

Buildings, Bolts, and Birds: How do we move forward?

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QTIP Learning Collaborative - Winter 2022



PROTECTING YOUTH MENTAL HEALTH

The U.S. Surgeon General's Advisory

2021

WE CAN TAKE ACTION. WHAT

- Young People
- Family Members and Caregivers
- Educators, School Staff, and School Districts
- Health Care Organizations and Health Professionals
- Media Organizations, Entertainment Companies, and Journalists
- Social Media, Video Gaming, and Other Technology Companies
- Community Organizations
- Funders and Foundations
- Employers
- Federal, State, Local, and Tribal Governments

CAN DO

[surgeon-general-youth-mental-health-advisory.pdf \(hhs.gov\)](https://www.hhs.gov/surgeon-general-youth-mental-health-advisory.pdf)

Buildings: Powder Magazine





PROTECTING YOUTH MENTAL HEALTH

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2021

Recognize that the best treatment is prevention of mental health challenges.

- Implement trauma-informed care
- Educate families on their role in healthy child development
- Work with other sectors on prevention strategies

[surgeon-general-youth-mental-health-advisory.pdf \(hhs.gov\)](#) p. 21-22 pulled 12/20/21

Slide from July 2011 Learning Collaborative...

Where are we going?



In the words of Dr. Rushton...

- Prevention
- Skill building in the medical home
- Better back up and support to front-line medical staff

How to remember the 5 PROTECTIVE FACTORS that make your family strong.



Use your Thumb to remember

**Social & Emotional
Competence of
Children**

because a "thumbs up"
is one of the first ways
we learn to communicate
our emotions.



Your Pinky Finger signifies
**Concrete Support
in Times of Need**

because it is the smallest
finger and reminds us that we
all need help sometimes.



Your Index Finger represents
**Knowledge of Parenting
and Child Development**

because you are your child's
1st teacher!

Your Ring Finger stands for
Parental Resilience

because your first commitment
must be to yourself in order
to be strong for others.



Your Middle Finger can
help you remember
Social Connections

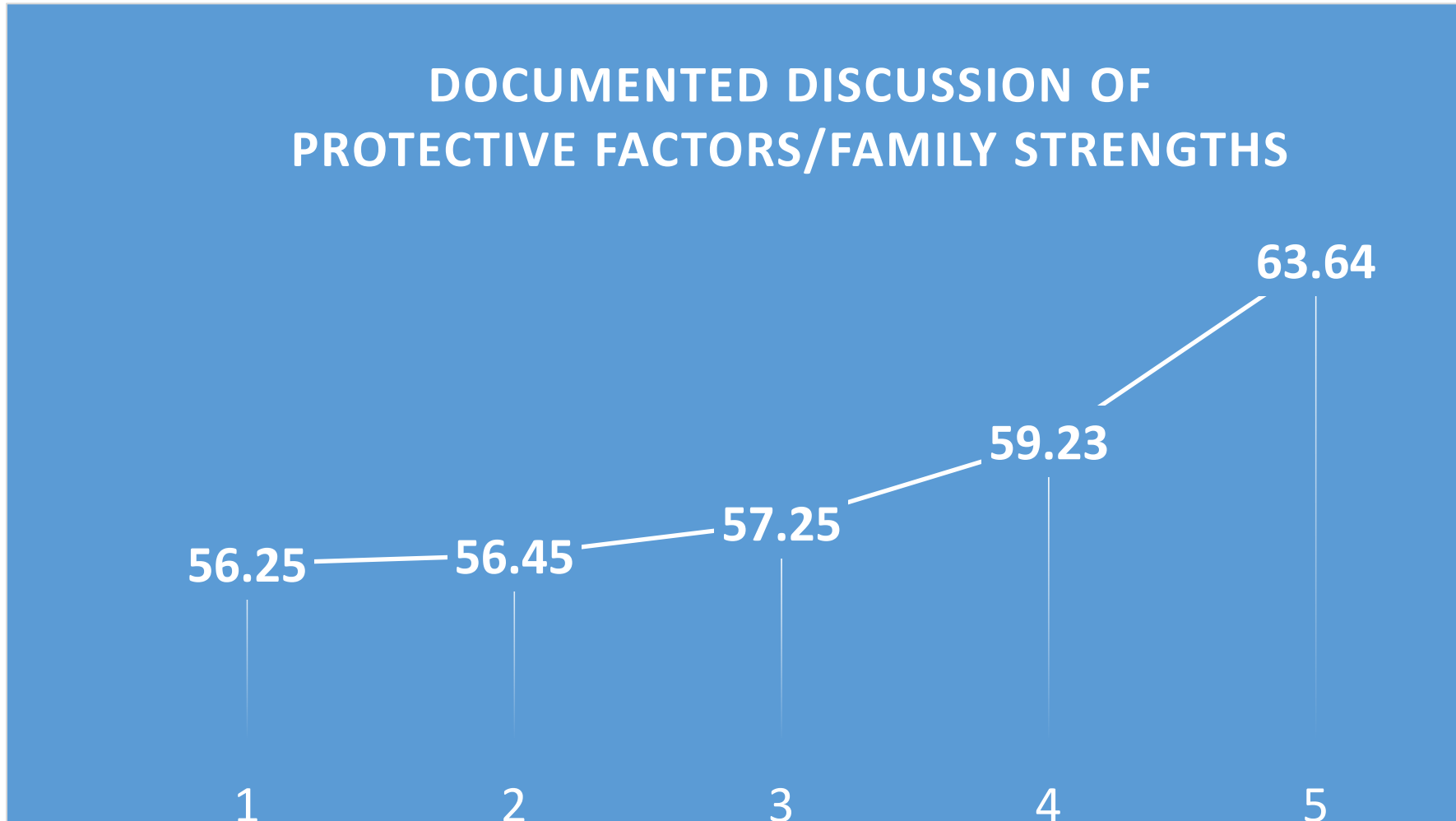
because it should never
stand alone! We all need a
positive social network.

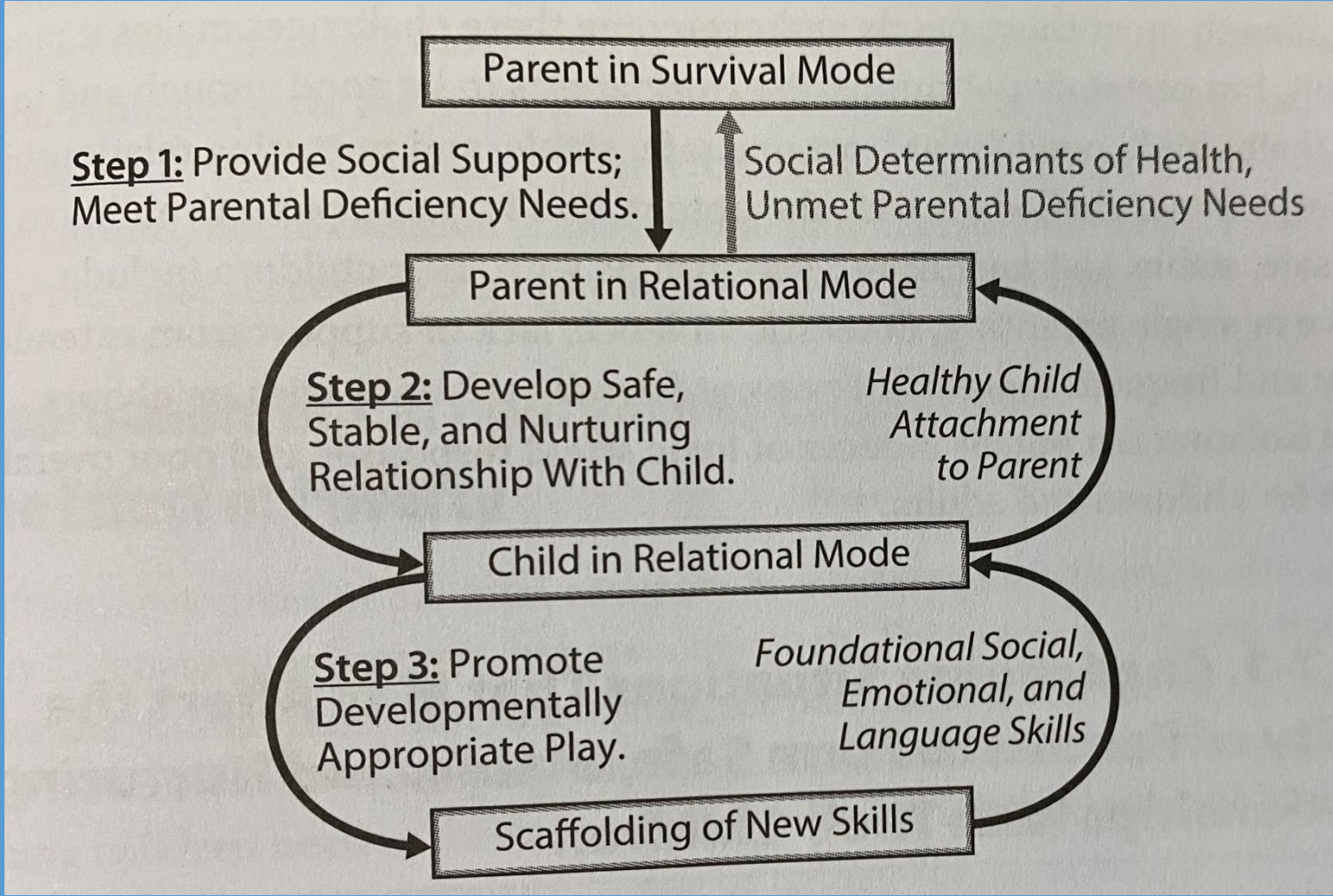
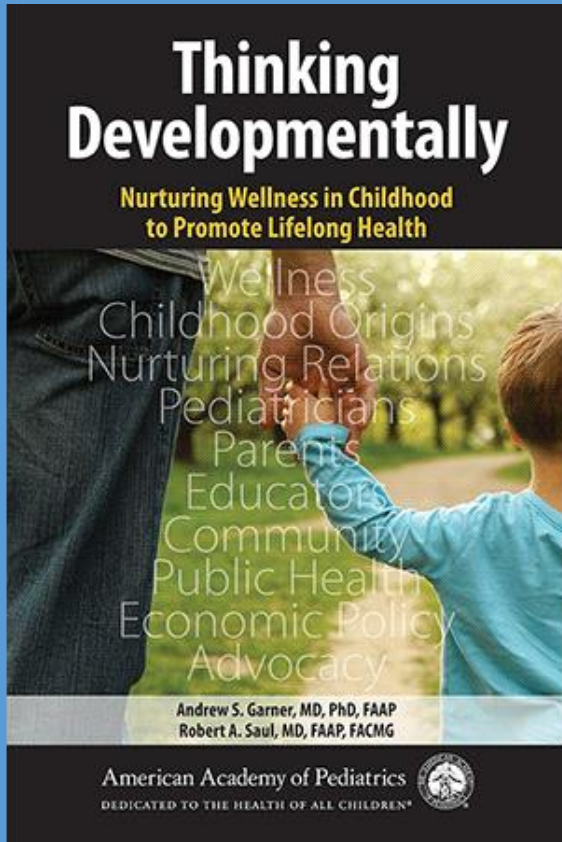
GREAT START
COLLABORATIVE
Charlevoix, Emmet
Northern-Antrim Counties

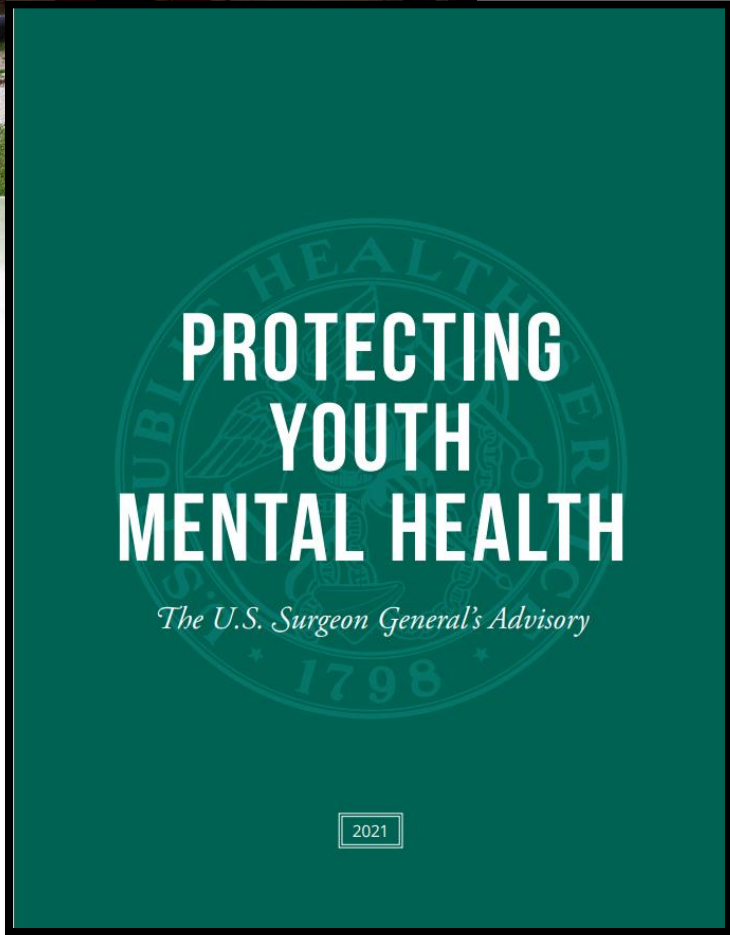
stronger
strengthening families

<https://www.thefyi.org/infographic-remember-5-protective-factors-make-family-strong/>

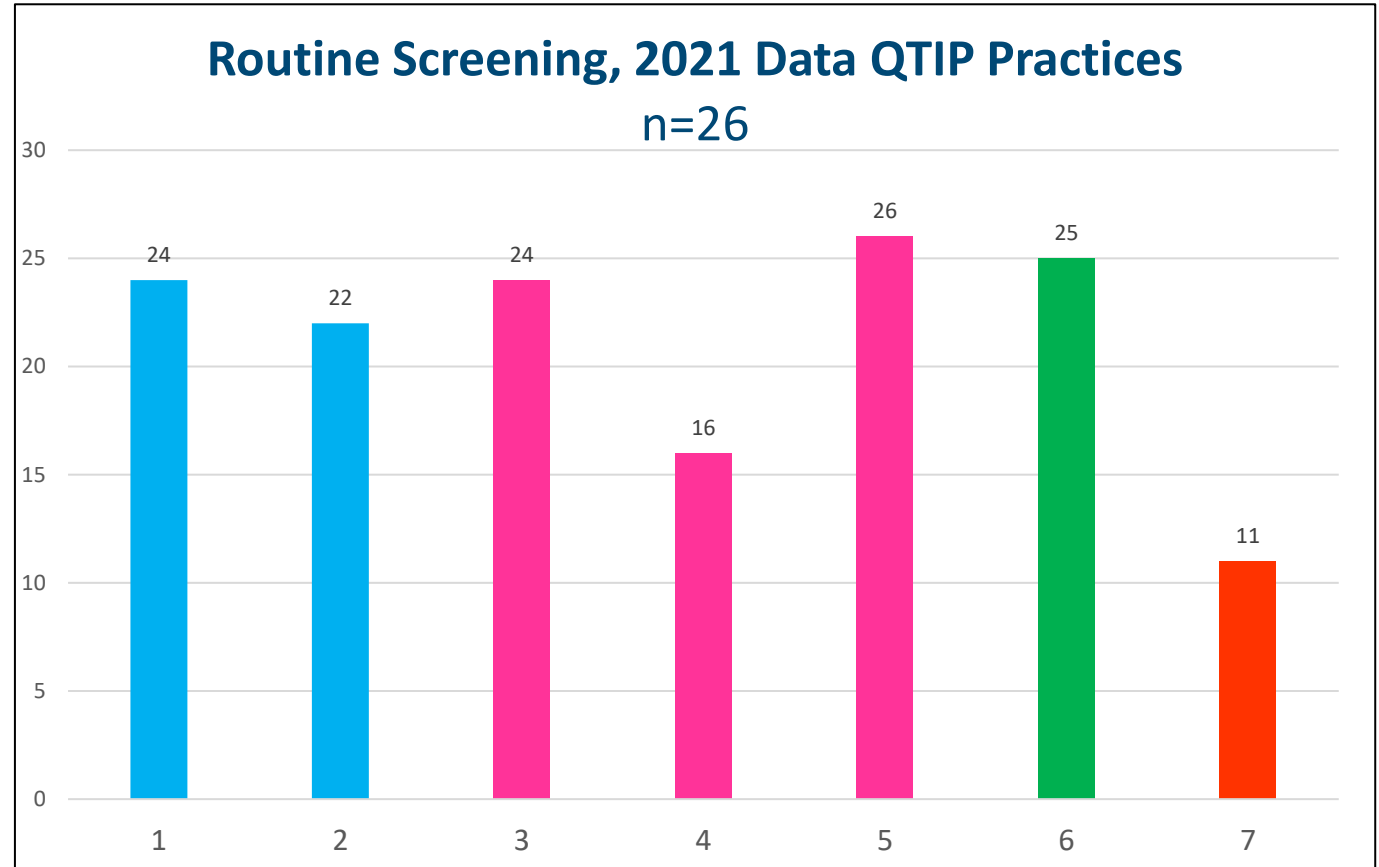
QTIP QIDA Data: 3- to 6-year-old Chart Pulls







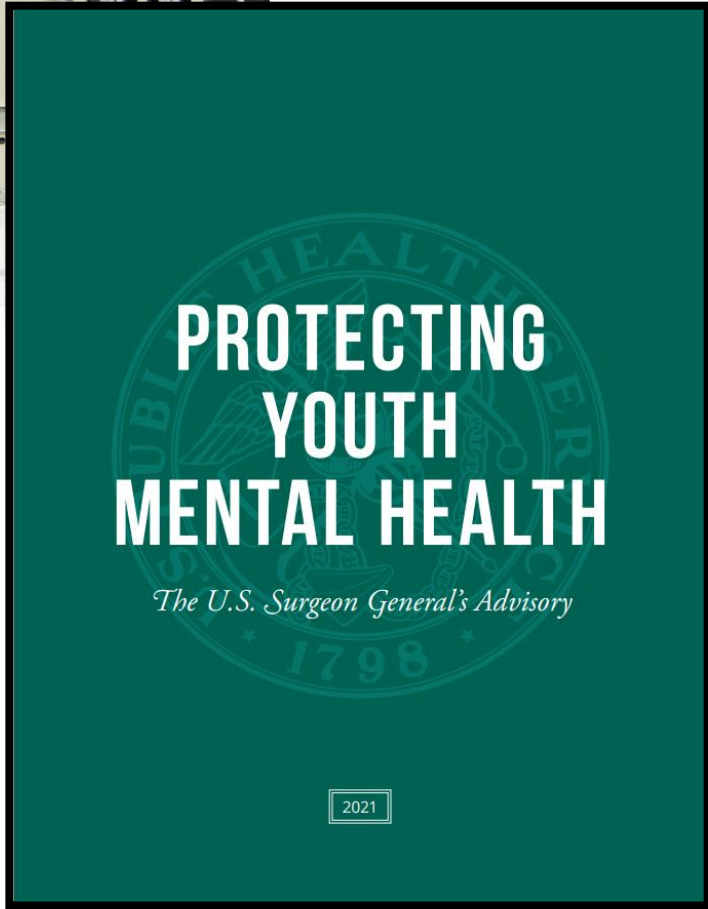
Routinely screen children for mental health challenges and risk factors, including adverse childhood experiences (ACEs).



[surgeon-general-youth-mental-health-advisory.pdf \(hhs.gov\)](https://www.hhs.gov/surgeon-general/youth-mental-health-advisory.pdf) p. 21-22 pulled 12/20/21

Bolts: Earthquake Bolts





Identify and address the mental health needs of parents, caregivers, and other family members.

Support the wellbeing of mental health workers and community leaders, building their capacity to support youth and their families

[surgeon-general-youth-mental-health-advisory.pdf \(hhs.gov\)](https://www.hhs.gov/surgeon-general-youth-mental-health-advisory.pdf) p. 21-22 pulled 12/20/21

Preventing Adverse Childhood Experiences (ACEs):

Leveraging the Best Available Evidence



National Center for Injury Prevention and Control
Division of Violence Prevention



Intervene to Lessen Immediate and Long-term Harms

Evidence:

“Primary care settings offer a unique opportunity to identify and address ACE exposures.

*Randomized trials of the **Safe Environment for Every Kid (SEEK)** model (which screens for ACE exposures in the family environment), have demonstrated a number of positive effects including:*

- *fewer reports to child protective services,*
- *fewer reported occurrences of harsh physical punishment by parents,*
- *better adherence to medical care, and*
- *more timely childhood immunizations.¹¹⁶*

SEEK is also associated with:

- *less maternal psychological aggression,¹¹⁷*
- *fewer minor maternal physical assaults,¹¹⁷ and*
- *improvements among providers in addressing depression, substance misuse, intimate partner violence, and serious parental stress.¹¹⁸” p.22*

[Preventing Adverse Childhood Experiences \(cdc.gov\)](https://www.cdc.gov/ncipc/prevention/primarycare/protectingchildren/index.html)

Pulled 12/20/21

SEEK QI Data (you can use what you have)

Figure 1. 2016 SEEK QI Data from QTIP Practice A

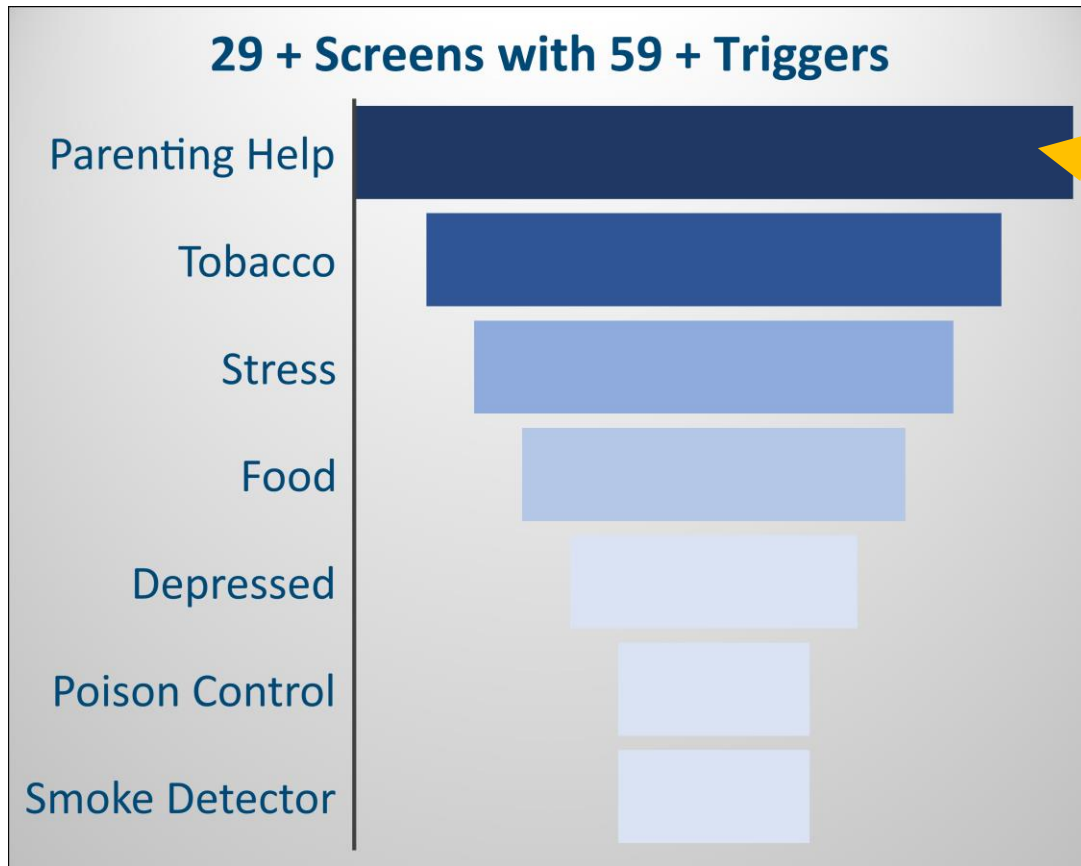
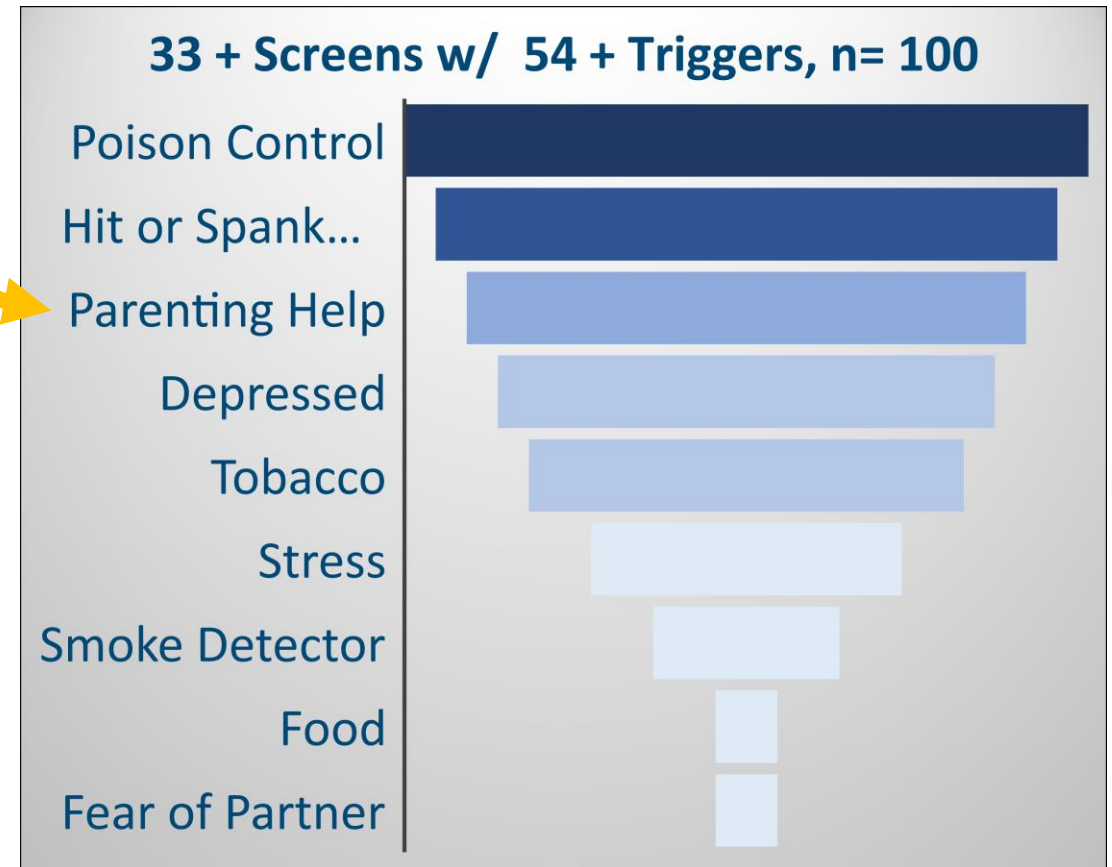


Figure 2. 2021 SEEK QI Data from QTIP Practice B



Parenting Resource Ideas

- Strengthening Families
- Help Me Grow
- Incredible Years
- SCIMHA – ABC
- Libraries
- Moms of Preschoolers
- Fatherhood Initiative
- Triple P
- Family Connection
- NAMI
- Faith Communities
- Love and Logic
- Moms of Multiples
- SC Library tutor.com

How do I find out about these?

scparents.org

MCOs

Facebook

Ask

Ask

Ask

Hope Health QR Codes



SC Child Care
EARLY CARE & EDUCATION
SCAN for DSS SC Voucher Program Child Care Application Form.



NATIONAL DOMESTIC VIOLENCE HOTLINE
1-800-799-SAFE Text "START" to 88788

**In crisis?
Text HELLO
to 741741.**

Free, 24/7, confidential crisis support by text.

ORISG TEXT LINE

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

SOUTH CAROLINA TOBACCO QUITLINE
1-800-QUIT-NOW

QUIT NOW ...it's free!
Tobacco is expensive. Quitting doesn't have to be.
1-800-QUIT-NOW



truth initiative
INSPIRING TOBACCO-FREE LIVES




wic
Women, Infants & Children
SOUTH CAROLINA
scdhec.gov/wic
1-855-472-3432



HARVEST HOPE
2513 West Lucas St.
(Behind the Pee Dee Farmer's Market)
Phone #: 843-661-0699



LIGHTHOUSE MINISTRIES
Phone #: 843-629-0830



HOUSE of HOPE
OF THE PEE DEE
1020 Darlington Street
Florence, SC 29501
Phone: 843-667-9000

**NEED HELP?
CALL/TEXT 2-1-1**
FREE : CONFIDENTIAL : 24/7

- CHILD CARE
- EDUCATION
- EMPLOYMENT
- FINANCIAL COUNSELING
- FOOD
- HEALTHCARE
- HOUSING
- PRESCRIPTION ASSISTANCE
- UTILITY BILLS
- ETC.

Call 211, Visit SC211.org, or download the 211 app to get started now.

2-1-1 United Way
Local Office of Florence County

Bright by Text



Free tips by text for parents and caregivers of children prenatal to 8. Text SCKIDS to 274448 to sign up!

POISON CONTROL
get expert help ONLINE at poison.org
or CALL
1-800-222-1222

Smoke Alarm Request



American Red Cross



PROTECTING YOUTH MENTAL HEALTH

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2021

Support the wellbeing of mental health workers and community leaders, building their capacity to support youth and their families

[surgeon-general-youth-mental-health-advisory.pdf \(hhs.gov\)](#) p. 21-22 pulled 12/20/21

AAP Mental Health Minute – Wednesday Webex Calls 2022

March 2, 2022,
12:20 pm – 1:30 pm

- Mental Health of Newcomer Children and Adolescents Faculty: Lisa R. Fortuna, MD, MPH
- Partnering with Communities to Promote Positive Parenting in Immigrant Families Faculty: Joyce R. Javier, MD, MPH, MS, FAAP

April 6, 2022,
12:20 pm – 1:30 pm

- Parenting and Boundary Setting Faculty: Cynthia Holland-Hall, MD, MPH, FAAP
- Helping Adolescents Feel in Control During Stressful Times Faculty: Richard J. Chung, MD

May 4, 2022,
12:20 pm – 1:30 pm

- Social Media and Adolescent Mental Health Faculty: Elise M. Fallucco, MD, FAACAP

June 1, 2022,
12:20 pm – 1:30 pm

- School-Based Mental Health Faculty: Kristie Ladegard, MD
- Vicarious Racism Faculty: Nia Heard-Garris, MD, MSc, FAAP

Coastal Pediatrics – Spreading Information Across the Practice

LGBTQ+ RESOURCES/

For Patients and Families:

- <http://www.glbntnationalhelpcenter.org/> (peer counseling, LOCAL resources including counselors) 800-246-PRIDE
- We Are Family <https://wearefamilycharleston.org/aboutus>
- The Trevor project <https://www.thetrevorproject.org/> LGBTQ crisis resources and help
- The Trevor Project Lifeline 1-866-488-7386 or Text "START" to 678678
- Q Chat Space -a community for LGBTQ+ teens <https://www.qchatspace.org/>
- Support, information, resources for patients, their families, and allies. <https://pflag.org/>
- Facebook community for moms of LGBTQ+ kids <https://www.realmamabears.org/serendipitydodah-home-of-the-mama>

For Providers:

- American Academy of Pediatrics <https://www.aap.org/en/patient-care/lgbtq-health-and-wellness/>
- Childmind institute (also a great site for ALL things mental health) <https://childmind.org/article/how-to-support-lgbtq-children/>
- A link to the description of "Genderbread" <https://www.genderbread.org/wp-content/uploads/2017/02/Breaking-through-the-Binary-by-Sam-Killermann.pdf>

Crisis Hotlines for All:

- National Suicide Prevention Lifeline 800-273-TALK (8255)
- Veterans Crisis Line 800-273-TALK (8255) Press 1 or Text 838255
- Crisis Text Line Text "HOPE4SC" to 741741
- Mobile Crisis 1-833-DMH-CCRI (364-2274)
- SC HOPES 1-844-SC-HOPES (724-6737)
- SAMHSA's Disaster Helpline 1-800-985-5990
- National Sexual Assault Hotline 1-800-656-4673
- National Domestic Violence Hotline 1-800-799-7233

Links to Presentations:

- <https://www.aap.org/en/patient-care/mental-health-minute/mental-health-in-lgbtq-youth/>
- <https://www.aap.org/en/patient-care/mental-health-minute/healthy-adolescent-partner-relationships/>

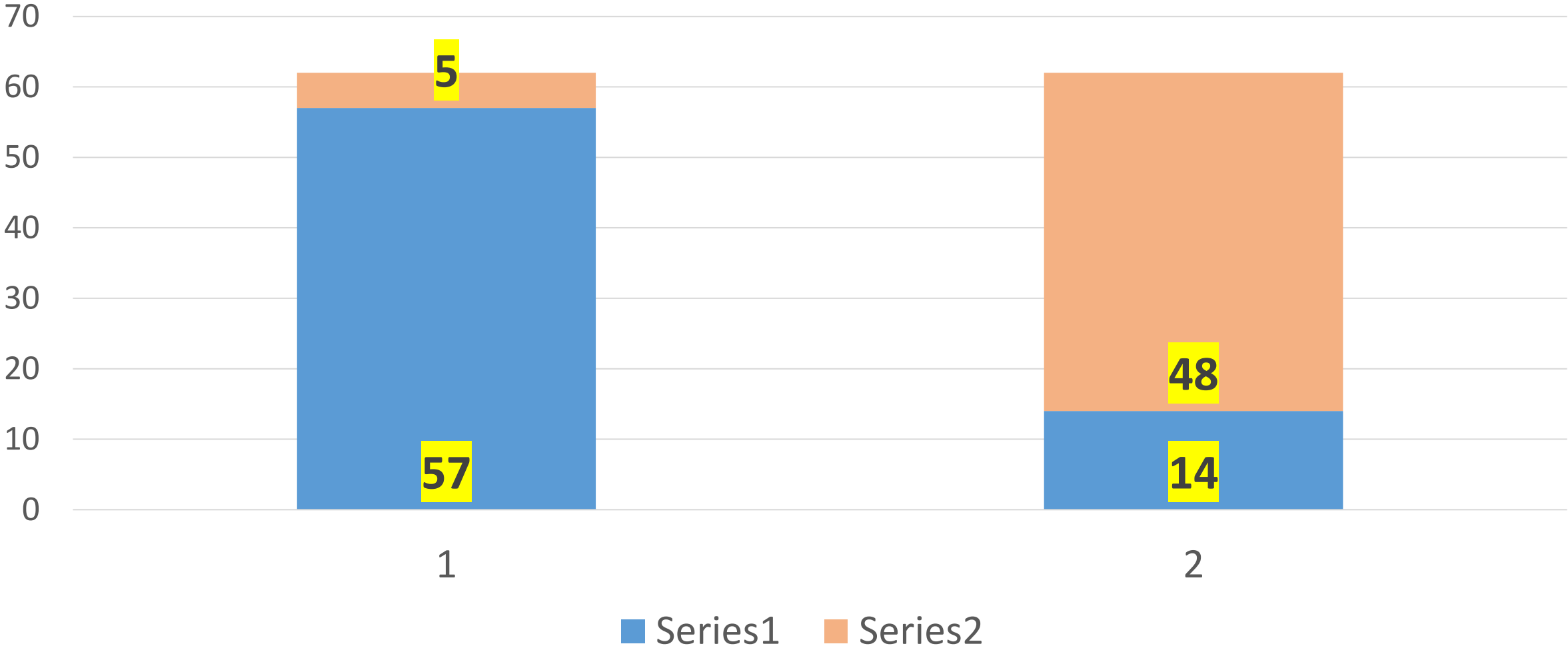
Coastal Pediatric Associates

Developed: 01/25/22

HEALTHY	UNHEALTHY	ABUSIVE
A healthy relationship means that both partners are...	You may be in an unhealthy relationship if one of you is...	An abusive relationship starts when one of you...
RESPECTFUL You value each other as you are. You respect each other's emotional, digital and sexual boundaries.	DISRESPECTFUL One or both partners is not considerate of the other's feelings and/or personal boundaries.	MISTREATS THE OTHER One or both partners disrespects the feelings, thoughts, decisions, opinions, or physical safety of the other.
COMMUNICATIVE You talk openly about problems, listen to each other and respect each other's opinions.	NON-COMMUNICATIVE When problems arise, you fight or you don't discuss them at all.	COMMUNICATES IN A WAY THAT IS HARMFUL/INSULTING
TRUSTING You believe what your partner has to say. You do not feel the need to "prove" each other's trustworthiness.	NOT TRUSTING One partner doesn't believe what the other says, or feels entitled to invade their privacy.	MAKES ACCUSATIONS One partner accuses the other for their harmful actions.
HONEST You are honest with each other, but can still keep some things private.	DISHONEST One or both partners tell lies.	DENIES THAT THE ABUSIVE ACTIONS ARE ABUSE One or both partners makes excuses for abusive actions and/or minimizes the abusive behavior.
HAPPY TO SPEND TIME TOGETHER OR APART You both can enjoy spending time apart, alone or with others.	NOT SPENDING TIME WITH OTHERS Your partner's community is the only one you socialize in.	ISOLATES THE OTHER PARTNER The partners spend all of their time together and one may feel unable to talk to others, especially about what's really happening in the relationship.
EQUAL You make decisions together and hold each other to the same standards.	STRUGGLING FOR CONTROL One partner feels their desires and choices are more important.	CONTROLS THE OTHER One partner tells the other what to wear, who they can hang out with, where they can go and/or what they can do.
MAKING MUTUAL SEXUAL CHOICES Both partners make decisions together and can openly discuss what each one is dealing with, like relationship problems and sexual choices.	PRESSURING THE OTHER INTO SEXUAL ACTIVITY One person tries to make most of the decisions. He or she may pressure the other about sex or refuse to see how one's actions can hurt the other one.	FORCES SEXUAL ACTIVITY One person makes all of the decisions in the relationship. One partner forces the other to have sex. It's an imbalance of power and control.

American Academy of Pediatrics

QTIP Blog Traffic



SC Hopes



 **SCHOPES**
1-844-SC-HOPES
Deaf & Hard of Hearing: 1-803-339-3339 VP
Call and get help today! Available 24/7

Support for Healthcare Professionals

Are you a **healthcare professional**? We offer a **specialized healthcare team** to support you and the challenges you may face during the COVID-19 pandemic.



 **TU-APOYO**
Sirviendo Toda Carolina Del Sur

Estamos aquí para darle emocional e información sobre recursos disponibles en su comunidad

Liámenos al
1-833-TU-APOYO



 **SCHOPES**
1-844-SC-HOPES
Deaf & Hard of Hearing: 1-803-339-3339 VP
Call and get help today! Available 24/7

Help Coping with COVID

The stress of **COVID** on you and your family can be overwhelming. If you need to talk, **we are here** to help!

YOUNG PEOPLE'S MENTAL HEALTH IN 2020: Hope, Advocacy, and Action for the Future



What would be most helpful

Access to mental health profession

Mental health breaks or absences
part of school or work

Learn how to support my mental
during my daily life

Support from other young people

Environments where people can
about their mental health

Tools to help myself

Train adults to support my menta

Train my peers to understand and
about mental health



SIGN IN NPR SHOP DONATE

NEWS ARTS & LIFE MUSIC PODCASTS & SHOWS SEARCH

MENTAL HEALTH

Feeling Blue? Oregon Students Allowed To Take 'Mental Health Days'

July 22, 2019 · 6:28 PM ET

DANI MATIAS



(From left) Sam Adamson, Lori Riddle, Hailey Hardcastle, and Derek Evans pose at the Oregon State Capitol in Salem. The teens suggested legislation to allow students to take "mental health days" as they would sick days.

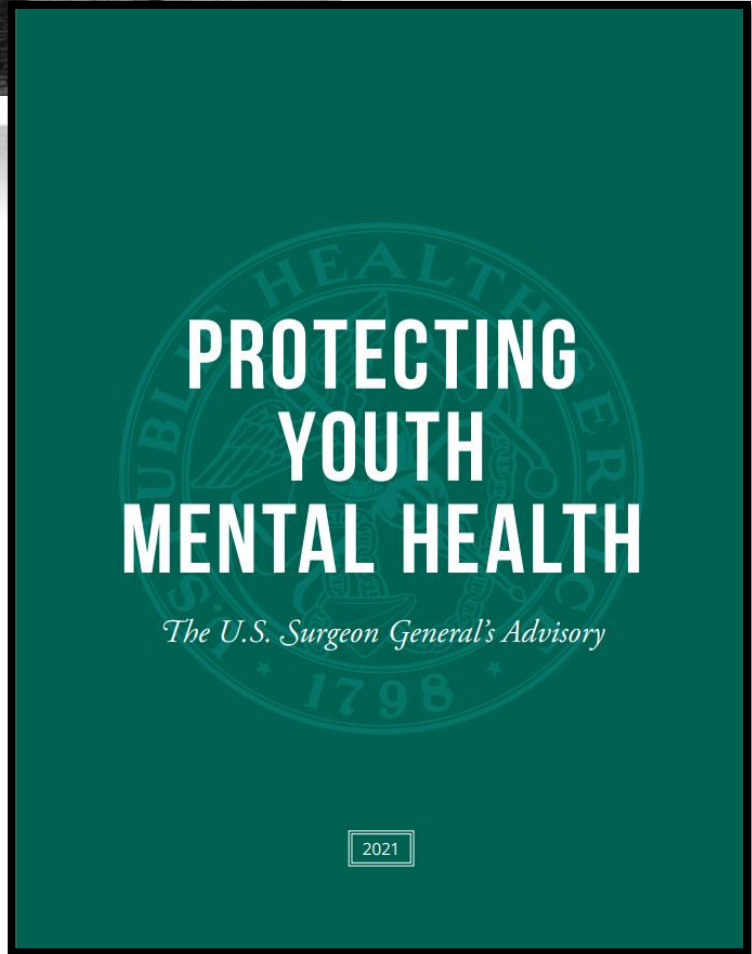
Jessica Adamson/AP

Teen Activists Lead An Effort In Excusing 'Mental Health Days' In Oregon Schools : NPR

Birds:
"Charleston Eagles"



<https://www.historiccharleston.org/research/photograph-collection/detail/market-street-buzzards/7AB6C6B4-9BE9-4A8E-A57E-572783883333>



“Our health care system today is not set up to optimally support the mental health and wellbeing of children and youth.”

Combine the efforts of clinical staff with those of trusted community partners and child-serving systems (e.g., child welfare, juvenile justice).

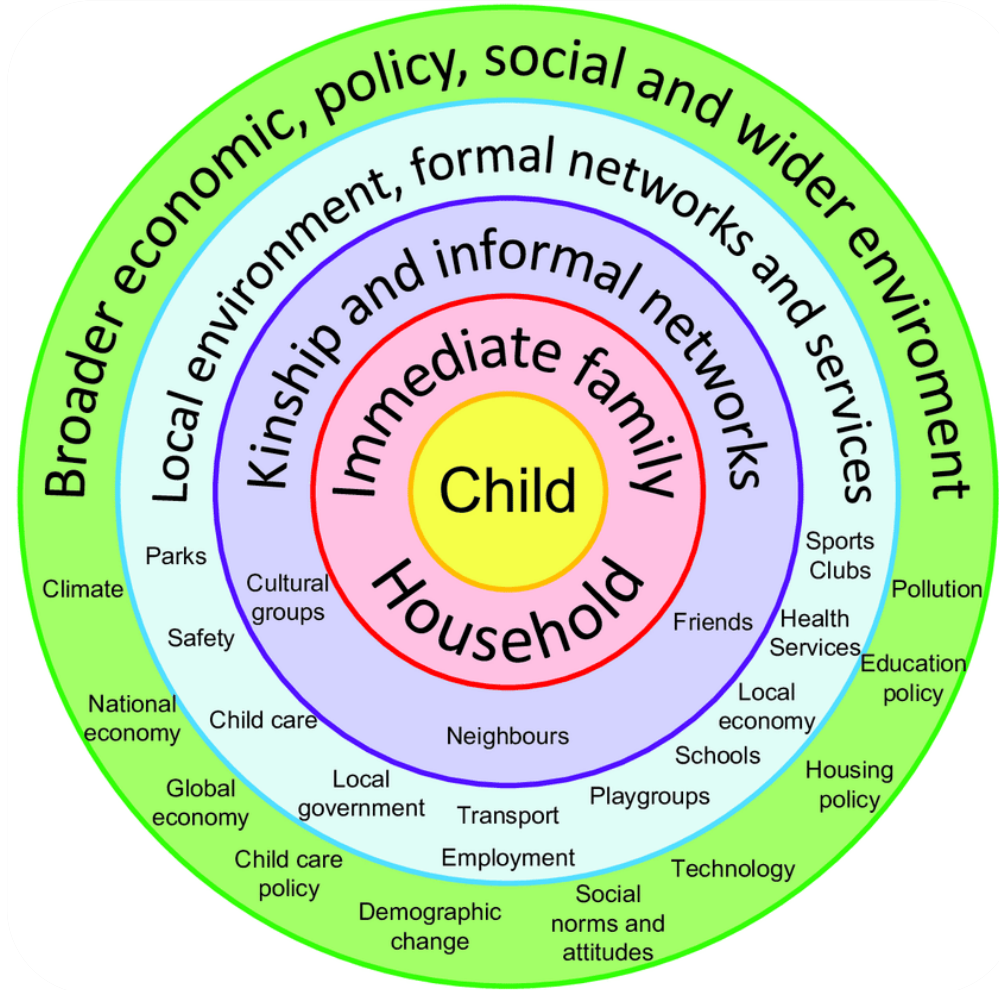
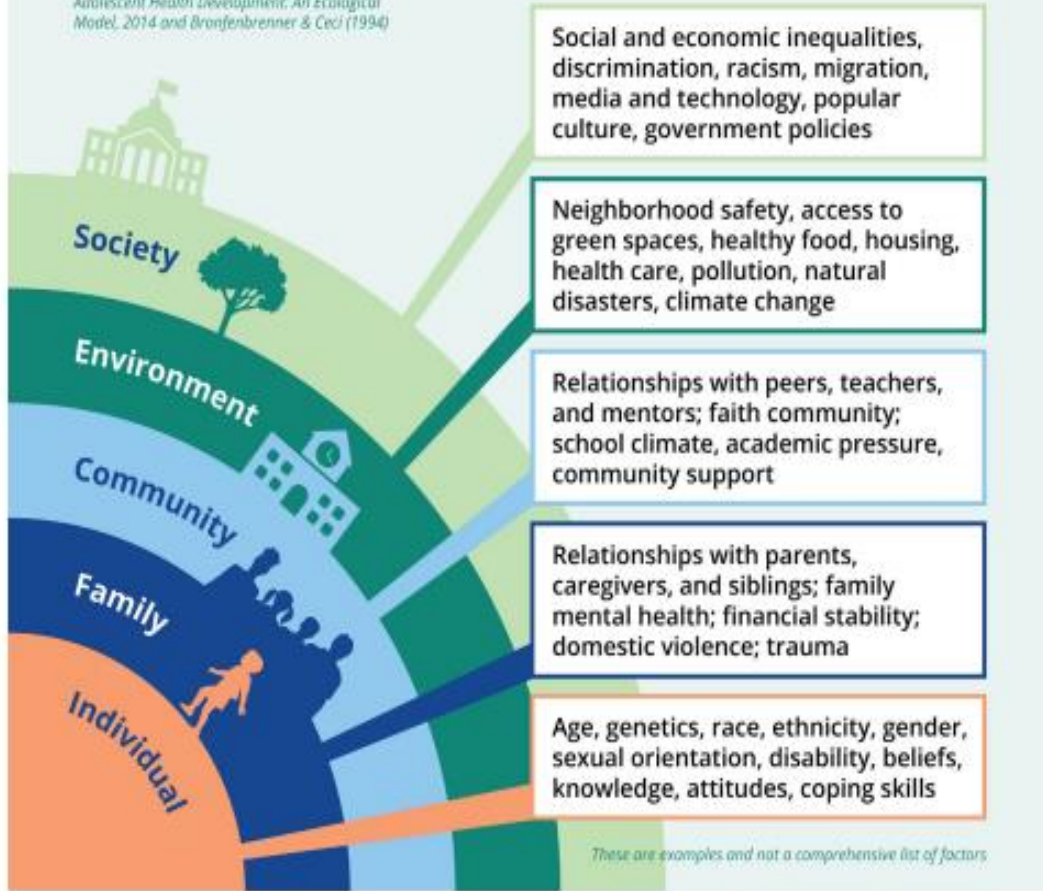
Build multidisciplinary teams to implement services that are tailored to the needs of children and their families.

[surgeon-general-youth-mental-health-advisory.pdf \(hhs.gov\)](#) p. 21-22 pulled 12/20/21

FIGURE 1

FACTORS THAT CAN SHAPE THE MENTAL HEALTH OF YOUNG PEOPLE


Source: Adapted from WHO's Determinants of Adolescent Health Development: An Ecological Model, 2014 and Bronfenbrenner & Ceci (1994)



https://www.researchgate.net/profile/Kathryn_Scott2/publication/311843438/figure/fig1/AS:651201662177280@1532269983007/Bronfenbrenners-ecological-model-Diagram-by-Joel-Gibbs-based-on-Bronfenbrenners-1979.png

**Work with
Community
Partners...**



American Academy of Pediatrics  Q Search All AAP

DEDICATED TO THE HEALTH OF ALL CHILDREN®

Advocacy Blueprint for Children | Advocacy Issues | State Advocacy Focus | Advocacy Resources

AAP-AACAP-CHA Declaration of a National Emergency in Child and Adolescent Mental Health

[Home](#) / [Advocacy](#) / [Child and Adolescent Healthy Mental Development](#) / AAP-AACAP-CHA Declaration of a National Emergency in Child and Adolescent Mental Health

[f](#) [t](#) [p](#) [in](#) [m](#) [e](#)

A declaration from the American Academy of Pediatrics, American Academy of Child and Adolescent Psychiatry and Children's Hospital Association:

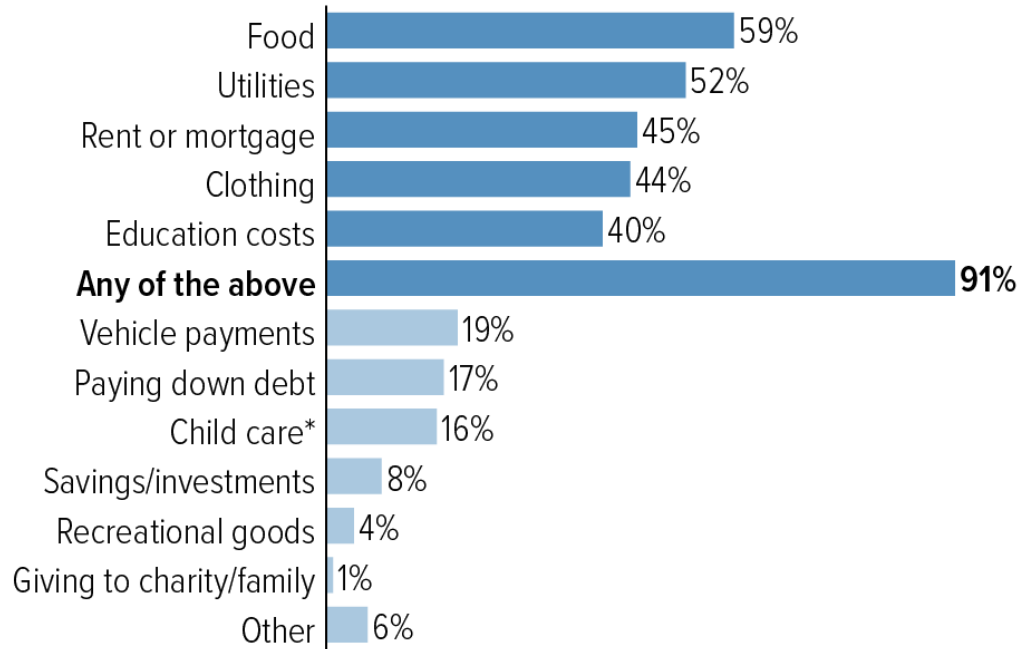
Foster Care Systems Babynet Systems DMH Pilot of Collaborative Care Management

DHHS Behavioral Health Redesign

Telehealth

Families With Low Incomes Spend Expanded Child Tax Credit on Most Basic Needs, Education

Percent of households with incomes below \$35,000 who spent their credit payments on:



*Percent of households with child(ren) under age 5.

Note: Education costs include school books and supplies, school tuition, tutoring services, after-school programs, and transportation for school. Household income is in 2020. Figures are for households who reported receiving a Child Tax Credit payment in the last 30 days in data collected July 21–September 27, 2021.

Source: CBPP analysis of U.S. Census Bureau Household Pulse Survey public use files for survey weeks 34-38.

CENTER ON BUDGET AND POLICY PRIORITIES | CBPP.ORG

Nationwide, Most Low-Income Households Are Using Monthly Child Tax Credit Payments to Pay for Basic Needs, Education

Share of households with incomes **below \$35,000** who used their Child Tax Credit payment for:

State	Basic Needs (Food, Clothing, Rent, Mortgage, Utilities)	Basic Needs and/or Education Costs
U.S.	88%	91%
South Carolina	91%	93%

<https://www.cbpp.org/blog/9-in-10-families-with-low-incomes-are-using-child-tax-credits-to-pay-for-necessities-education>



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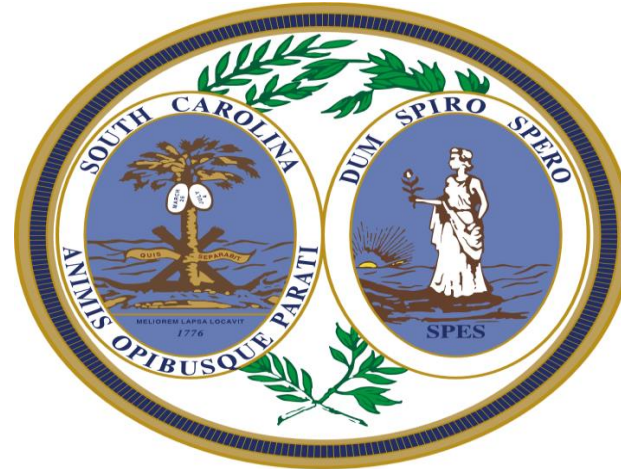
[9 in 10 Families With Low Incomes Are Using Child Tax Credits to Pay for Necessities, Education | Center on Budget and Policy Priorities \(cbpp.org\)](#), Retrieved January 2022.

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