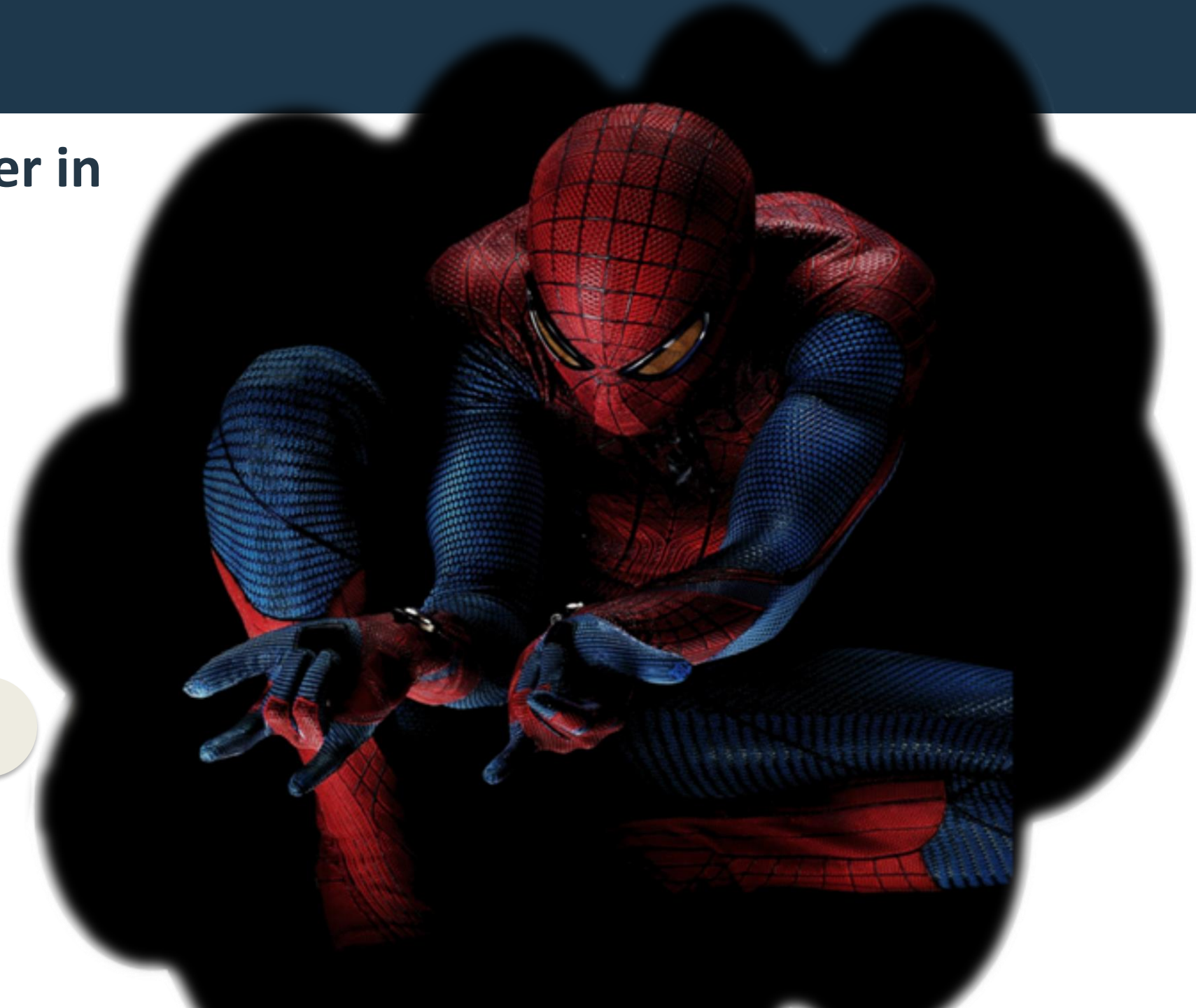
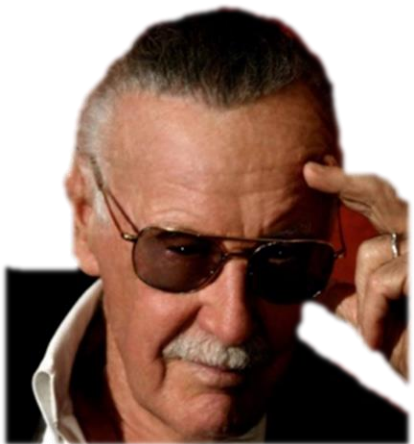
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**There is great power in
this room!**

*“With great
power...”
~ Stan Lee ~*



Don't maintain
prehistoric
ideas



Don't be a dinosaur!



- **However, if you were a dinosaur...**

You'd be an AWESOMESAURUS!



Time to Get Busy...



...And Get to Work!



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@GaryBlauPhD

Senior Advisor, Children, Youth and Families, Substance Abuse and Mental Health Services Administration

📍 Bradenton, FL [🔗 thehackettcenter.org](https://thehackettcenter.org) 📅 Joined July 2012

490 Following 1,920 Followers

And on LinkedIn!



Dr. Gary Blau · 1st

Senior Advisor for Children, Youth and Families, Substance Abuse and Mental Health Services Administration (SAMHSA)

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Substance Abuse and
Mental Health Services
Administration (SAMHSA)



Auburn University

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.



1-877-SAMHSA-7 (1-877-726-4727) 1-800-487-4889 (TDD)

www.samhsa.gov