

# SHIFT



# YOUR PERSPECTIVE

Apply Trauma-Informed Care

EMPOWERING. ENGAGING. EFFECTIVE.



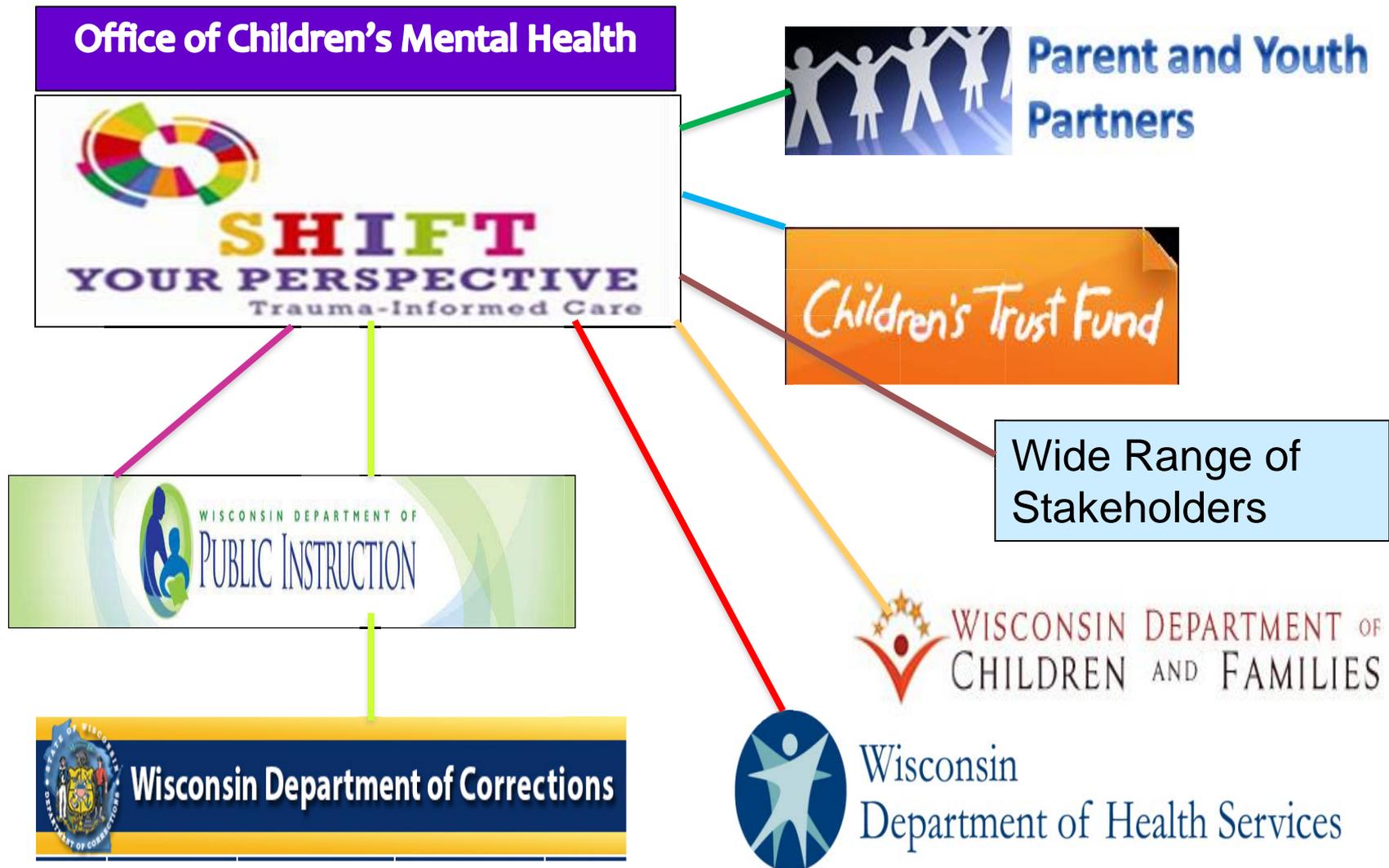
## Rebuilding for Learning

### August 2015

## Children's Mental Health: Aligning Action with Science and Data

## Office of Children's Mental Health

# Wisconsin Office of Children's Mental Health

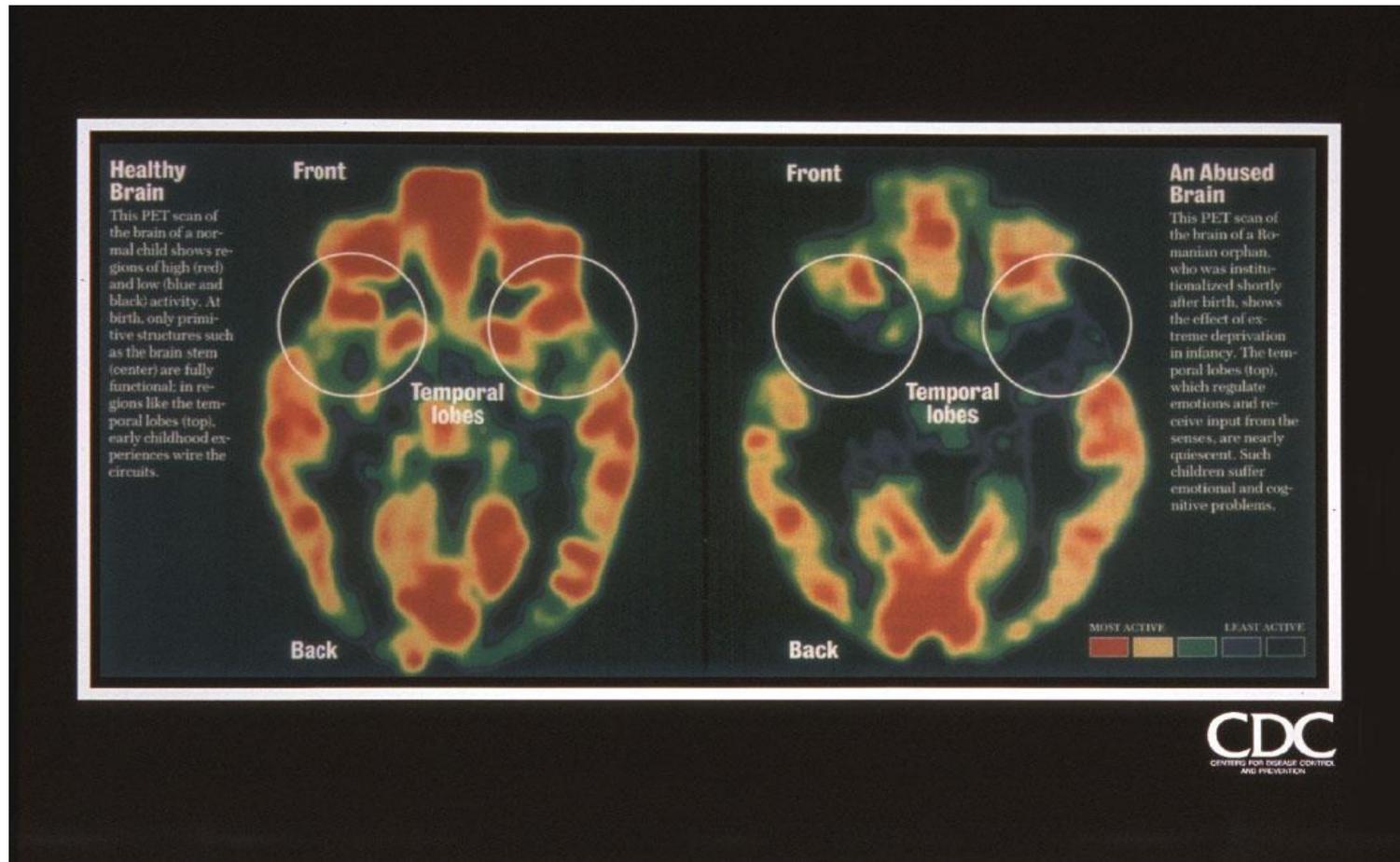


# **SHIFT** Our Perspective

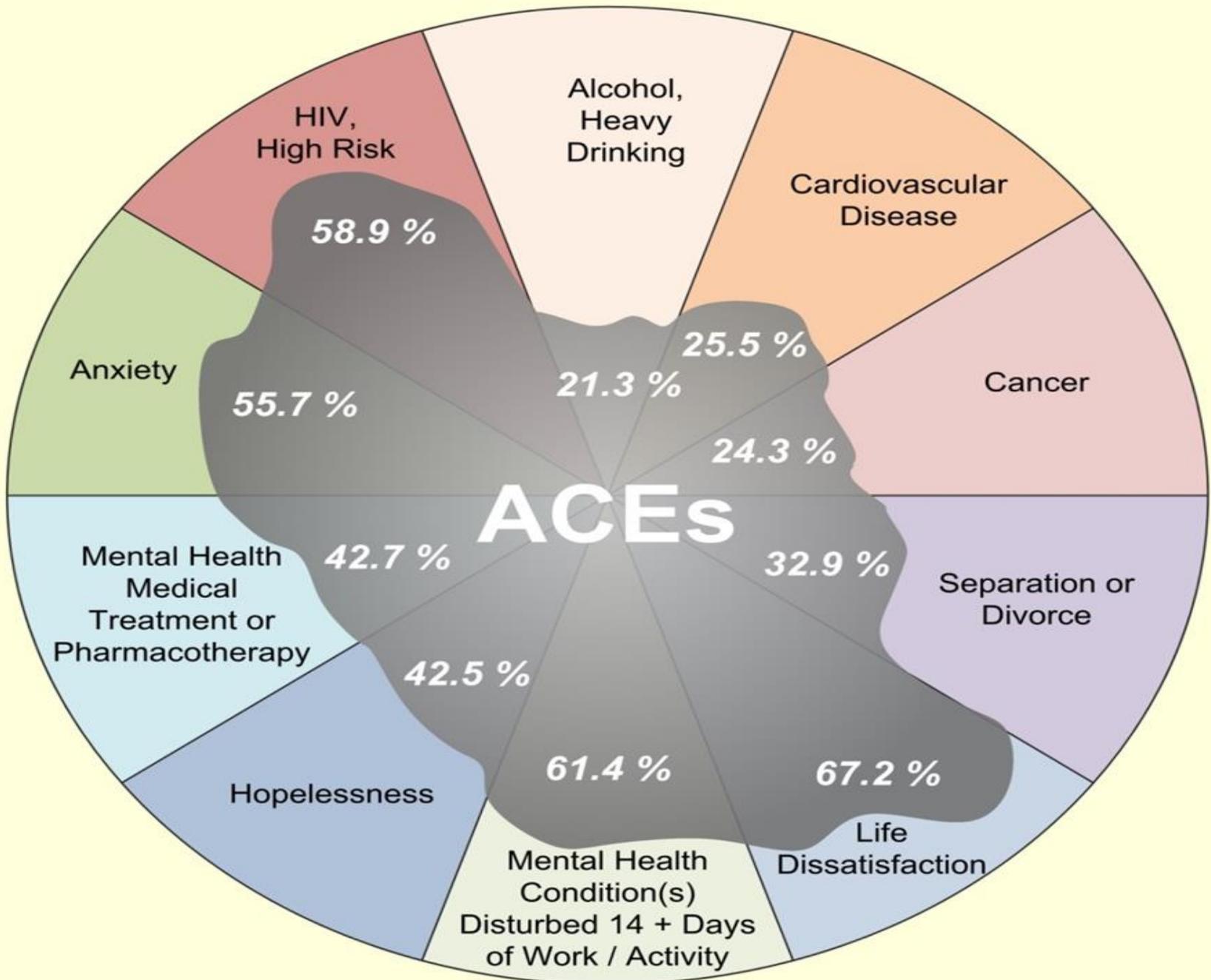
- From illness to **adaptation**
- From primarily a clinical approach to a **public health approach**
- From families as receivers to **families as leaders**
- From a programs approach to a **systems approach**

# SHIFT

## from Mental Illness to Adaptation

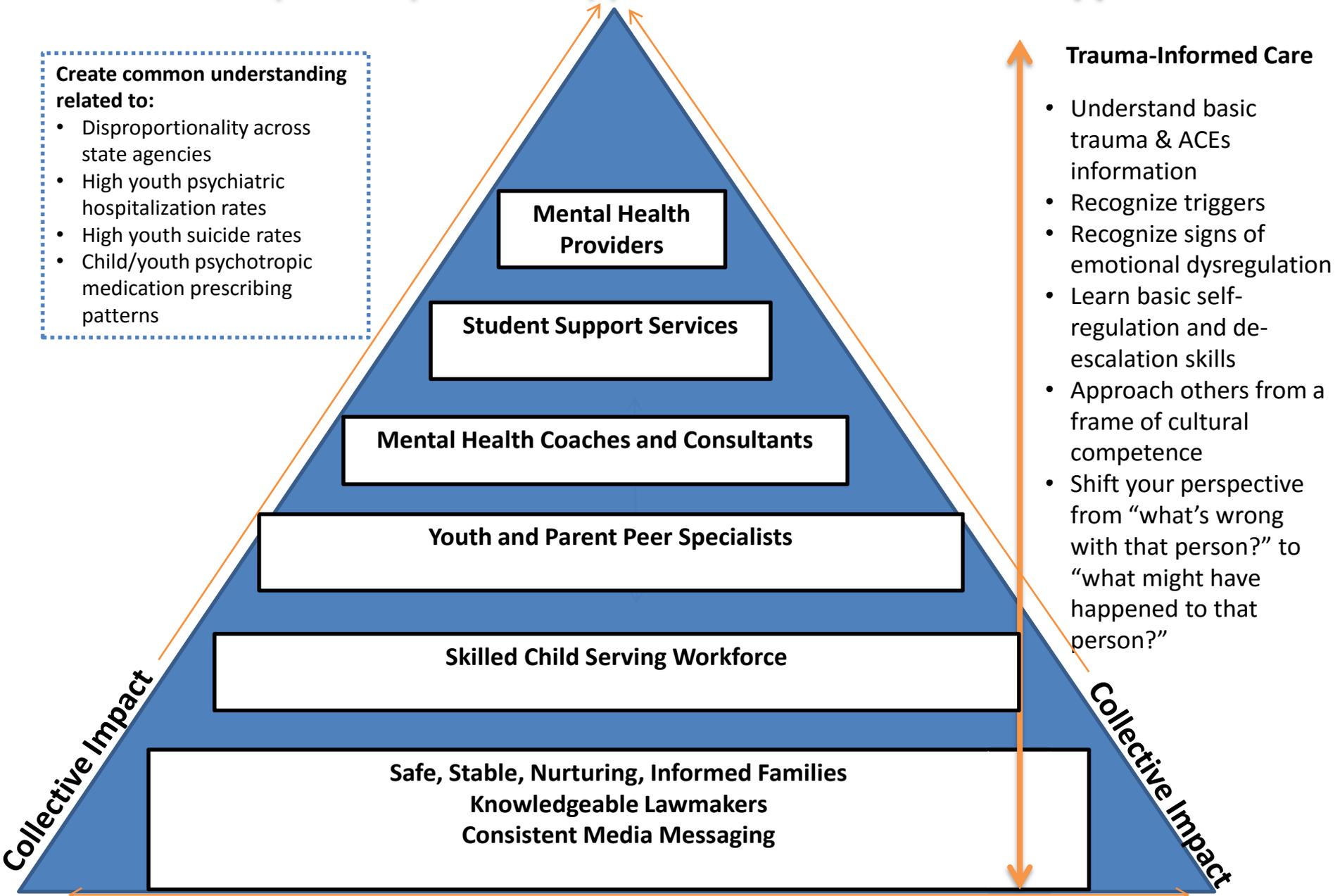


“Early experiences are biologically embedded in the development of the brain and other organ systems leaving a lifelong impact on learning, behavior and both physical and mental health.” Harvard Center on the Developing Child



# SHIFT

## from a primarily Clinical Approach to a **Public Health Approach**



# Harvard Center on the Developing Child: Building Adult Capabilities to Improve Child Outcomes: A Theory of Change

[http://developingchild.harvard.edu/resources/multimedia/videos/theory\\_of\\_change/](http://developingchild.harvard.edu/resources/multimedia/videos/theory_of_change/)

# SHIFT

from Families as Receivers to **Families as Leaders**



Develop an infrastructure to ensure meaningful parent and youth involvement in state agency activities

# SHIFT

from a Programs Approach to a **Systems Approach**



# Wisconsin Data Themes

- What is the prevalence of children's mental health issues?
- What are some of the risk factors that contribute to mental health difficulties?
- What do we know about access to mental health services?
- Using the available data, where do we see serious concerns?
- Where do we have opportunities to shift our perspective?
- What kind of disparities do we see?
- What strengths can we build on?

# Prevalence

Up to 1 in 9 Wisconsin kids has "Severe Emotional Disturbance"



Up to 1 in 5 Wisconsin kids has any mental health challenge

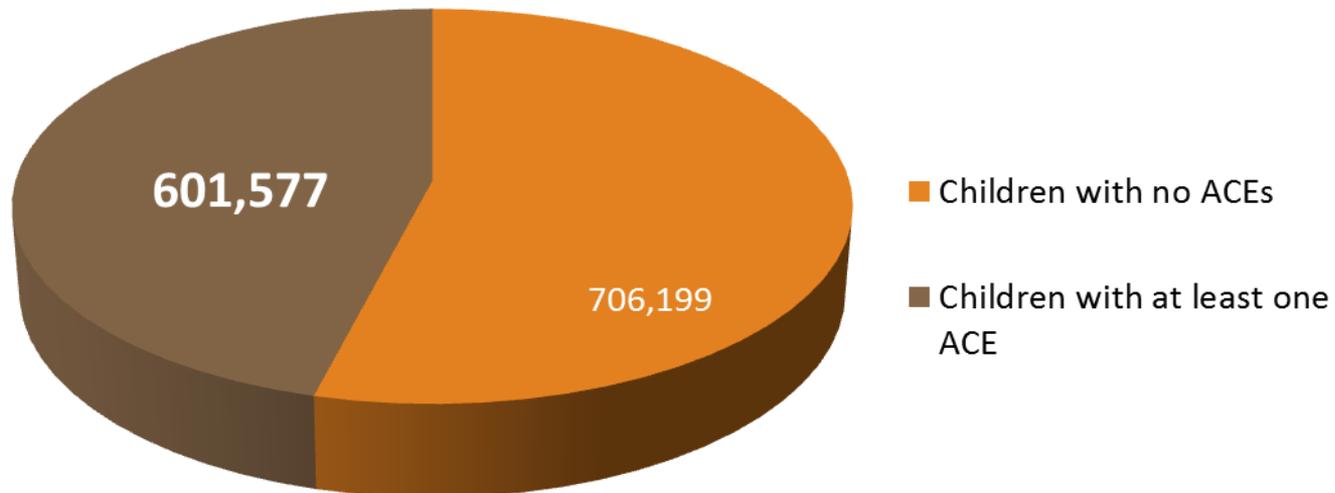


# Prevalence Rates Are Higher For...

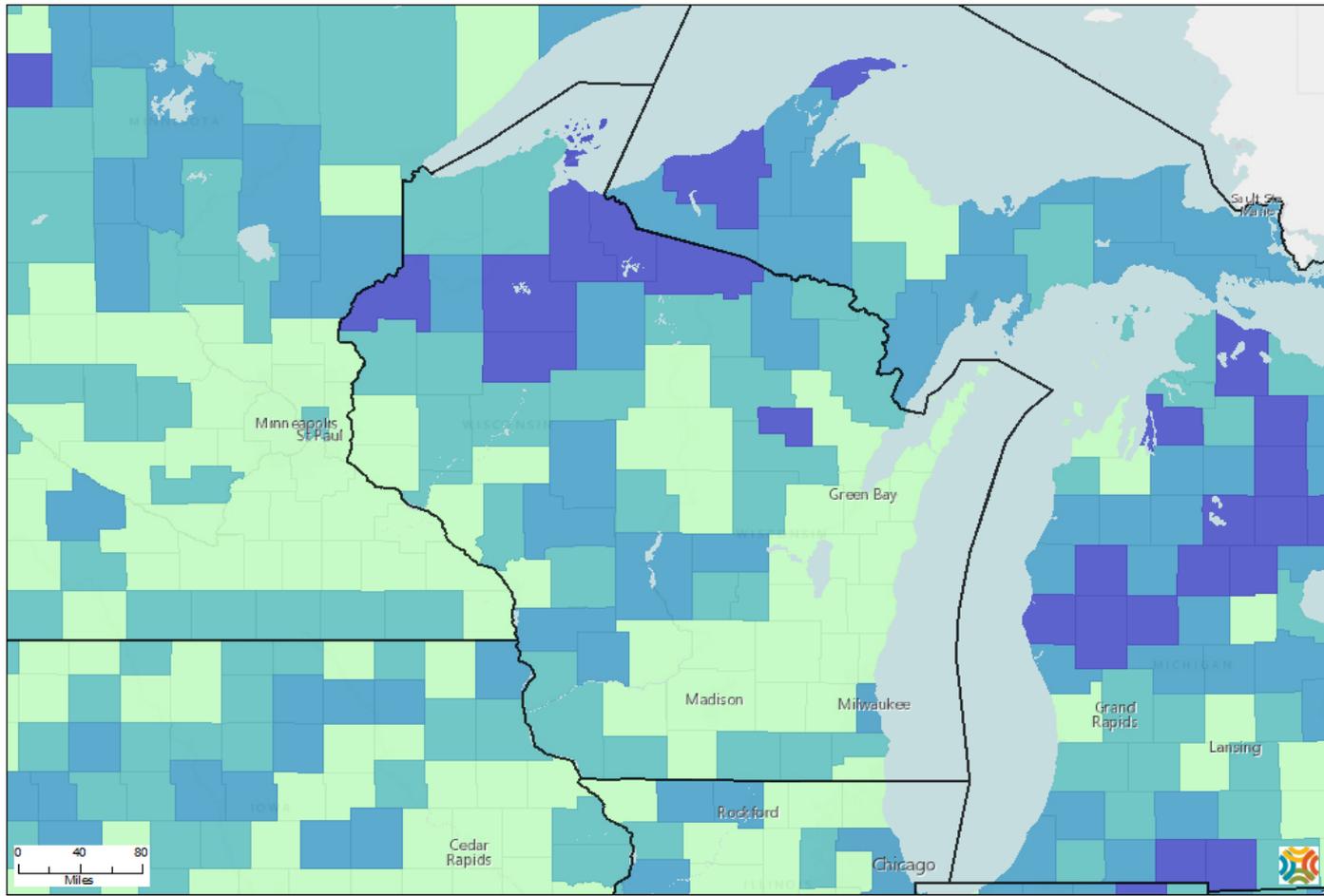
- **LGBT Youth**
  - 57% experienced depressive symptoms in the last month
- **African Americans**
  - Nationally, black youth have about 25% higher incidence of mental health challenges than white youth
- **Those in Poverty**
  - Twice the rate of “severe emotional disturbance” as non-poor kids

# Risk Factor: Adversity

Almost half (46%) of WI's children have experienced any adversity



Children Living at Or Below 200% Federal Poverty Line



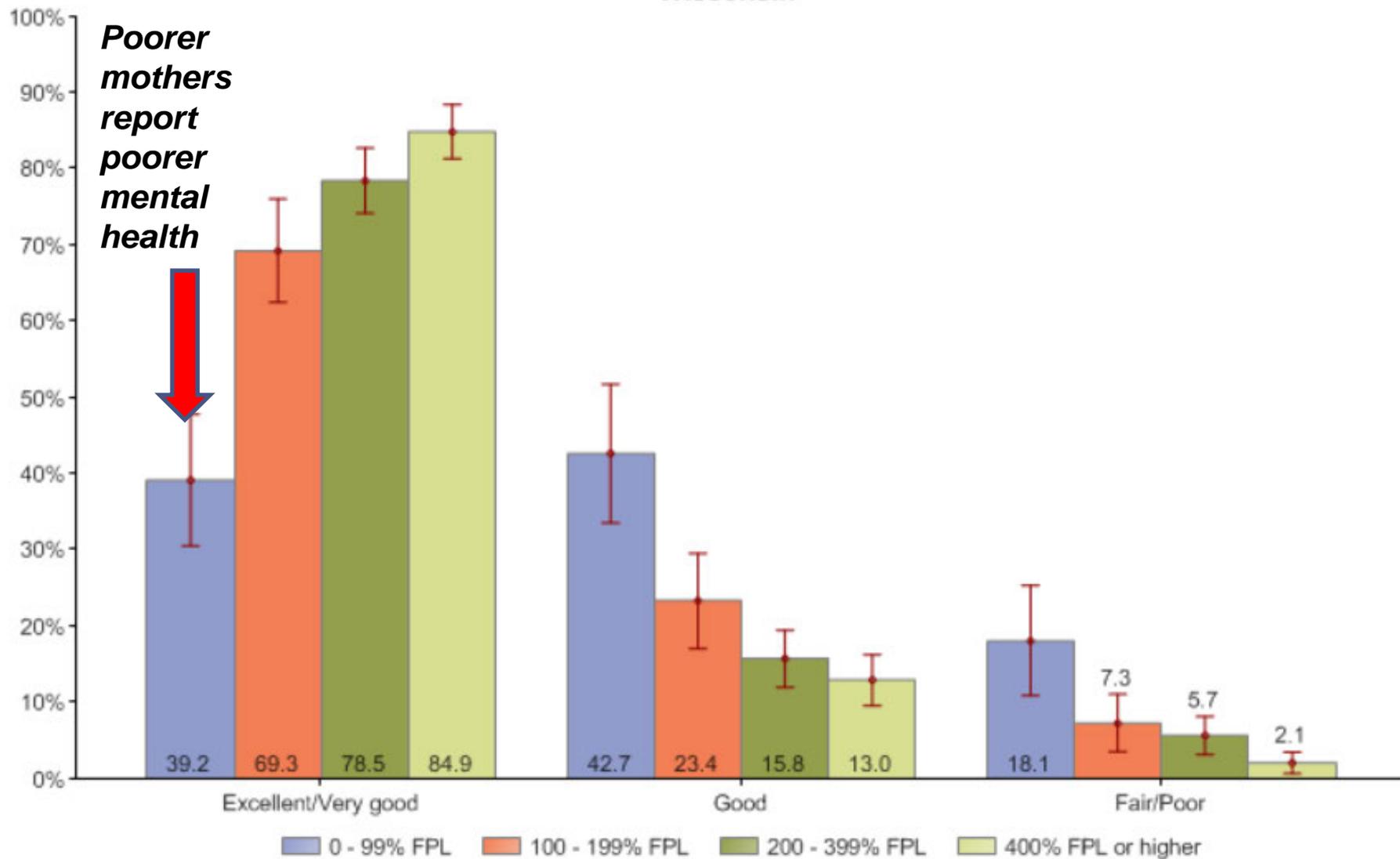
# Risk Factor: Poverty

### Map Legend

Population Below 200% Poverty Level, Children (Age 0-17), Percent by County, ACS 2008-12

- Over 56.0%
- 47.1 - 56.0%
- 38.1 - 47.0%
- Under 38.1%
- No Population Age 0-17 Reported
- No Data or Data Suppressed

**Mental health status of child's mother**  
Children age 0-17 years, households with mothers present only  
Wisconsin



- From Children's Trust Fund,  
Wisconsin ACE Brief

**Risk  
Factor:  
Parental  
Capacity**

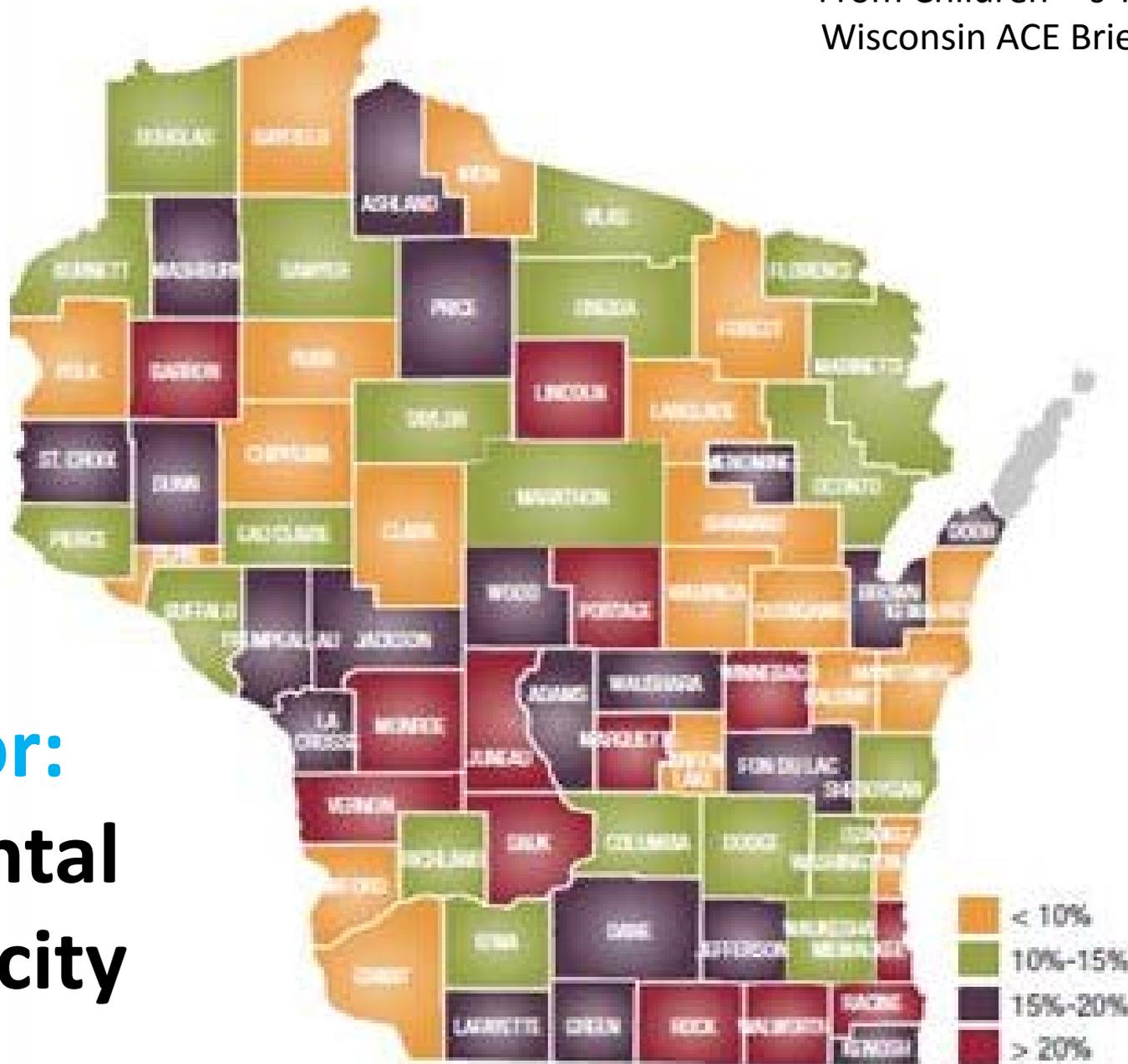


Figure 3. Prevalence of 4 or more ACEs in Wisconsin Counties

## Risk Factor: Parental Incarceration

- Parental incarceration is an ACE
- At least **18,000 WI children** had a parent who was incarcerated in 2012
- Preliminary analysis: 15% of child/youth BadgerCare respondents have ever had a parent incarcerated

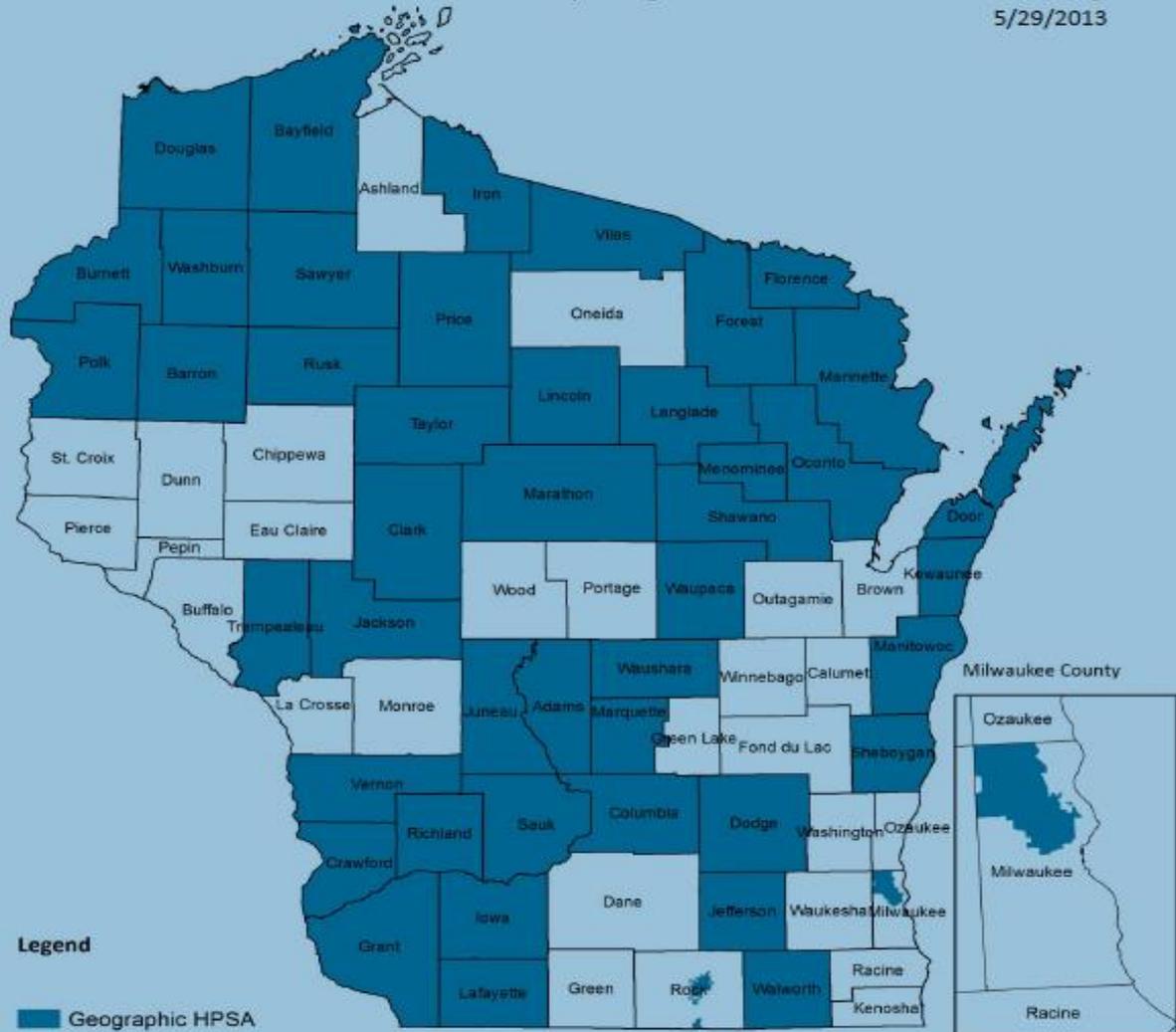


# Access: Providers

WI has 1,033 residents per provider (vs. 750:1 nationally)

Mental Health America: WI is 42<sup>nd</sup> nationally in mental health workforce capacity

## Wisconsin Mental Health HPSAs Federally Designated Health Professional Shortage Areas 5/29/2013



### Legend

■ Geographic HPSA

\* Data definitions in notes.

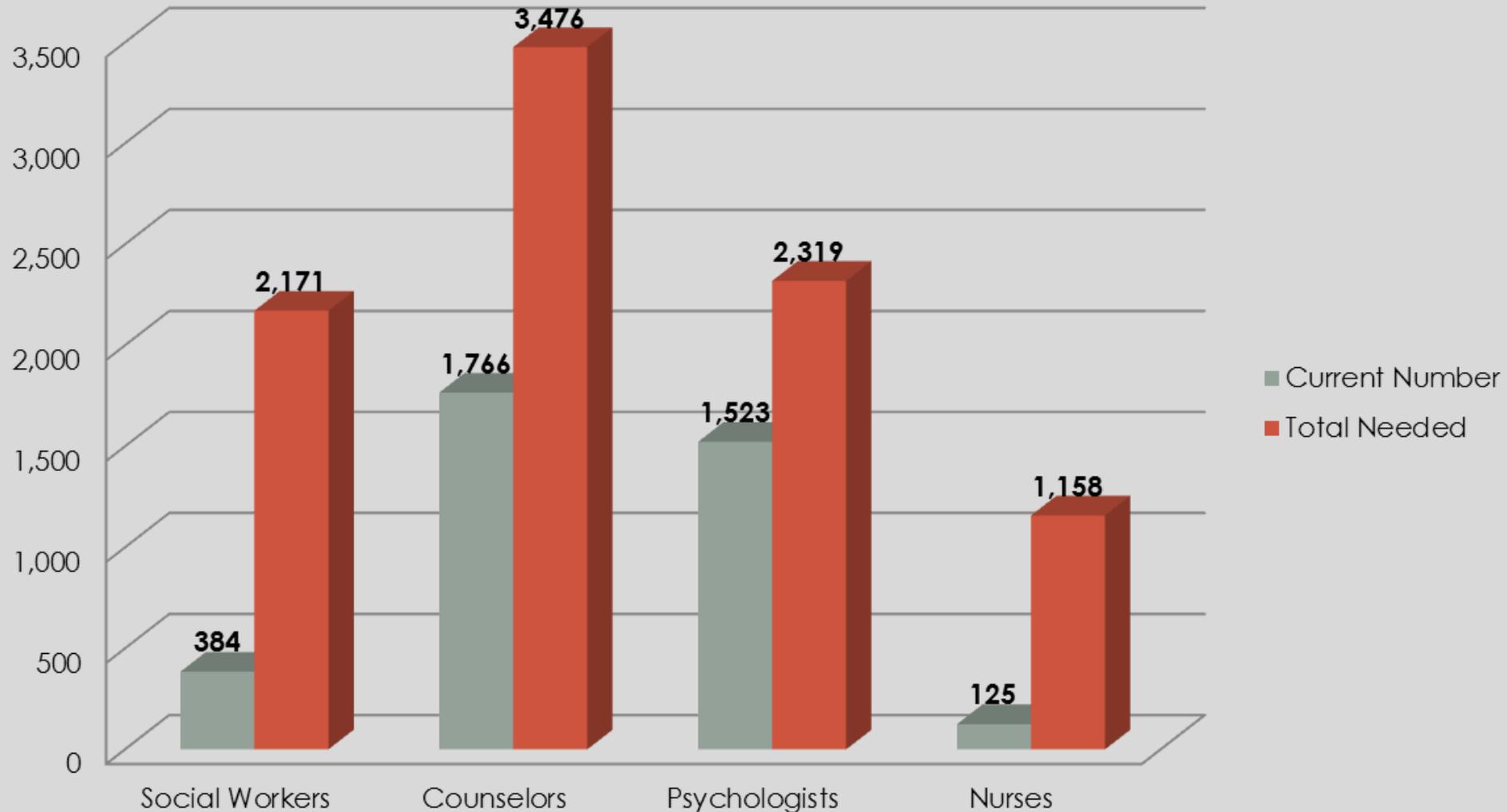
Wisconsin Department of Health Services  
Division of Public Health  
Wisconsin Primary Care Office

<http://www.dhs.wisconsin.gov/health/primarycare/index.htm>



# Access: School Support Services

Actual vs. Recommended Staffing Levels for Student Support Services, AY 2013-2014

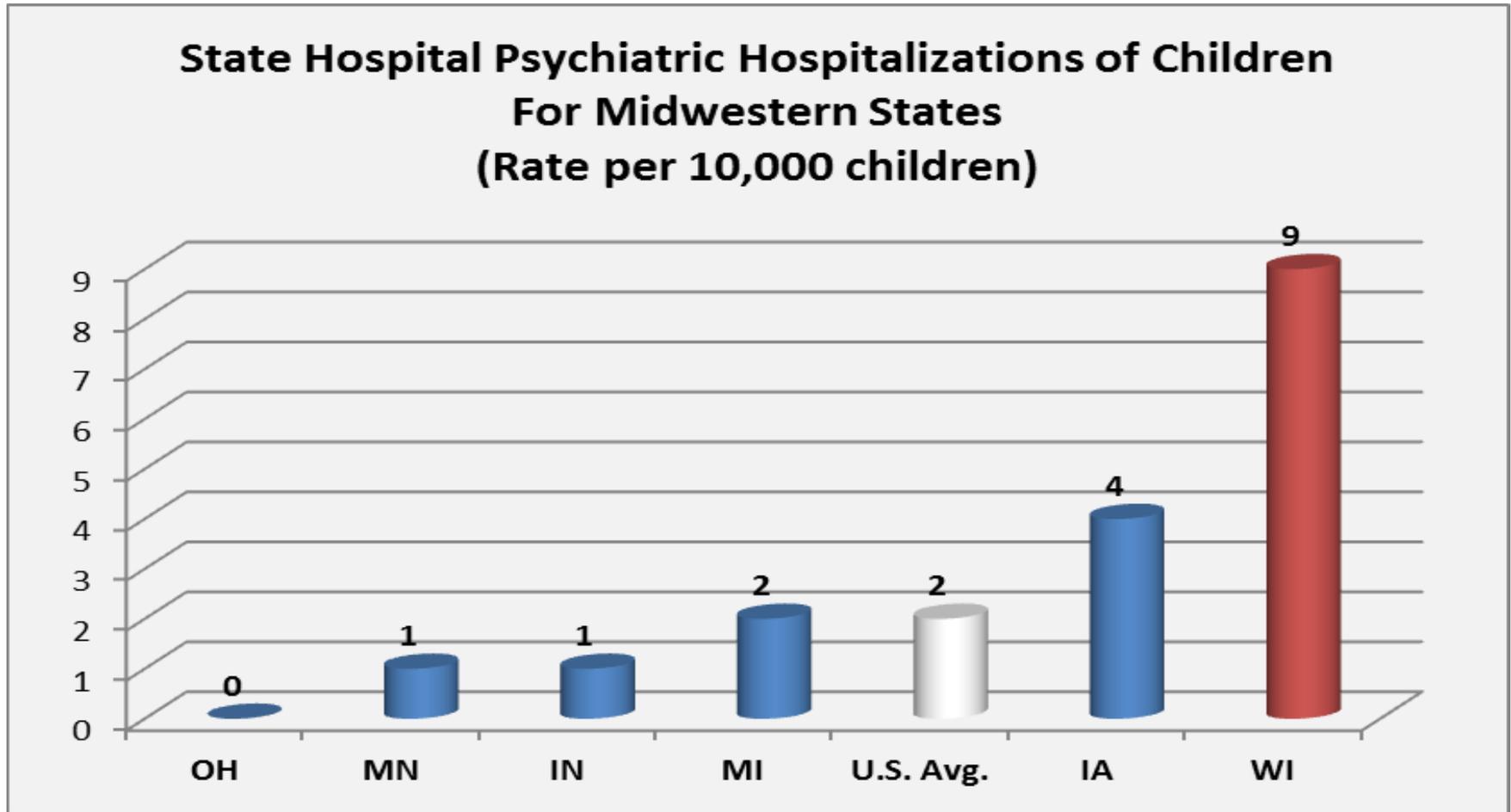


# **Concerns: Psychotropic Drug Patterns among Children / Youth on Medicaid**

**7 out of 10** young people prescribed a psychotropic drug in 2013 had **no therapy**

Younger kids (0-12) on psychotropic drugs were the least likely to have therapy

# Concerns: Hospitalization Rates



Rate of hospitalizing in a state facility is 4.5 times the national average and the highest in the Midwest

# Concerns: Suicide Rates

In Wisconsin (2013)...

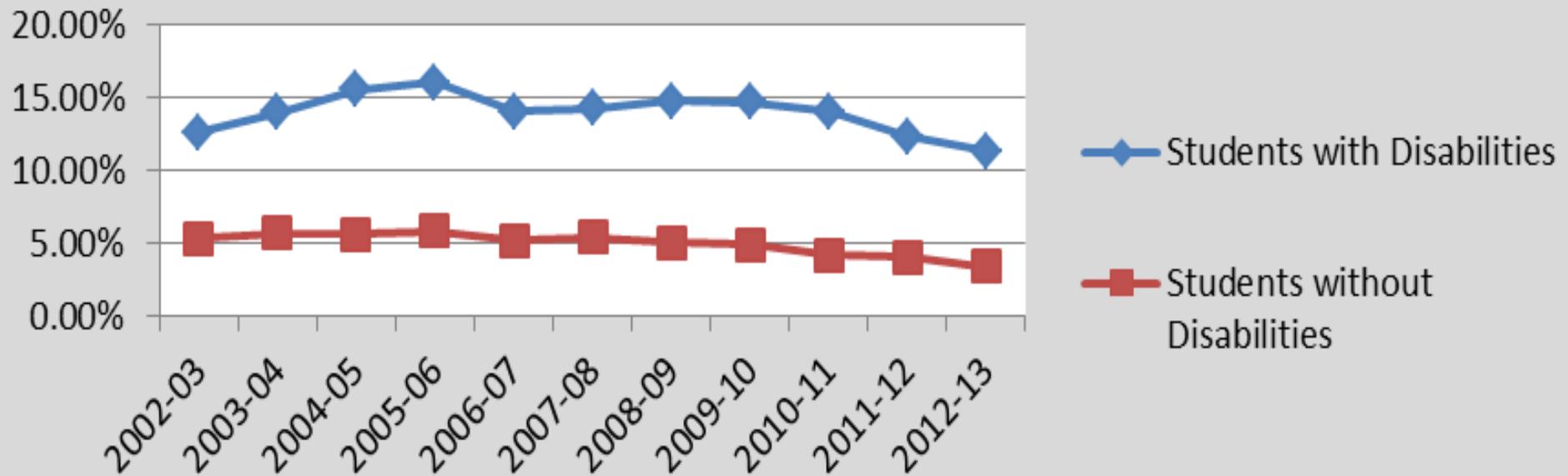
...one in seven students reported seriously considering suicide

...the youth suicide rate is 40% higher than the national average

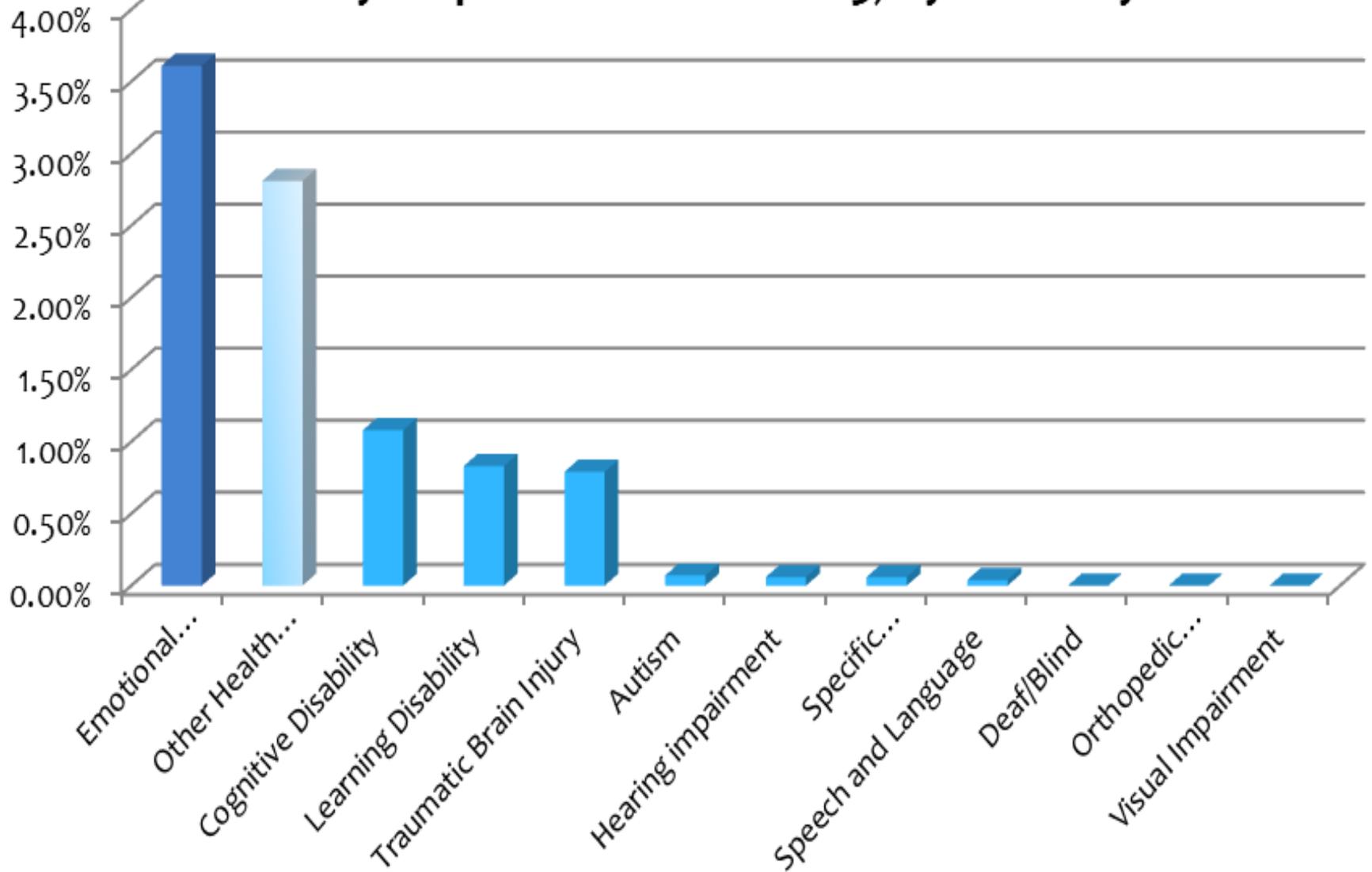
...suicide is the second leading cause of death for youth (first is accidents)

# Opportunities: Rethink School Sanctions

## Percent of Students Suspended, by Disability Status

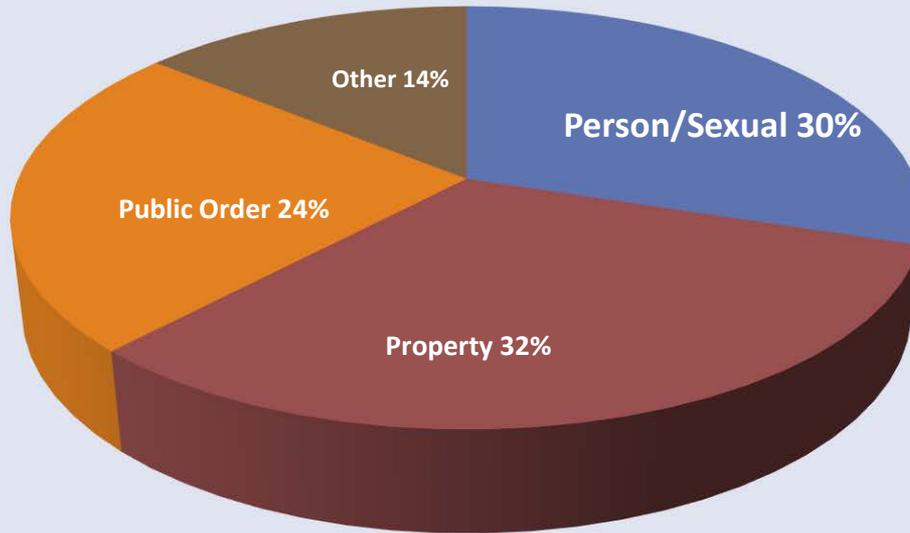


# Percentage of Students In Special Education Who Received 10 day suspensions in 2012-2013, by Disability



# Opportunities: Rethink Societal Sanctions

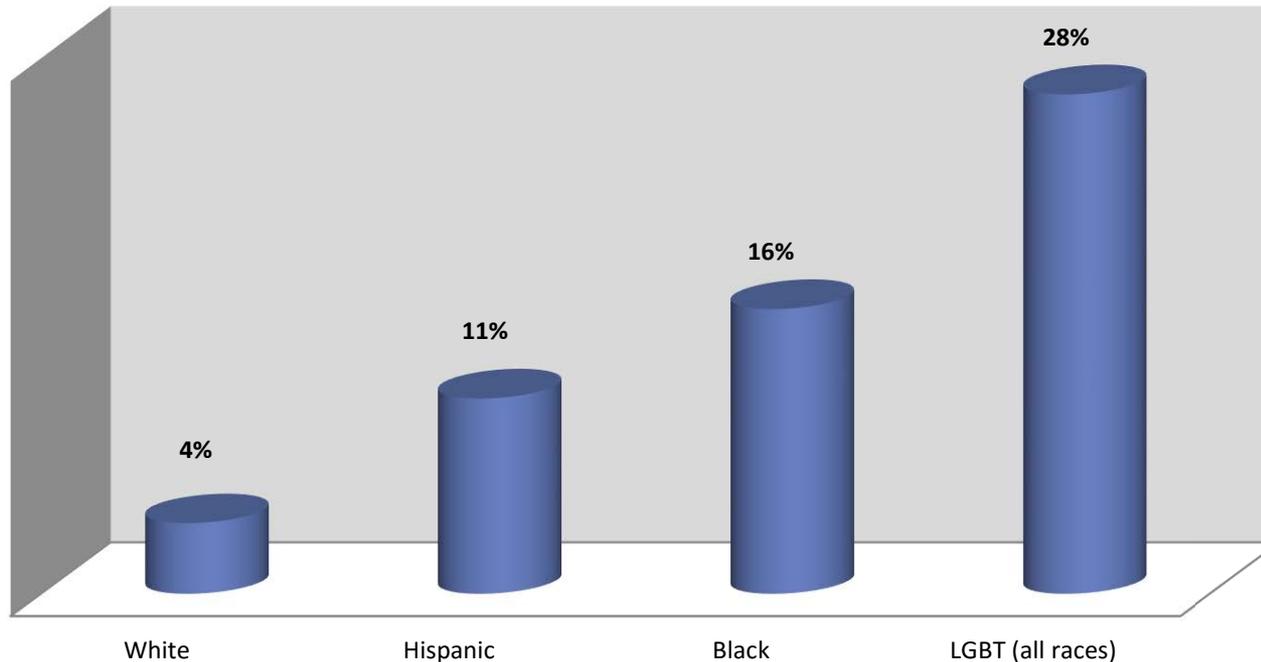
Reasons for Youth Detentions, 2013



- Most detentions (70%) are for non-violent offenses
- 98% of youth in State correctional institutes report a trauma history (ACEs)

# Disparities: Suicide Risk

What % of WI HS Students Attempted Suicide in the last year? (2013)



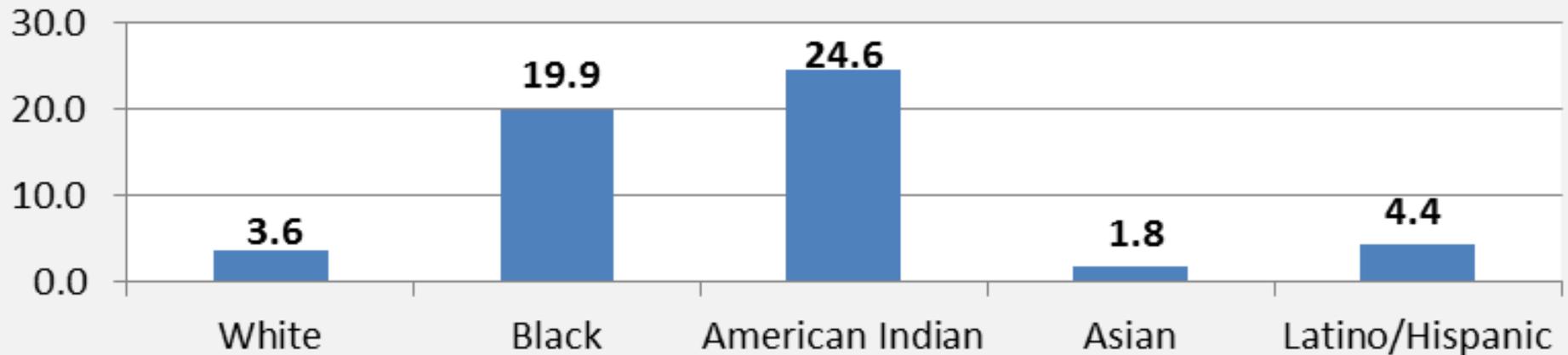
- Wisconsin's Black youth suicide attempt rate is **82%** higher than the national average.
- LGBT, Hispanic, and Black youth are at the highest risk of attempting suicide

# Disparities: School Discipline

- Approximately 1 in 5 Black students were suspended in 2013 (21%) - more than 9 times the rate of White students
- American Indian students were suspended at over 3 times the rate of White students
- Hispanic/Latino students were twice as likely as their White peers to be suspended

# Disparities: Out-of-Home Placement

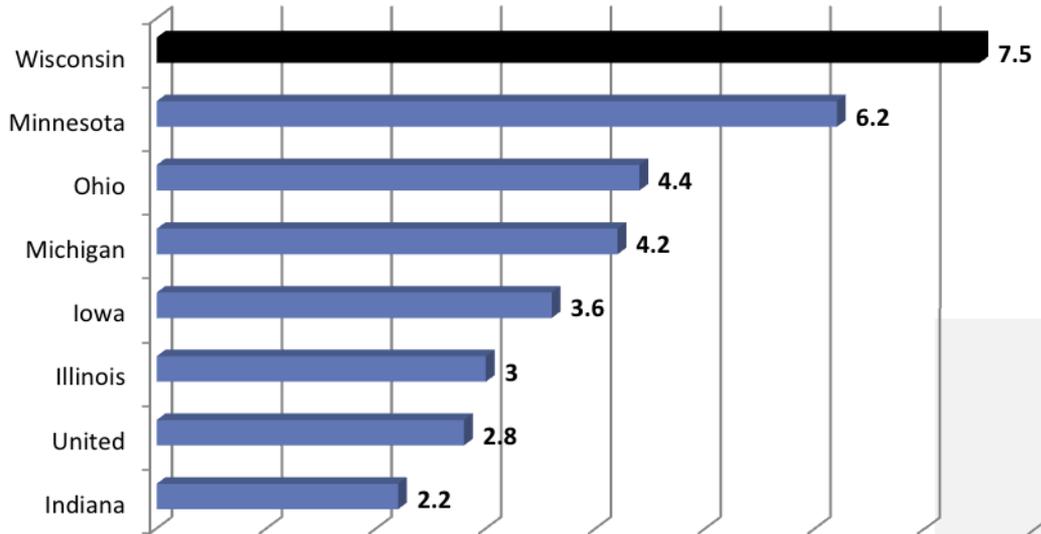
Rate of Out-of-Home Care Placement  
by Race (per 1,000 Children), 2012



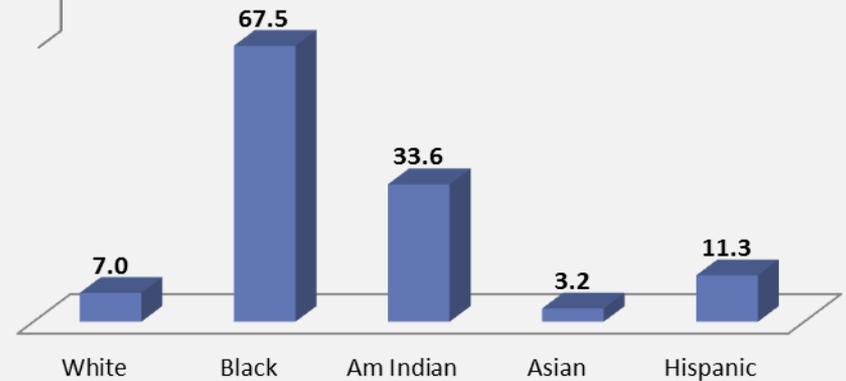
American Indian children are at the highest risk of being placed in foster care (25 per 1,000 children) and are almost seven times more likely to be in out-of-home care than their White peers

# Disparities: Juvenile Justice

## Juvenile Incarceration Disparity Rates for Midwest and U.S. Average, 2011



## Rates of Juvenile Detention by Race (per 1,000 youth ages 10-16), 2013



WI has the worst juvenile incarceration disparities in the nation <sup>29</sup>

# Strengths: The Good News...

Wisconsin is better than the national average when it comes to...

...insuring kids

...identifying kids with emotional distress (EBD) in schools

...poverty rates (lower than national average)

...having safe, strong neighborhoods with good schools (61% of youth)

...positive home environments for children (33% of youth)

# Strengths: State Activities

- DHS and counties expanding CST and CCS which may lead to reduced hospitalizations
- DCF performance goals which may lead to reduction of out-of-home care and improved outcomes
- DPI focus on TIC, PBIS and RTI which may reduce the use of suspension, seclusion, restraint and expulsions
- DJC reducing rates of juvenile arrests and developing innovative approaches
- DHS/DCF Care4Kids offering trauma-informed physical, behavioral health, and dental services to foster children

# **Strengths: Recognition that Early Relationships Matter**

- Home visiting programs
- Pyramid Model for developing social and emotional skills
- University of Wisconsin's Infant Mental Health certification
- YoungStar
- Statewide 4K
- Wisconsin Healthiest Family Initiative
- Fostering Futures

# How Data Is Guiding OCMH Activities

## Access

- Promote the use of coaches and mental health consultants
- Promote the use of Parent Peer Specialists
- Promote school-based mental health

## Concerns

- Facilitate DHS, DCF and WCHSA workgroup addressing high rates of youth hospitalizations and Emergency Detentions
- Participate in DHS and DCF workgroup examining psychotropic prescribing patterns
- Raise awareness related to the need for integrated data system and the lack of data related to service outcomes
- Work with Mental Health America to address high suicide rates

## Disparities

- Facilitate DHS, DCF, DPI and DOC workgroup to align state agency activities related to reducing disparities



*Thank you*

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- Children's Defense Fund, "Mental Health Fact Sheet"
- Children's Trust Fund, "Wisconsin ACE Brief: 2011 and 2012 Data"
- Data and Resource Center for Children and Adolescent Health
- DCF, "Wisconsin Children in Out-of-Home Care" 2012 Annual Report
- DOC, Division of Juvenile Corrections, 2013 Report
- DPI, WiseDash online data dashboard
- DPI, "Youth Risk Behavior Survey Executive Summary 2013"
- Individual Student Enrollment System (ISES)
- Juvenile Secure Detention Registry
- Mental Health America, Parity or Disparity: The State of Mental Health in America 2015
- Office of Detention Facilities, 2013 Annual Report
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- SAMHSA, "Behavioral Health Barometer Wisconsin"
- WI Health Information Organization (WHIO) dataset