


Helping Teens and Families Utilize Mental Healthcare

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"Our greatest glory is not in never failing, but in rising up every time we fail." – Ralph Waldo Emerson

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Background


- 18 years behavioral health experience in all parts of the treatment continuum
- Clinical and administrative experience
- Lived experience
- Active in non profit boards
- Active in legislative process
- I will be honest with you



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Learning Objectives

- Identify various entry points into healthcare to address behavioral health concerns.
- Articulate an understanding of continuums of care and the role of a continuum in treating chronic illnesses
- Consider elements of a productive therapeutic relationship.



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Goals of Parenting

- The primary purpose of parenting is to raise fully functional adults who can take care of themselves and make a positive contribution to society. - Psych Central
- the REAL goal of any parent should be to teach their child to become their own parent.- Life hack.org
- Foster Resilience- Thoughtfulparent.com
- "Get them to age 25 with minimal pregnancy's, loss of limbs or criminal charges" – Dr. Michael Barnes



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Goals of being a kid

Kid perspective

- Get through high school
- Get out of the house
- Find someone to love me
- Have fun

Developmental perspective

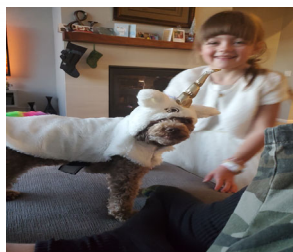
- Individuate from parents
- Develop identity
- Intimate relationships
- Coping skills



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Audience poll

- Why did you attend today?
- Which of the three learning objectives are you most interested in?



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Why seek care

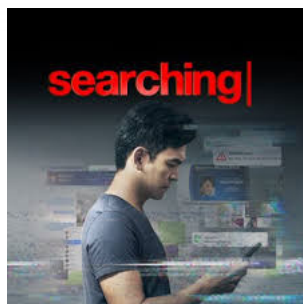
- Other efforts have failed
- Increased consequences
- Worsening symptoms
- Unexplainable change
- Previous unsuccessful treatment efforts
- Don't like recommendations



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How we seek treatment

- Web
- Professional referral
- Personal referral



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How we seek treatment- web

- 69.9% of consumers see positive patient reviews as "very" or "extremely" important.
- 72% use reviews as the first step to finding a new doctor.
- 60.8% of consumers avoid doctors based on negative reviews.
- Yelp promotes people using the platform to review doctors and considers the insight they provide quite helpful. The company claims that [84% of consumers use review sites to find a new doctor](#).



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Who seeks treatment (makes healthcare decisions)

- Women in the United States make approximately 80% of the health care decisions for their families, yet often go without health care coverage themselves.
- The implementation of the Affordable Care Act provides an historical opportunity for women to gain health care coverage for themselves and their families.

Madoff, 2014



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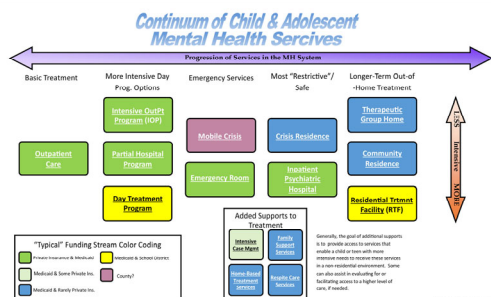
The continuum of care



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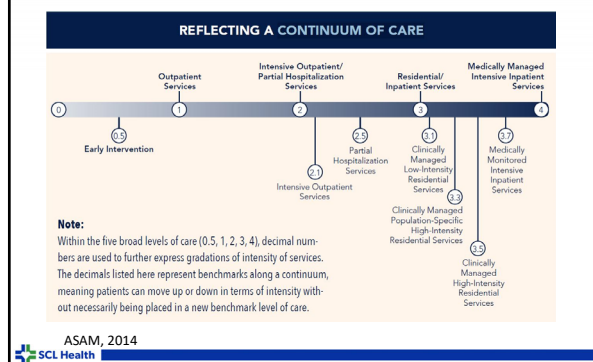
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MH System overview



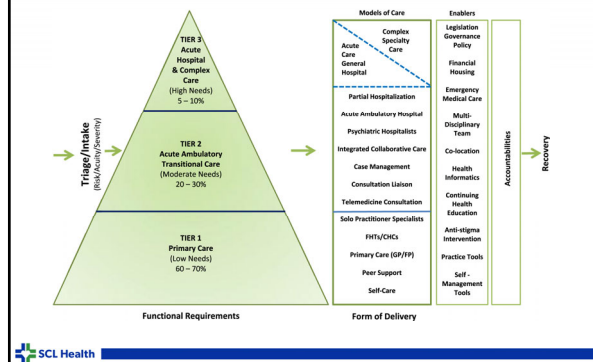
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Addiction treatment continuum



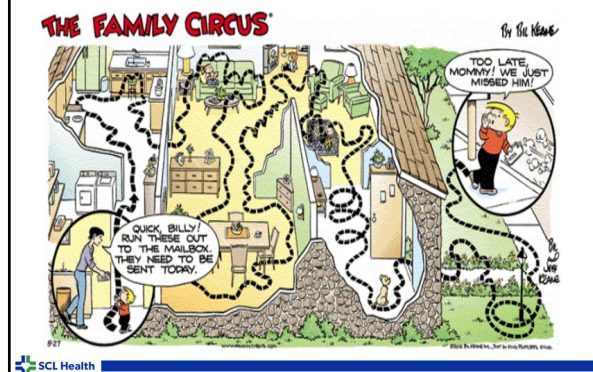
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Designated entry points to BH care



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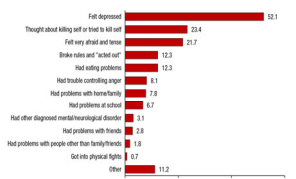
How most people access BH care



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How adolescents access care

- 24.9 Million adolescents (age 12-17)
- 3.4 Million received care in a specialty setting
- 3.2 Million in an educational setting
- 700,000 in a general medical setting



Medical setting adolescent presenting concerns

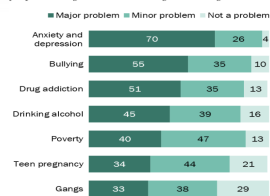
SAMSHA, 2014



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Teen perceptions of prevalence

Anxiety and depression top list of problems teens see among their peers
 % of teens saying each of the following is a _____ among people their age in the community where they live



Note: Share of respondents who didn't offer an answer not shown.
 Source: Survey of U.S. teens ages 13 to 17 conducted Sept. 17-Nov. 25, 2018.
 "Most U.S. Teens See Anxiety and Depression as a Major Problem Among Their Peers"

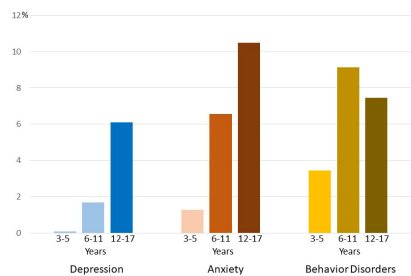
PEW RESEARCH CENTER



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CDC prevalence data

Depression, Anxiety, Behavior Disorders, by Age

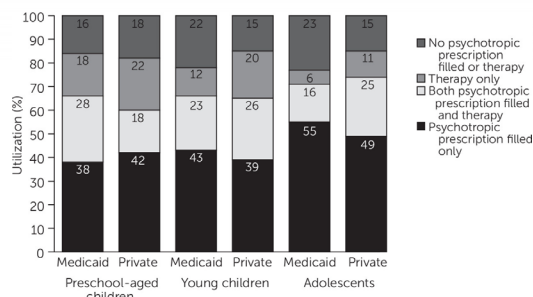


CDC, 2020



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Treatment trends by age and payer

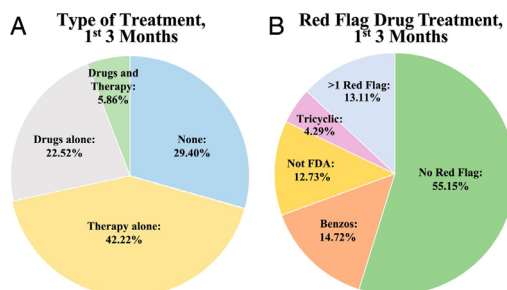


Ali, 2009



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Treatment of mental illness in American adolescents 2020



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PNAS

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Outpatient Treatment for Adolescent Substance Abuse: A Meta-Analysis

- 12-step-based therapy, TC, family-based interventions, CBT, motivational-based therapy (MI and BI), and mixed or other approaches.
- A consistent pattern emerged that showed overall positive effects for all treatment models when compared with comparison conditions, but family therapy, CBT, and motivational enhancement therapy/CBT tended to show the best outcomes.

Uipsey, 2012



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Meta-Analysis continued.....

- One of the most powerful predictors of treatment outcome in the general addiction field is the quality of the alliance between therapist and client.
- Average rate of sustained abstinence after treatment is 38% (range, 30–55) at 6 months and 32% at 12 months (range, 14–47).

Lipsey, 2012
SCL Health

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Meta-Analysis continued....

- Variables most consistently related to successful outcome are:
 - treatment completion,
 - low pretreatment substance use,
 - and peer/ parent social support/nonuse of substances.
- There is evidence that treatment is superior to no treatment, but insufficient evidence to compare the effectiveness of treatment types.
- The exception to this is that outpatient family therapy appears superior to other forms of outpatient treatment.

Lipsey, 2012
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Audience Poll

- What is the biggest challenge people have around accessing behavioral health care?

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Therapeutic relationships





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Assessment



- Licensed and certified clinician
 - Master's level+
 - LCSW, LPC, MAC etc.
 - CAC (Certified Addictions Counselor)
 - Collateral
 - Longitudinal
 - Tox screen



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Clinical Recommendations

- Level of Care
- Type of provider
- Likelihood of engagement
- Consistency
- UA monitoring

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Summary

- Do your own work
- Get your own support network
- Formal treatment is important but overvalued
- Relationships foster change



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Thank you!

- Mount Saint Vincent (children and families) 303-318-1737
- West Pines (adults 18+ SUD and MH) 303-467-4080
- Family SUD issues- Ronny DeCarlo 720-548-1890



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