

# MENTAL HEALTH

CHILD AND ADOLESCENT HEALTH CENTERS (CAHCs) PROVIDE EVIDENCE-BASED INTERVENTIONS, WITH MEASURABLE OUTCOMES, IN AN EFFORT TO IMPACT AREAS OF HIGH RISK FOR CHILDREN AND YOUTH.

In Fiscal Year 2013, **1** out of **5** visits to a health center were for a mental health related issue.

Mental health issues are a high risk problem for some youth who access the CAHCs, often causing missed school days which can negatively impact academics and social interactions.

## WHAT CAHCs DO TO IMPACT THIS PROBLEM:

### Know who our clients are:



CAHC providers and staff recognize and track youth with mental health concerns requiring a specific level of service.

Clinicians use assessment and treatment plans to monitor progress towards mental health goals.

### Provide high quality mental health care:



All providers are masters prepared and licensed as regulated by the State of Michigan. They provide individual and/or family sessions and conduct evidence-based treatment groups. Clinicians offer referrals to community resources such as psychiatric services, screening and assessment as needed. CAHCs maintain a short waiting list. All students receive services regardless of insurance status.

CAHC providers manage in-school emotional difficulties, counsel the student and return them to class.

### Offer learning opportunities:



Mental health providers educate students, staff, community and family members regarding the signs and symptoms of a mental health concern. CAHCs provide a range of age appropriate services, education programs and resources. Content covers the basics for understanding mental health illness, triggers, coping skills and safety plans.

### Work with families and community providers:



CAHCs involve families in the development of the student service plan as needed.

Providers communicate with the family's primary care provider and other community agencies to assure continuity of care.

CAHCs collaborate with community partners and host local events to increase awareness and decrease stigma of mental health issues.



\*All strategies compiled from FY13 report documents

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Starting October 2014, **100%** of CAHCs will have at least a half time Masters Level and Licensed Mental Health Provider.

## Making the Case

**39%**

of CAHCs reporting mental health services reported an **ADJUSTMENT DISORDER** as their #1 mental health diagnosis.

**21%**

of CAHCs reporting mental health services reported a **DEPRESSIVE DISORDER** as their #1 mental health diagnosis.

**64%**

of CAHC clients were screened for **DEPRESSION** in fiscal year 2013

## How CAHCs Are Having An Impact



Provide Support to School Staff



**Increased Coping Skills**

Youth consistently demonstrated increased coping skills in post intervention evaluation.



Provide Links to Other Services

## Signs and Symptoms of Mental Health Issues

**Academic Difficulties**

(including truancy, behavioral referrals and suspensions)

**Increased Physical Illness**

**Social Challenges & Relational Issues**

**Difficulty in Family & Community**

**Increased Risky Behaviors**

(i.e., criminal activity, drug use)