

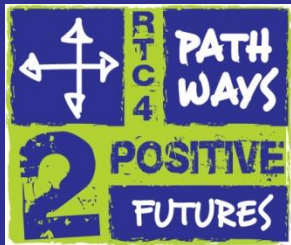


Welcome!

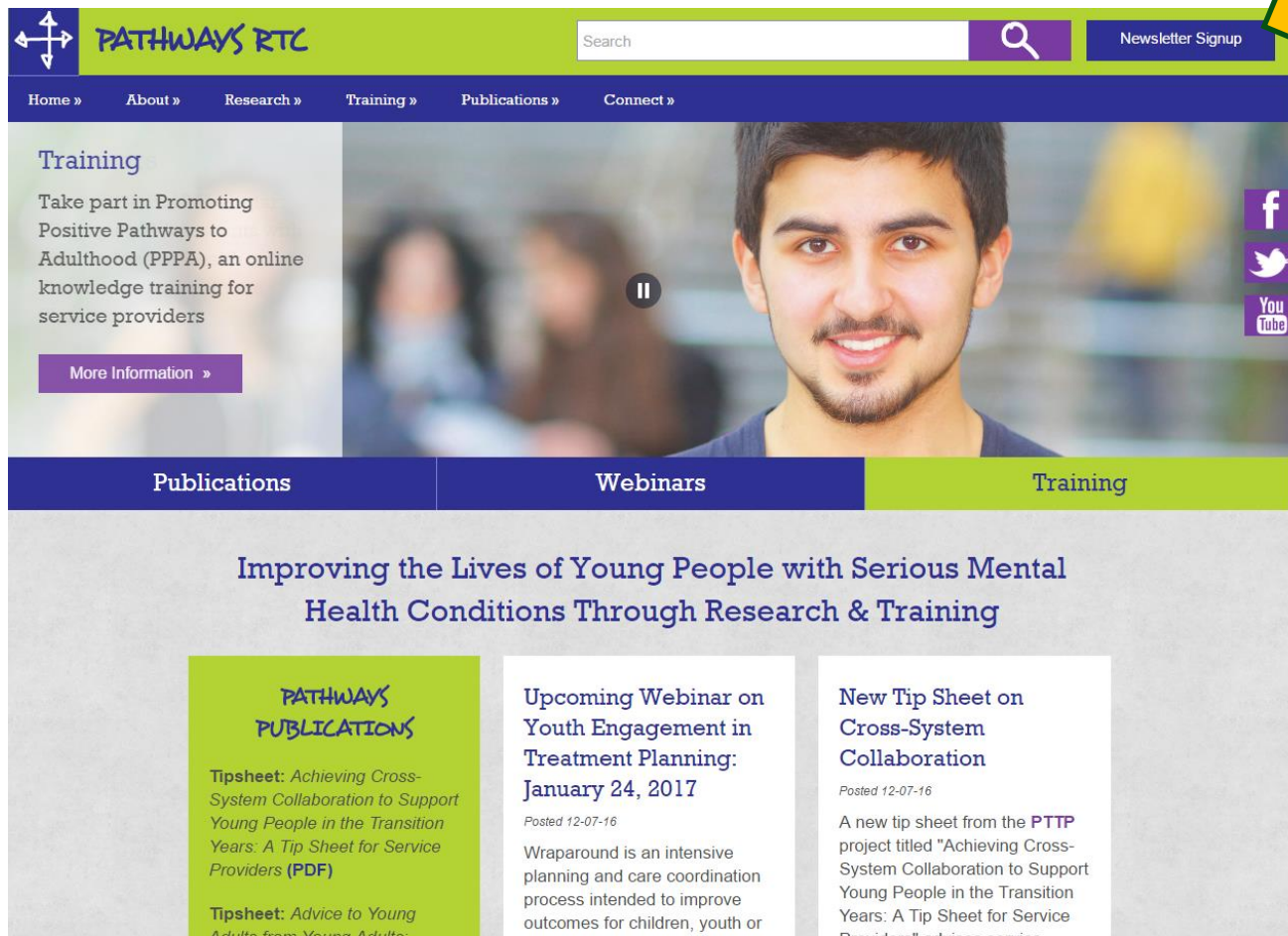
“Mental Health Needs and Service Use Among Young Adults Experiencing Homelessness” will begin shortly...

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Acknowledgments/Funders



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Mental Health Needs & Service Use of Young Adults Experiencing Homelessness



Mental Health Needs and Service Use Among Young Adults Experiencing Homelessness Implications for Early Identification and Service Delivery

Webinar presented by the
Research and Training Center for
Pathways to Positive Futures
October 10, 2017

Presenters



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Participant Poll

- Who is on the call today?

Agenda

- Overview of Homelessness in Transition Age Youth
- Intersection of Homelessness & Mental Health and Related Concerns
- Overview of **Homeless Youth Risk and Resilience Study (HYRRS)**
- Findings from the HYRRS
 - Mental Health Needs
 - Mental Health Service Use
 - Help Seeking and Coping
- Implications for Intervention and Prevention

Defining Homelessness among Youth and Young Adults

The McKinney-Vento Definition of Homeless

- *individuals who lack a fixed, regular, and adequate nighttime residence*
- *e.g. – doubled up/ couch surfing, living in cars, parks, public spaces, abandoned buildings, substandard housing, motels or camping grounds due to the lack of alternative adequate accommodations; living in emergency or transitional shelters; children of migrant workers*

HUD Definition of Homelessness

- *individuals and families who*
- lack a fixed, regular, and adequate nighttime residence
- will imminently lose their primary nighttime residence;
- Unaccompanied youth and families with children and youth who are defined as homeless under other federal statutes
- Individuals and families who are fleeing . . . conditions that relate to violence against the individual or a family member.

National Estimates

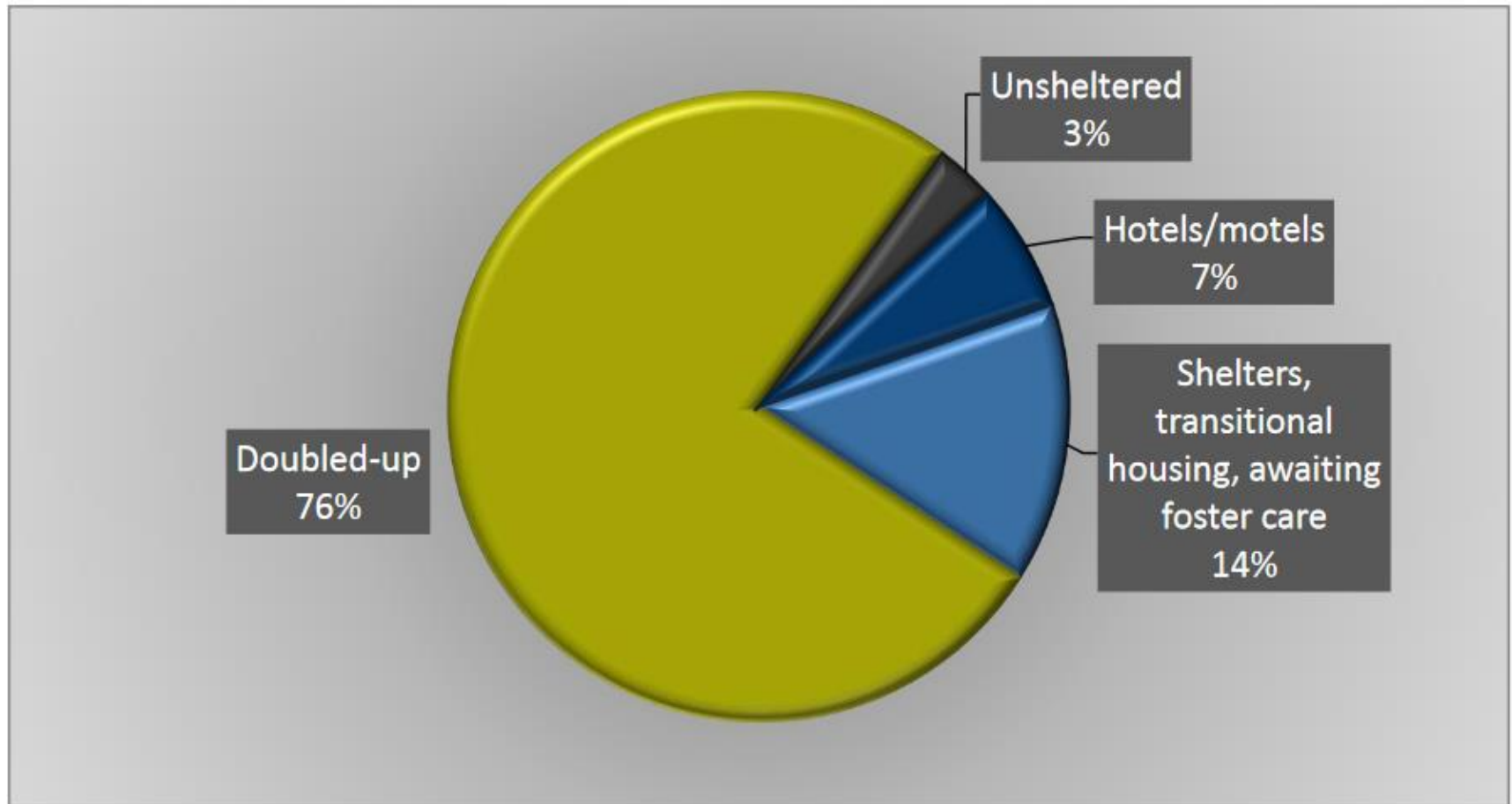
	HUD	Mk-V
Children living w/ Adults	61,265	1,166,429
Unaccompanied Youth	35,686	95,032
Parenting Youth	9,892	N/R
9th -12th Graders	N/R	323,263
18-24 year olds	50,001	N/A

<http://nche.ed.gov/downloads/data-comp-1213-1415.pdf>

https://www.hudexchange.info/resource/reportmanagement/published/CoC_PopSub_NatlTerrDC_2016.pdf



MK-V Students by Primary Nighttime Residence: School Year 2014-15



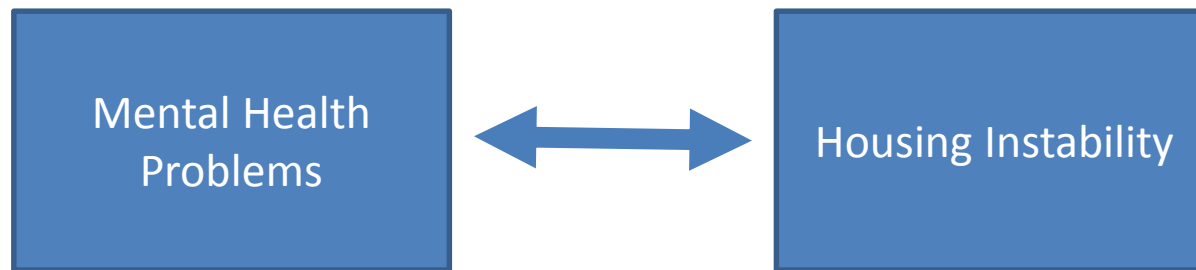
National Center for Homeless Education (2015). Federal data summary: school years 2011-12 to 2014-15. Retrieved from <http://nche.ed.gov/downloads/data-comp-1213-1415.pdf>

Life Challenges, Stigma, and Other Barriers to Self-identification

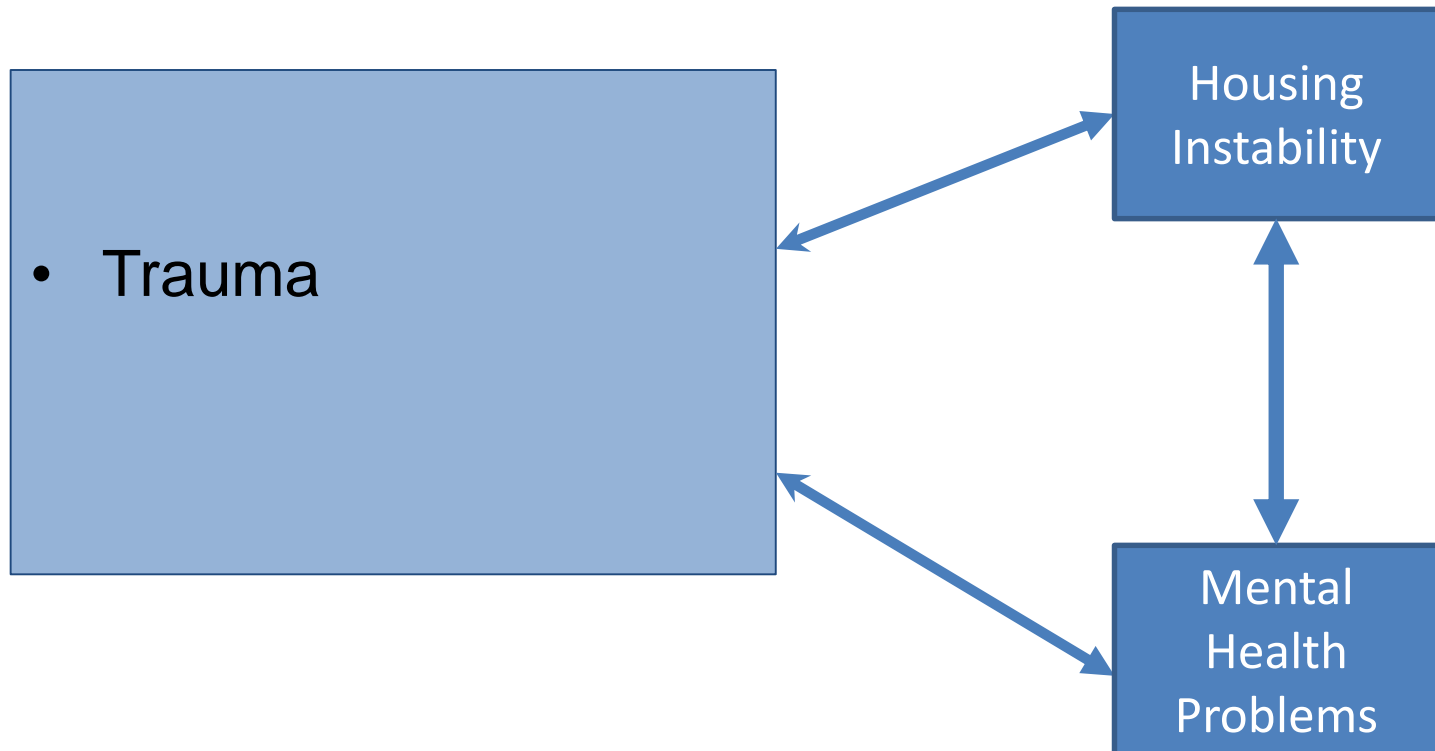
- Students experiencing homelessness are more likely to have
 - Health problems
 - e.g. respiratory infections; stomach and diarrheal infections; emergency hospitalizations; speech and stammering problems, asthma
 - Poor academic adjustment
 - e.g. poor attendance, grade repetition, lower standardized test score performance, suspension
 - AND, elevated psycho-social risk
 - e.g., behavioral and mental health difficulty, exposure to violence, social stigma
- Specific challenges as youth get older
 - We know much less about homelessness in high school and beyond
 - Homeless high school students are severely under-identified
 - Increasingly disconnected/ independent from formal services

Homelessness and Mental Health

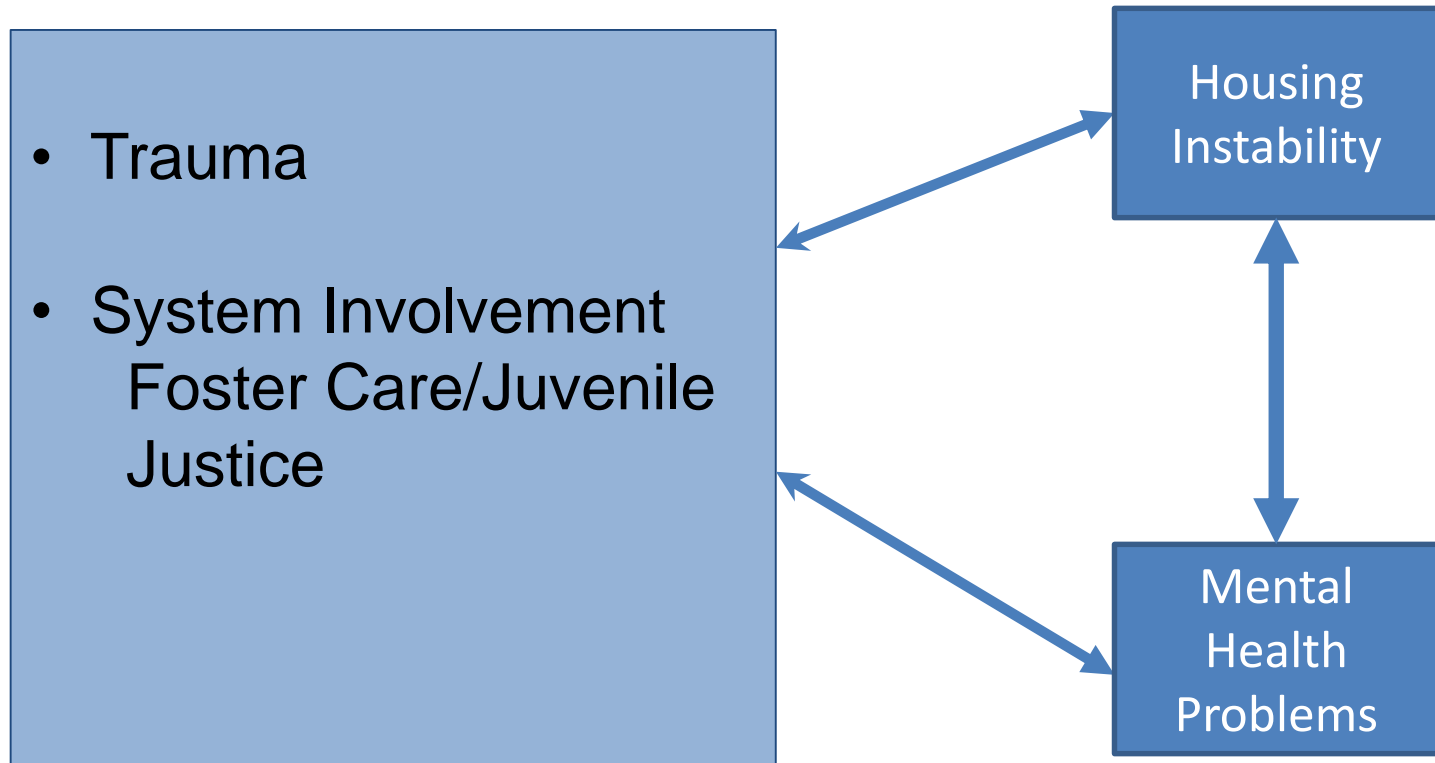
- High rates of mental health problems documented among homeless youth and young adults across settings (e.g. Cauce et al, 2000; Hogsdon et al, 2013; Whitbeck et al, 2004)
- Bi-directional relationship between Mental Health and Homelessness (Martijn & Sharpe, 2006; Narendorf, 2017)



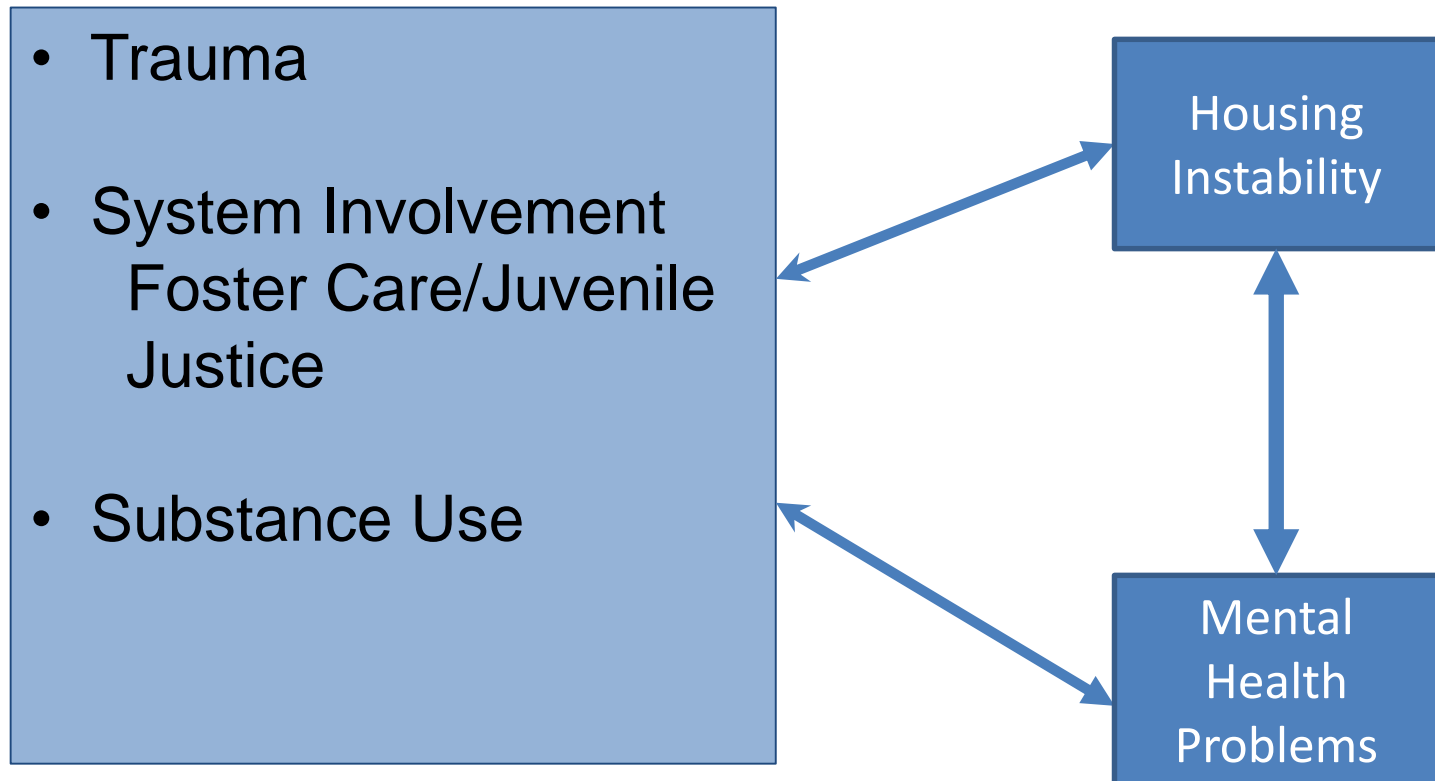
Other Important Considerations



Other Important Considerations

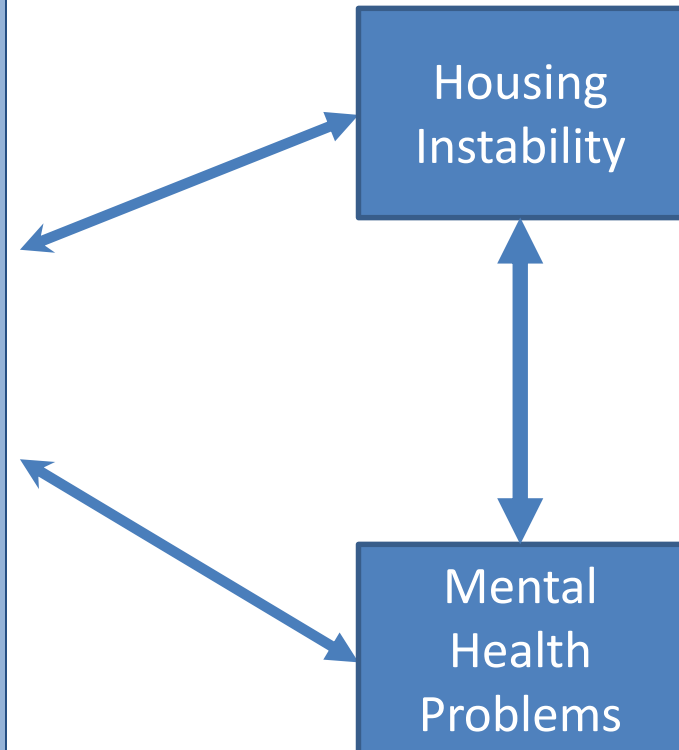


Other Important Considerations



Other Important Considerations

- Trauma
- System Involvement
Foster
Care/Juvenile
Justice
- Substance Use
- Fragile/Disrupted
Family Relationships
- Strained Support
Systems



HOMELESS YOUTH RISK AND RESILIENCE SURVEY

Homeless Youth Risk and Resilience Survey

Collaboration of researchers to collect data in 7 cities

- Houston
- Los Angeles
- New York
- St. Louis
- Denver
- Phoenix
- San Jose

HYRRS Team

- **Denver**
 - **Kimberly Bender**, University of Denver, Graduate School of Social Work
 - **Anamika Barman-Adhikari**, University of Denver, Graduate School of Social Work
- **Houston**
 - **Diane Santa Maria**, University of Texas Health Science Center, School of Nursing
 - **Sarah Narendorf**, University of Houston, Graduate College of Social Work
- **Los Angeles & San Jose**
 - **Robin Petering**, University of Southern California
- **New York**
 - **Jama Shelton**, Hunter College, Silberman School of Social Work
- **Phoenix**
 - **Kristin Ferguson-Colvin**, Arizona State University, School of Social Work
- **St. Louis**
 - **Hsun-Ta Hsu**, University of Missouri, School of Social Work



Survey Participants & Procedures

- Young adults ages 18-26
- Homeless or housed with a voucher
- Interviewed and recruited at young adult specific homeless services
 - Drop-in centers
 - Shelters
 - Transitional housing
- 200+ young people in each city for surveys; 30 of those for qualitative interview
- Self-administered surveys on iPads

Participants ($N=1,426$)

Mean Age= 20.9 (2.1)

Gender

Male	59%
Female	34%
Trans/Other	8%

Spent Last Night in...

Unstable housing	18%
Shelter	49%
Streets	33%

Sexual Orientation

Heterosexual	72%
Bisexual	14%
Gay/Lesbian	9%
Something	
Else/Questioning	5%

Race/Ethnicity

White	19%
Black	37%
Hispanic	17%
Multiracial	16%
Other	11%

Risk & Resilience

- 39% had been in foster care (17% aged out)
- 37% had been involved with juvenile justice (14% aged out)
- 46% had been arrested as an adult
- 49% had some evidence of a substance use problem
- Mean Adverse Childhood Events Score=4.6
- 69% had at least a high school diploma or GED
- 32% are currently working

Mental Health Need

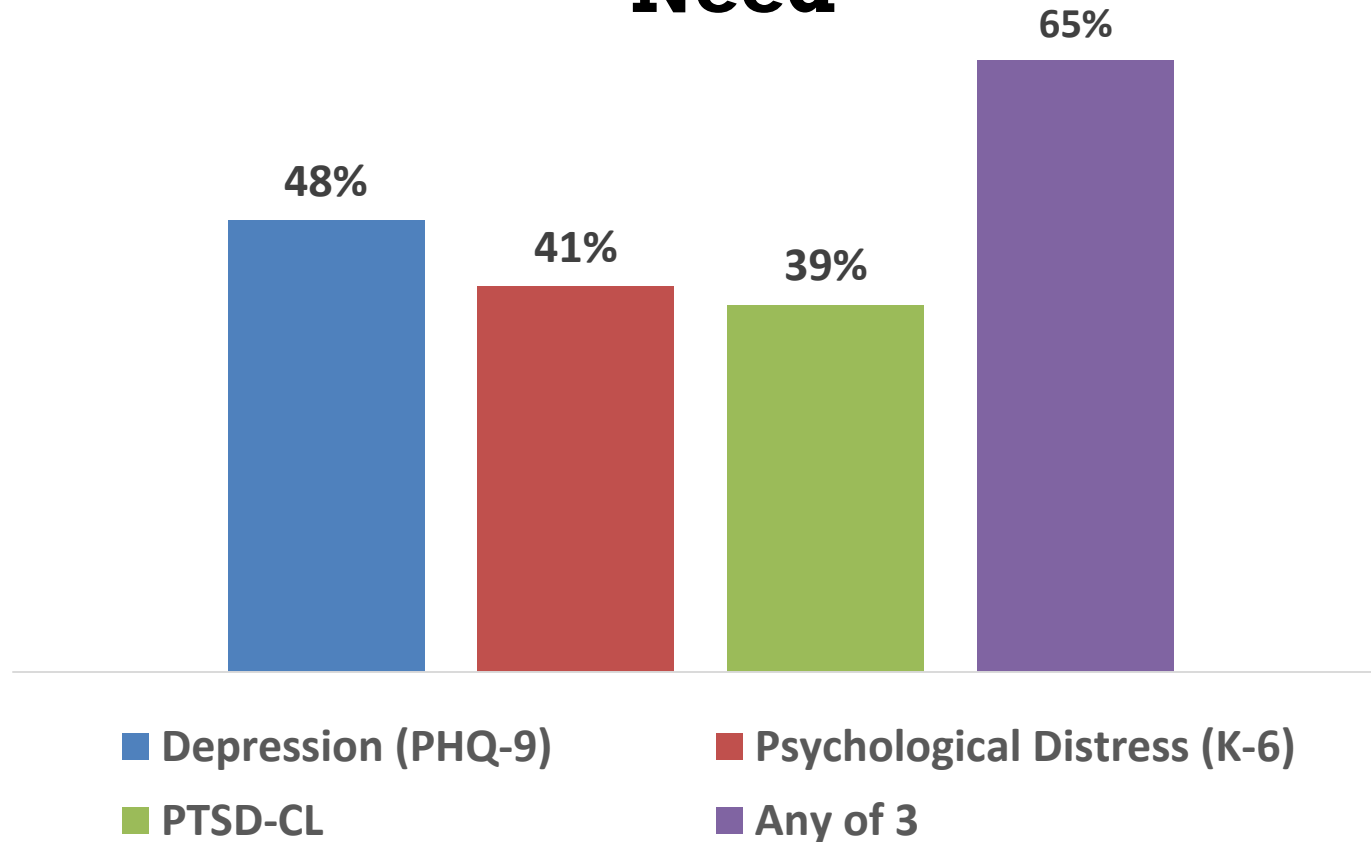
Measured Need

- PHQ-9 – Depression (Kroenke et al, 2001)
- Kessler-6 – Psychological Distress (Kessler et al, 2003)
- PTSD-CL – 4 (Prins et al, 2003)
- Suicidal thoughts, attempts (NSDUH)

Mental Health Need

- Historical Need
 - Self-reported diagnoses – ADHD, Depression, Bipolar, Schizophrenia, ODD/CD
- Perceived Need
 - Are you currently experiencing problems with your mental health?
 - Do you currently feel that you need mental health treatment?

Findings – Measured Mental Health Need



Suicidal Thoughts (past year) 27%

Suicide Attempt (past year) 14%

Who is at Highest Risk?

Those who identified as LGBTQ (74% MH Need)

Those who identified as female or transgender (71% with MH Need)

Those who identified as White (70%) compared to those that identified as African American (60%)

Those with substance use problems (77% with MH Need)

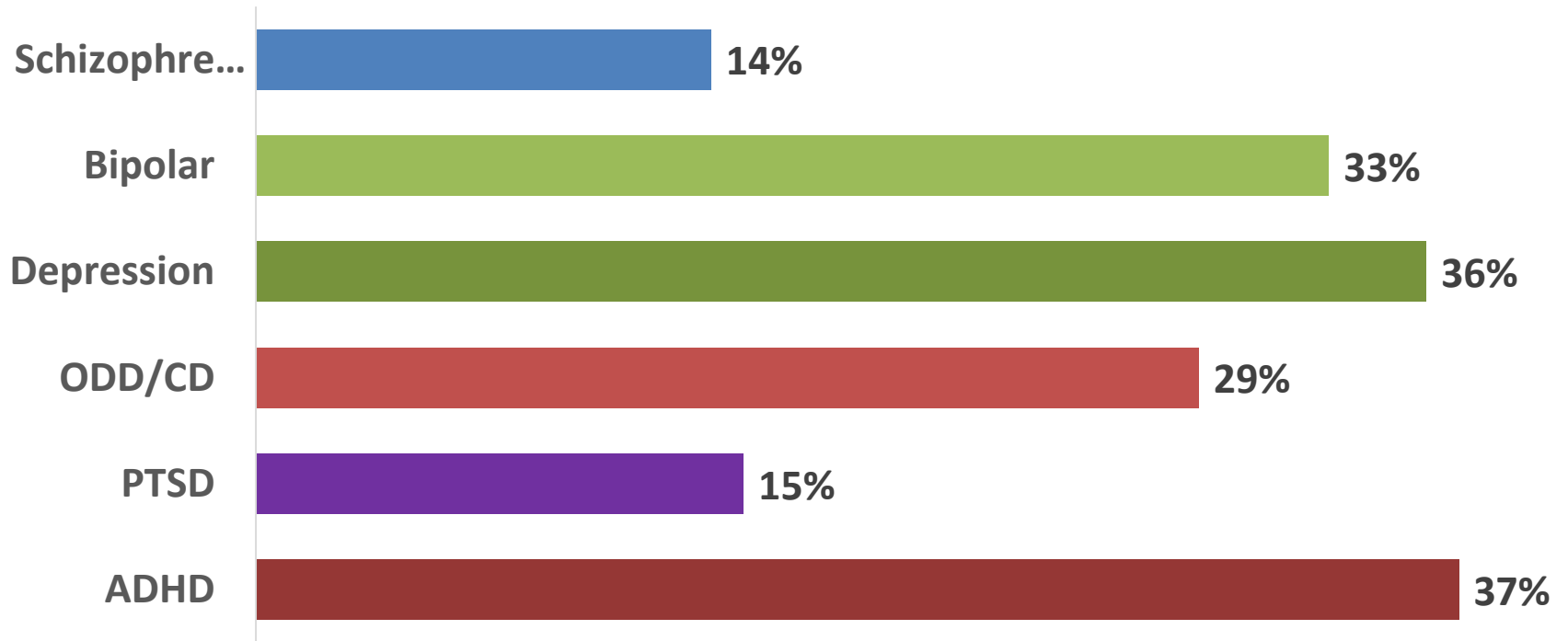
Those with higher ACE scores (mean 5.4 vs. 3.2)

Not related: living situation, working, education level, system involvement, arrest



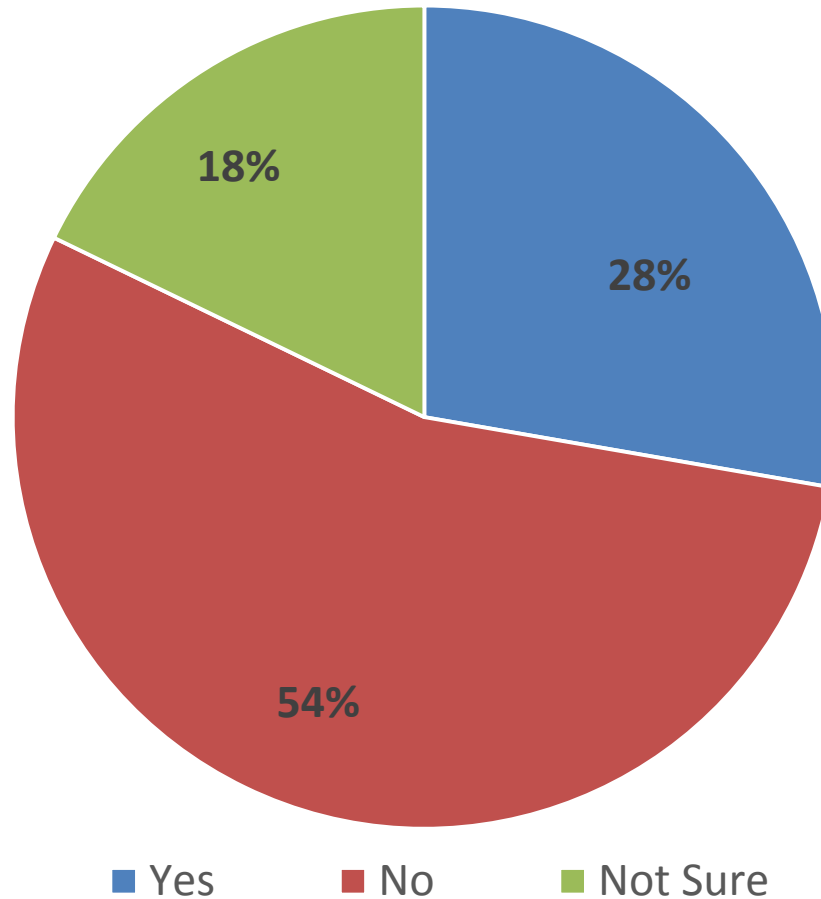
Findings – Mental Health Need

Historical Diagnoses



Perceived Need

Do you currently have a mental health problem?



Findings – Measured Vs. Report Need

- 49% of those who stated they were **not currently experiencing** a mental health problem met criteria for at least one of the indicators of need
 - Heterosexual or Male or Hispanic or African American were at higher risk to have a measured mental health problem but not report a need
- 84% of those who said they **did not know** whether they were currently experiencing a mental health problem had an indicator of need
- 85% of those who said they were **currently experiencing** a mental health problem had at least one indicator of need

Acknowledged Need

I do have very bad anxiety...and I do have a bipolar disorder as well because one minute I can be flowers and cupcakes and the next second I can be really mean.

I do know I have ADHD and I do know it's very severe. But I've been able to control that a little bit. I feel like I'm not bipolar I just feel like if you piss me off or make me mad everybody gets upset.

Uncertain about Need

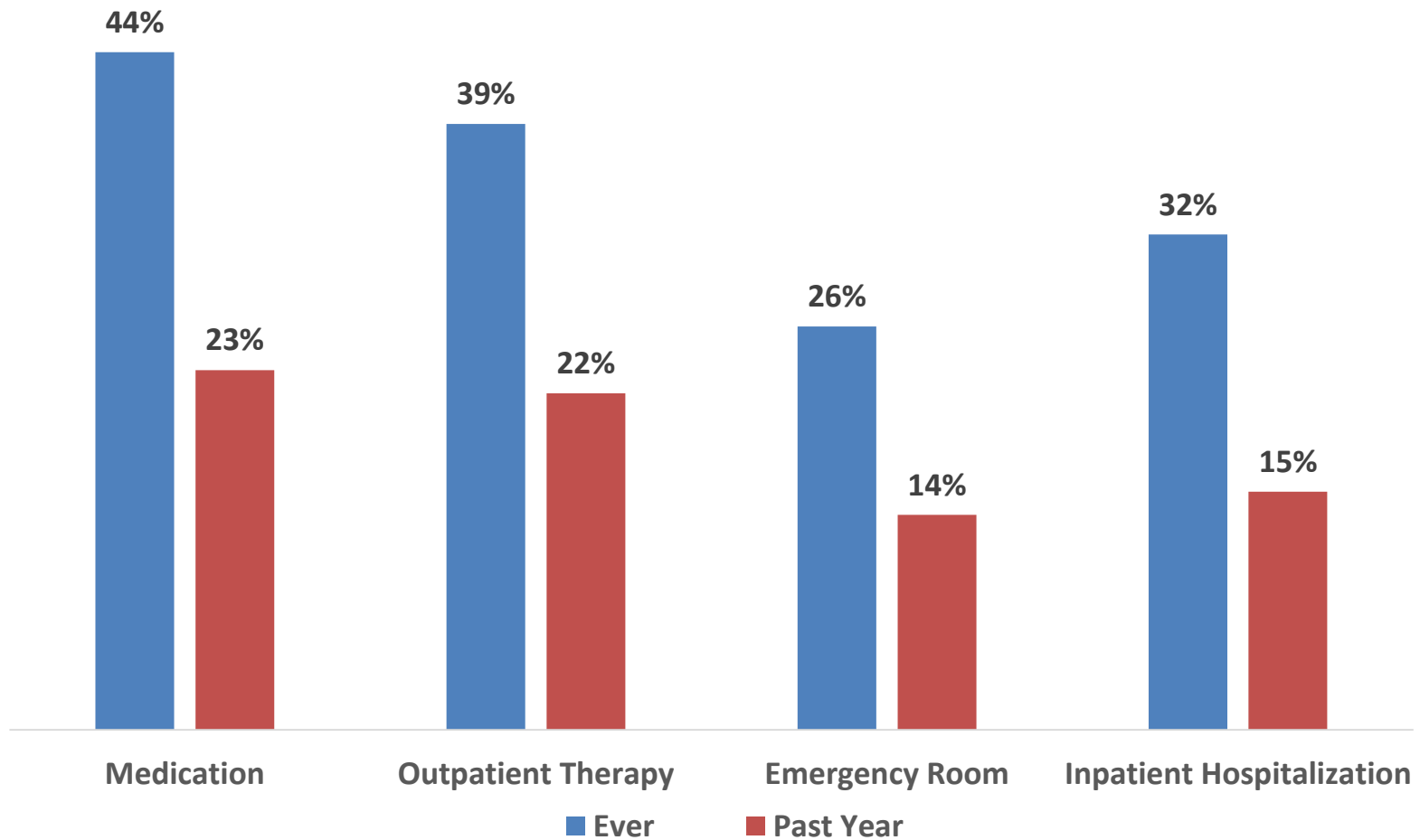
You know I don't know if I am bipolar. I don't think I am. I just think I'm too damn real for this and I have a low tolerance for stuff.

I think ...you can't really get rid of mental illnesses. Like, people will think if you're acting okay you don't have them anymore so you can function like everyone. But they always forget that you still have them and that you still have to try differently from others.

MENTAL HEALTH SERVICE USE

Findings – Mental Health Treatment

Mental Health Treatment Experiences



Findings – Reported Unmet Need

- Have you ever needed mental health treatment but didn't get it?

Yes - Ever	33%
Past Year	29%

- Do you feel you currently need treatment?

• Yes	18%
• No	56%
• Don't Know	15%
• Currently Getting Treatment	11%

Don't Need Treatment

I would never take medication ever again because I felt like I'm not myself. I don't need medication to function....

[medication] just zoned me...I just felt like I was on cocaine or something, I just didn't feel myself.

I don't like when people pick my brain. See this is different I'll let you know everything because you're not tryna pick my brain. You don't wanna put me on medication they do.

Do Need Treatment..Just not Medication

I need counseling, bad. Cuz like I said it's not all peaches and cream thinking about it so, counseling.

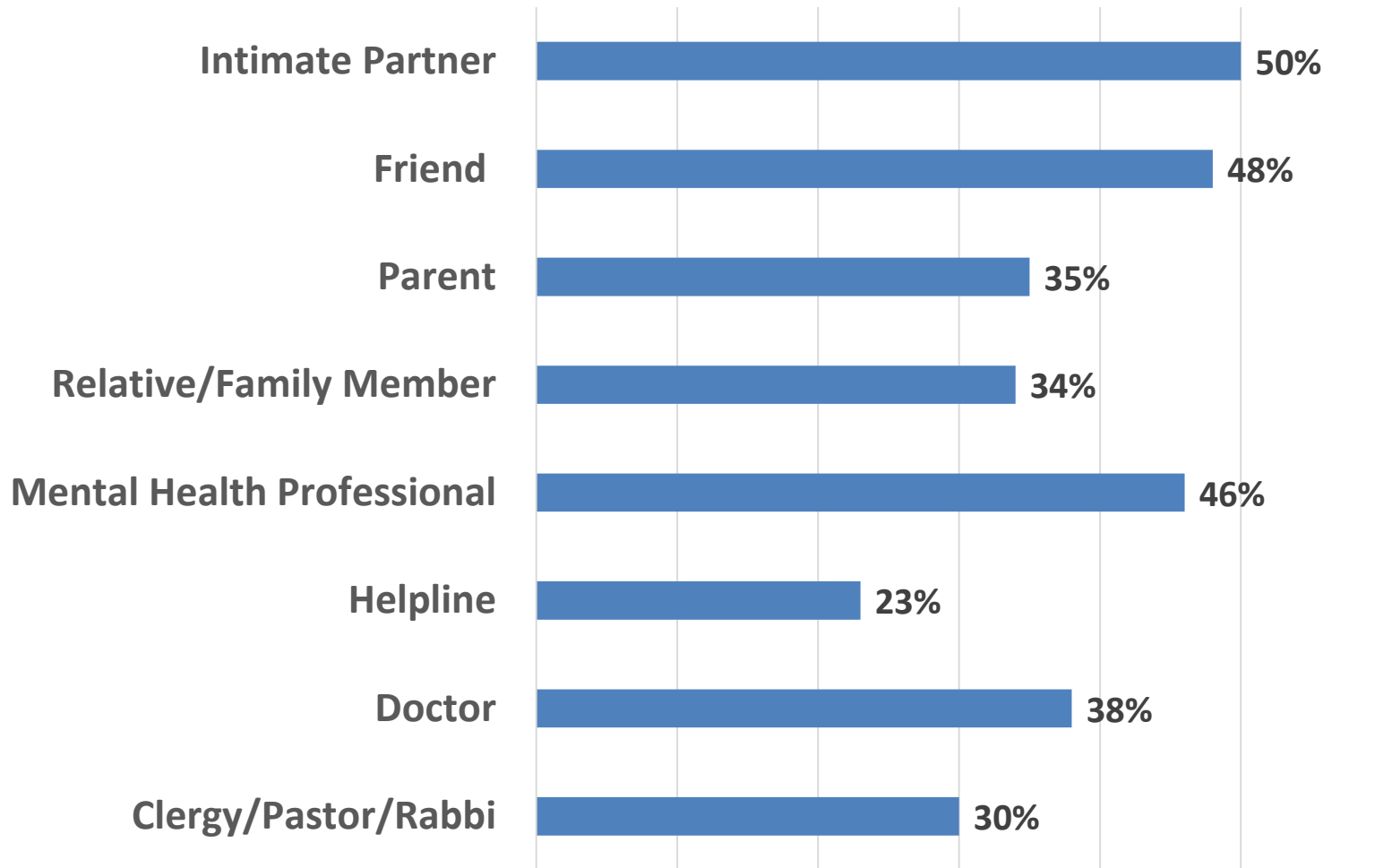
I don't like taking medication. I feel like I have more problems with it. Like I know I know that I can relapse but like I want to be able to deal with my own problems without like chemicals in my brain and stuff.

Well I didn't like taking the medicine so I would like not take it and then when I finally, after I had my baby and I realized that I needed to start taking it, I just started taking it ever since.

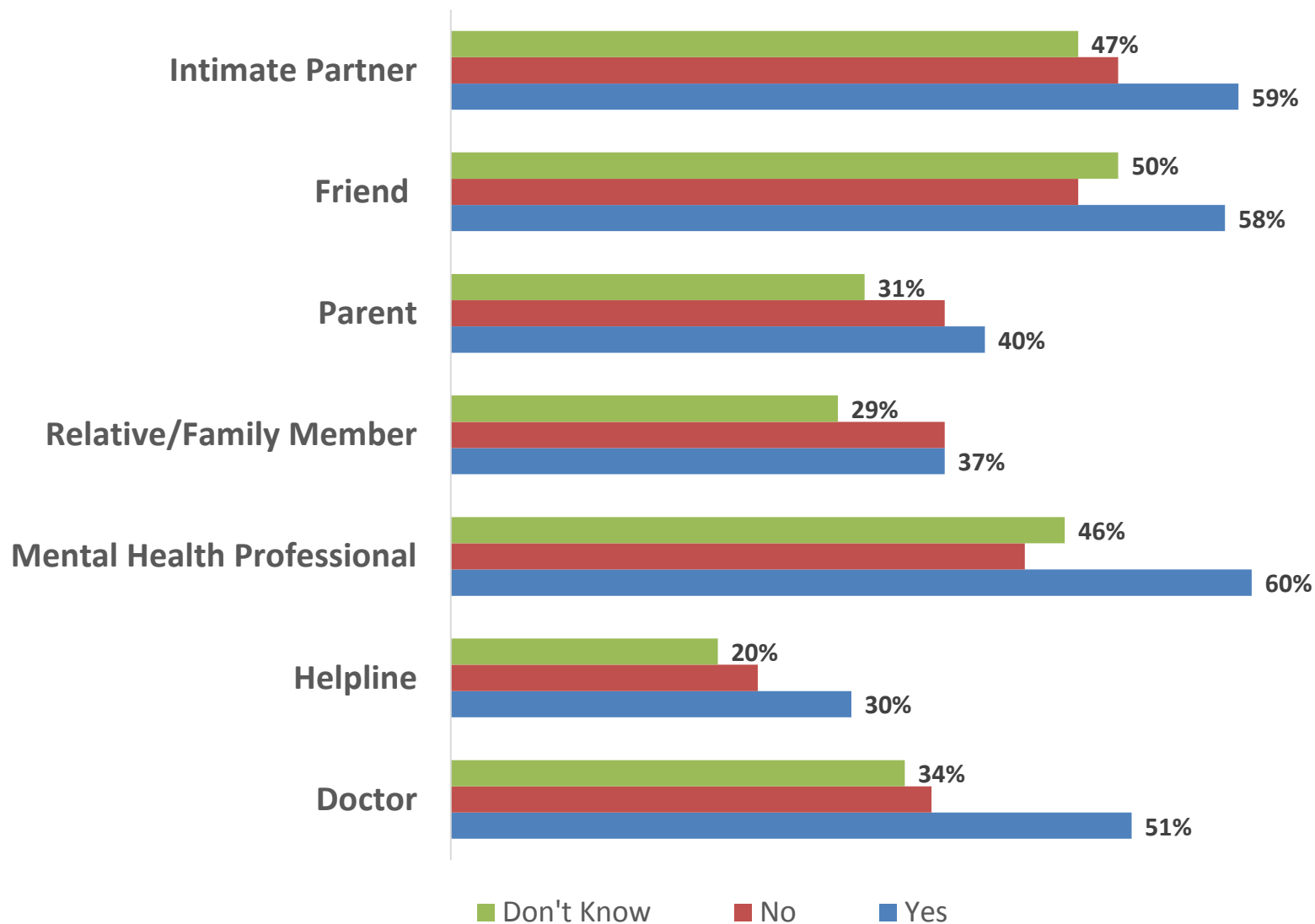
HELP SEEKING AND COPING

Help Seeking

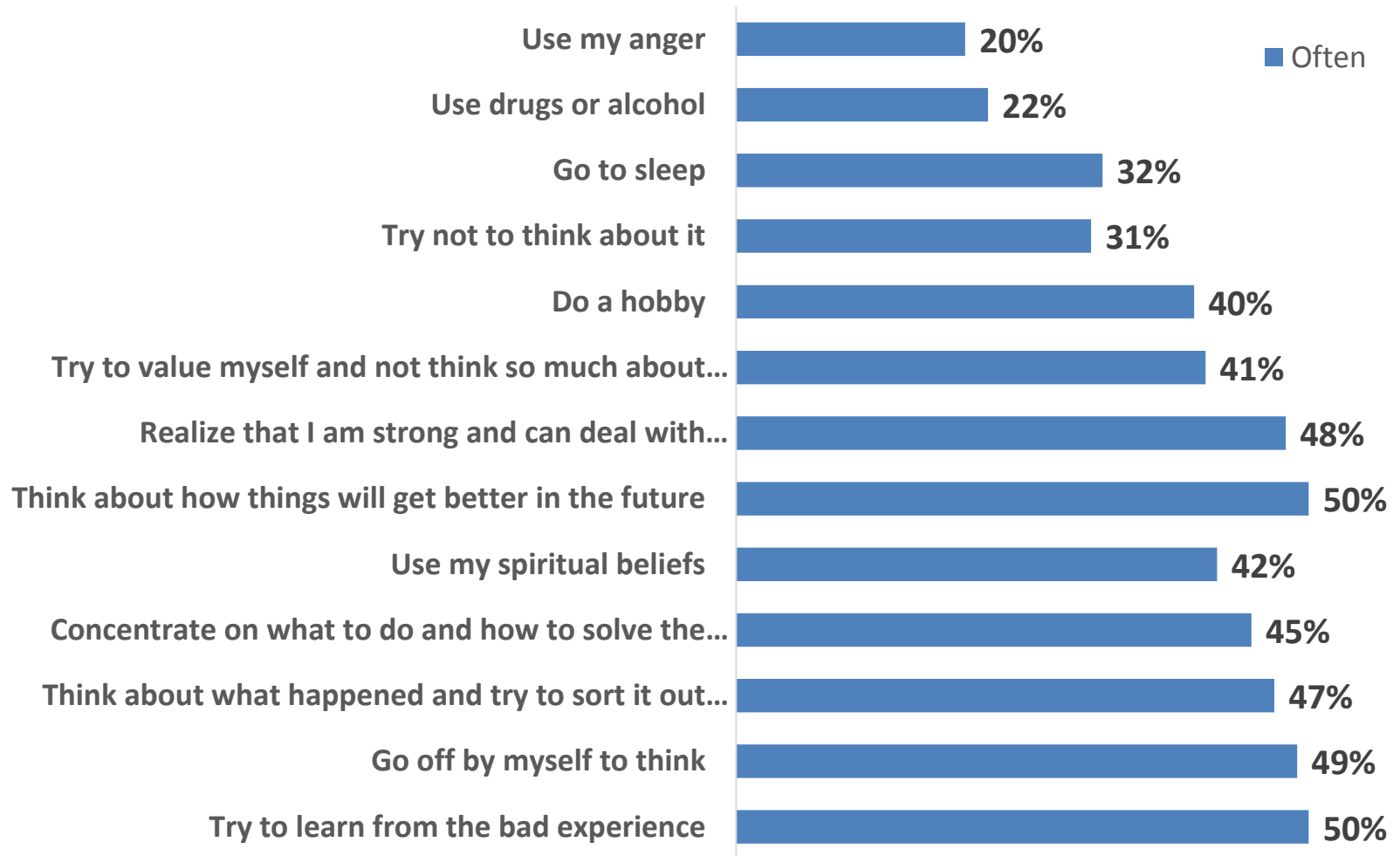
If you were having a problem with your mental health, how likely would you seek help from...



Help Seeking by Perceived Need

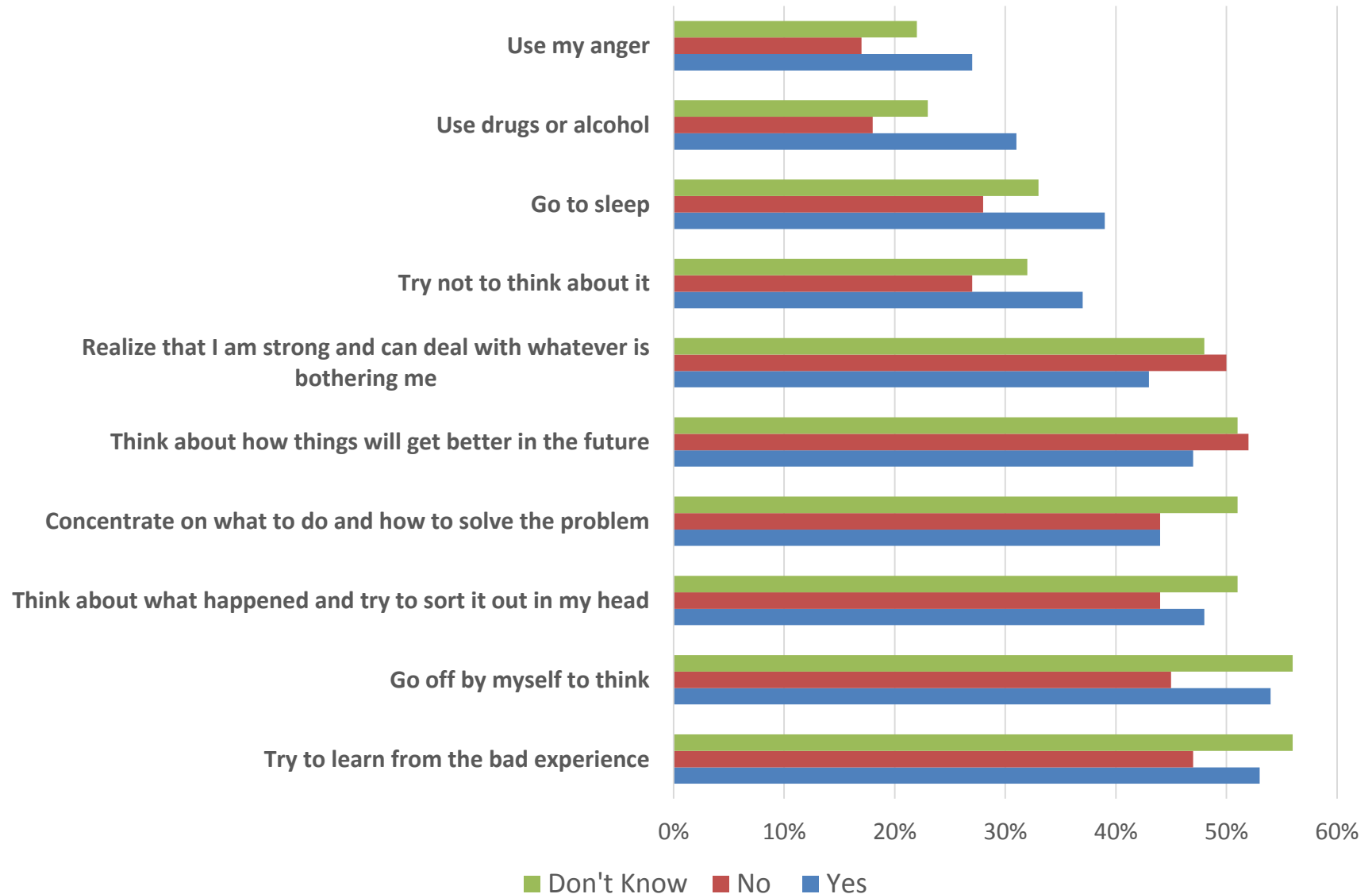


Coping



Coping Scale, Kid & Carroll, 2007

Coping by Perceived Need



Coping

Substance Use

- I smoke my pain away.
- Ima just sneak off, go buy me a blunt and smoke by myself.

Spirituality

- I just pray. Sometimes I just...you got to pray. You got to pray to God. Sometimes you have to let Him handle it.

Mindset

- Me I take every day at a time because I feel like if I don't ima get overwhelmed and I might lose myself.
- I look at everyday as a blessing.

Acknowledgements

GREATER HOUSTON COMMUNITY FOUNDATION



Funders Together
TO END HOMELESSNESS

IMPLICATIONS & RECOMMENDATIONS

Recommendations for Young Adult Homeless Service Providers

- Include natural and peer supports
- Recognize prior negative experiences with treatment, especially medication
- Assess and recognize, in non-judgmental ways, the role of substance use in managing symptoms
- Explore different language for mental health, modifications for specific groups that resist identifying as having a mental health problem
- Utilize positive cognitive strategies
- Strategies such as mindfulness, enhancing immediate distress tolerance and coping skills

Recommendations for Identification and Engagement

- Avoid using the word “homeless” in initial contacts with school personnel, families, or youth
- Develop upstream relationships to improve a warm handoff/reception
 - School districts, shelters, legal-aid groups, soup kitchens, food banks, drop-in centers, child-welfare, juvenile justice, and housing departments
- Allow youth to set priorities
- Stable housing will help, but won’t fix underlying problems
 - Many of the problems experienced by youth are exacerbated, not caused by, the experience of homelessness

Resources for Transition-Age and Unaccompanied Youth

- <http://www.naehcy.org/educational-resources/youth>
- <http://www.naehcy.org/educational-resources/higher-ed>
- <http://www.naehcy.org/letendre-scholarship-fund/about-the-fund>
- http://center.serve.org/nche/ibt/sc_youth.php
- <http://www.1800runaway.org/>
- <http://www.youtube.com/user/itgetsbetterproject>
- <http://www.thetrevorproject.org/>

??? QUESTIONS ???

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The screenshot shows the homepage of the Pathways RTC website. The header features a logo with a four-way arrow and the text 'PATHWAYS RTC', a search bar, and a 'Newsletter Signup' button. A navigation bar below the header contains links for 'Home', 'About', 'Research', 'Training', 'Publications', and 'Connect'. The main content area is divided into two sections. On the left, a 'Training' section promotes the 'Promoting Positive Pathways to Adulthood (PPPA)' online knowledge training for service providers, with a 'More Information' button. On the right, a large video player shows a man smiling, with a play button in the center. To the right of the video are social media icons for Facebook, Twitter, and YouTube. Below the video player is a horizontal navigation bar with 'Publications', 'Webinars', and 'Training' tabs. The main content area below this bar features a large heading: 'Improving the Lives of Young People with Serious Mental Health Conditions Through Research & Training'. Under this heading are three columns of content. The first column, titled 'PATHWAYS PUBLICATIONS', lists two tip sheets: 'Achieving Cross-System Collaboration to Support Young People in the Transition Years: A Tip Sheet for Service Providers (PDF)' and 'Advice to Young Adults from Young Adults'. The second column, titled 'Upcoming Webinar on Youth Engagement in Treatment Planning: January 24, 2017', includes a 'Posted 12-07-16' date and a description of the 'Wraparound' process. The third column, titled 'New Tip Sheet on Cross-System Collaboration', includes a 'Posted 12-07-16' date and a description of the 'Achieving Cross-System Collaboration to Support Young People in the Transition Years: A Tip Sheet for Service Providers' project.

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Publications Webinars Training

Improving the Lives of Young People with Serious Mental Health Conditions Through Research & Training

PATHWAYS PUBLICATIONS

Tipsheet: *Achieving Cross-System Collaboration to Support Young People in the Transition Years: A Tip Sheet for Service Providers (PDF)*

Tipsheet: *Advice to Young Adults from Young Adults*

Upcoming Webinar on Youth Engagement in Treatment Planning: January 24, 2017

Posted 12-07-16

Wraparound is an intensive planning and care coordination process intended to improve outcomes for children, youth or

New Tip Sheet on Cross-System Collaboration

Posted 12-07-16

A new tip sheet from the **PTTP** project titled "Achieving Cross-System Collaboration to Support Young People in the Transition Years: A Tip Sheet for Service Providers" advises service

