

A Tool of Hope: The Building Bridges Tip Sheets



*Tools that will help young adults
and their families ask the right
questions.*



A Collaboration of the Building Bridges
Initiative and Youth M.O.V.E. Oregon

Objectives of this training

- Learn the process of creation, Did we practice the same collaboration that we preached?
- Learn about the youth and family tip sheets.
- See how these documents have been inspired and shaped programs across Oregon and NYC.
- Discuss above and beyond.

Presenters

Brian Lombrowski
Building Bridges
Youth Committee Chair



Presenters



Martin Rafferty
Youth M.O.V.E. Oregon
Director

BBI Mission

- Identify and promote practice and policy initiatives that will create strong and closely coordinated partnerships and collaborations between families, youth, community- and residentially-based treatment and service providers, advocates and policy makers to ensure that comprehensive services and supports are family-driven, youth-guided, strength-based, culturally and linguistically competent, individualized, evidence and practice-informed, and consistent with the research on sustained positive outcomes.

Core Principles

- Family Driven & Youth Guided Care
- Cultural & Linguistic Competence
- Clinical Excellence & Quality Standards
- Accessibility & Community Involvement
- Transition Planning & Services (between settings & from youth to adulthood)



***Creation of the
Tip Sheets***

1

Concept
Creation

2

Youth Involvement

3

Partnerships



Building Bridges
INITIATIVE
Advancing Partnerships. Improving Lives.

Your Life – Your Future

Inside Info on the Residential Programs from Youth Who Have Been There

Starting residential treatment can be hard, so knowing what to expect can help. You might feel alone or angry or scared, and you may be concerned that no one will listen to you and your concerns. We have been right where you are now. We put this information together to help you benefit from our experience.

Going into a residential program is a big change for anyone. When you know what to expect, it can be a lot less scary and you will be able to benefit more from your experience. Don't be afraid to ask questions and take care of yourself. You deserve the best!

The questions below can help you understand what to expect and help you talk about issues with your program, so that you can successfully take charge of your recovery.

Questions You Might Want to Ask Yourself and Others

- How is this program going to **help me**?
- What factors determine **how long** I'm going to stay here?
- What **goals** do I have for myself? **Is this the best place** to help me reach my goals?
- How can I be **involved in decisions** about my treatment?
- **What can I do** to make the most of my time here?
- How can my **emotional and physical needs** be met so I feel **safe and comfortable**?

- How will I be **educated** while I'm in this program? Will you ensure that my credits transfer to my school, so that I don't fall behind in my educational progress?
- How will you make sure that I can stay in touch with my **parents, siblings, friends** and other important people in my life? How will they fit in to what goes on here (e.g., policies, spending meaningful time with my family, decision-making)? What if there are people I don't want to see?
- What **therapies and medications** will I receive and what are they for? What choices do I have about my therapies and medications?
- How will this program respect my **culture, my beliefs, my sexual orientation and my gender identity**?
- What do I do if I feel I am being **treated unfairly** by staff or if I have other problems with this program?
- Does this program use **seclusion (isolation) or restraint**? If so, what is done to prevent their use?
- What if I find a particular therapy to be too painful or unhelpful? Whom should I approach with **my concerns**?

- How will this program help prepare me to go back to my school, to college, to work, or to live on my own and handle finances?
- How can I maintain the connections I make with particular staff?
- If I think my program is *not* right for me, whom can I talk to and how can I advocate for myself? Who is here to help me if I have a problem?



Implementing the Youth Tip Sheet in NYC

- In NYC decisions about "psychiatric residential treatment" (RTF) as opposed to residential care (RTC) are made by a committee known as the Pre-Admission Certification Committee (PACC)
- The Building Bridges Youth and Family Tip Sheets have already been sent out to those who make referrals to the PACC
- But how do we know that youth are being given the Tip Sheet so that they can ask the right questions

The Youth Advocate Pilot Project

- Started as an effort to find out if youth even wanted to be referred to an RTF, and what their treatment preferences were
- Form was developed with questions that youth could respond to, like a worksheet form of the Youth Tip Sheet
- Quickly realized we needed extra resources to make sure that youth had an opportunity to fill the form out
- Peer youth advocates were the answer

The Pilot

- Developing training specific to our levels of care in New York City metropolitan area
- Advocates who go through the training have already been trained and have work experience as peer youth advocates
- Looking for 5-10 peer youth advocates to go through the initial round of training
- Looking to provide advocacy for approximately 50 youth who are referred to PACC from our Children's Psychiatric Centers over a six month period

Workflow

- Peer Youth Advocate (PYA) will meet with identified youth at the Children's Psychiatric Center for an hour and go over the youth tip sheet and the feedback form
- PYA with the youth's permission share their feedback with the PACC
- PYA will receive weekly supervision from the PACC coordinator
- PYA will attend FTCs for the youth if the youth desires to have the advocate present
- PYA will accompany the youth at their placement interview if the youth desires to have the advocate present

Expected Outcomes

- Youth will be more prepared to benefit from residential level of care with increased buy-in for whatever level of care gets decided on
- Fewer Absent Without Leave Incidents
- Continuity of Educational Credit as youth are made aware of their rights and obligations
- Decreased Length of Stay
- Increased connection to the community as they will be connected to a community-based PYA

The background features a 3D perspective of a grid of dots. The dots are arranged in a regular pattern and recede into the distance, creating a sense of depth. The dots are a light blue color, and the lines connecting them are a slightly darker blue. The overall background is a solid, medium blue color.

The Pilot of the Pilot

Oregon Implementation

Prevention through utilization of tools in young adults in transition mental health support groups.



Oregon Implementation

- Formatted to be adopted by state's Mental Health division of DHS
- Utilized to train peer support specialists on how to structure conversations
- Utilized in YAT Secure Residential Treatment Facility

Oregon Implementation

- Monthly Conference Call to be held and hosted by Oregon and other sites nationally for lessons learned
- Implantation into wrap around site training curriculum

Questions

Thank you to **Oregon Family Support Network**
And Oregon's Addictions and Mental Health
Services (under the Oregon Health Authority)

Contact

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Find the fact sheets at
<http://www.buildingbridges4youth.org/products/tip-sheets>

Thank you to the Building Bridges