

Children's Mental Health & Family Peer Support

Behavioral Health Administration Conference

Jane Plapinger, MPH, Executive Director,
Maryland Coalition of Families

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Children's Mental Health



Mental Health Prevalence

❖ **1 in 5** children experience a diagnosable mental health disorder each year

❖ **20%** of children with mental health disorders are identified and receive treatment



Substance Use

- ❖ 7% of youth aged 12-17 have a diagnosable alcohol or substance use disorder
- ❖ 8.4% of youth 12-17 in need of treatment receive treatment
- ❖ 20% of youth aged 18-25 have a substance use disorder that requires treatment

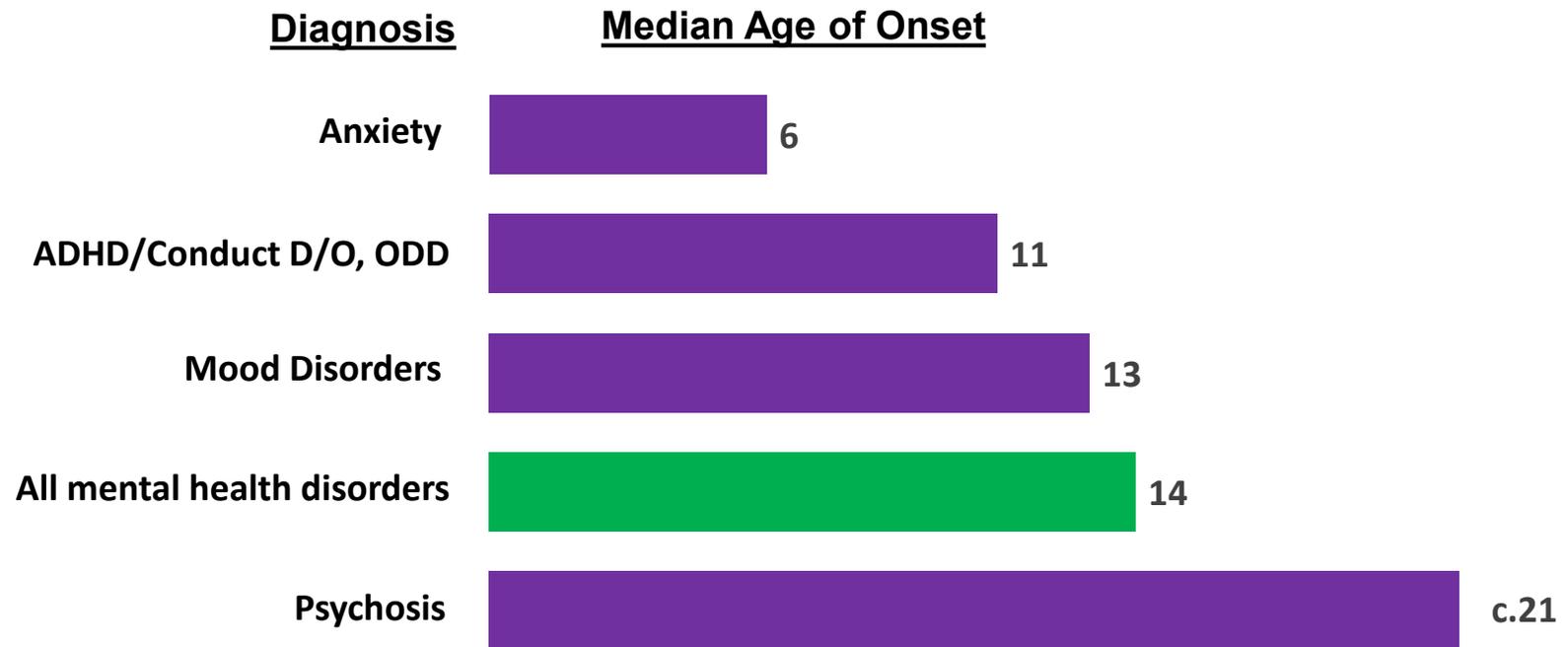
Most Common MH Diagnoses 13-18 Years

- Anxiety Disorders: 31.9%
- ADHD/Conduct D/O, ODD: 19.6%
- Depression and Bipolar Disorder 11.2%

Median Age of Onset

- ❖ **50%** of all mental health disorders occur before the **age of 14**
- ❖ **75%** of all mental health disorders occur before the **age of 24**

Median Age of Onset by Diagnosis



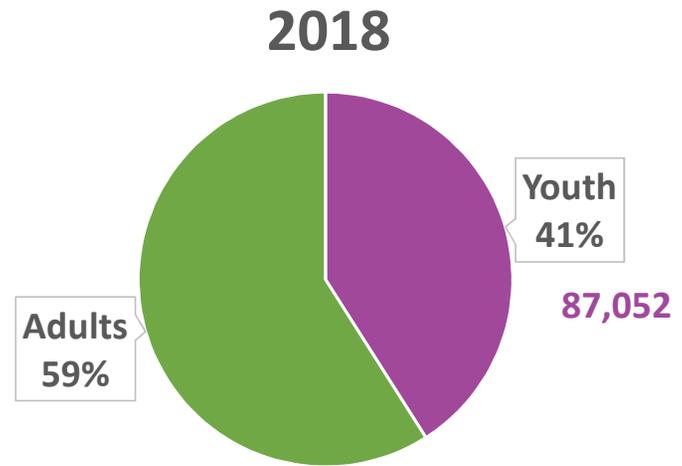
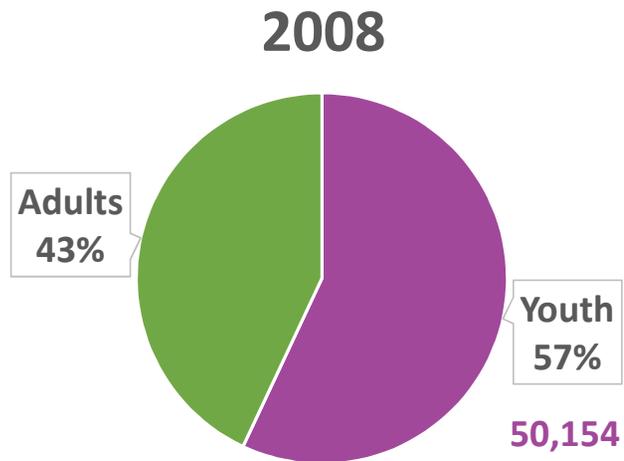
Youth and Suicide

- ❖ **17.2%** of High School students reported having seriously considered attempting suicide in the last year
- ❖ **7.4%** of High School students report having attempted suicide in the last year

Public Mental Health System Utilization: 0-21 years

	<u>2008</u>	<u>2018</u>
Total number of consumers	50,154	87,052
Inpatient (hospitalization)	3,422	5,816
Outpatient	48,177	85,018
Residential Treatment	848	454

Public Mental Health System Utilization



Family Peer Support in Maryland



Maryland Coalition of Families

The Statewide Family Voice



MCF's Mission

- Building a network of information and support for families caring for young people with mental health issues and for any loved one who cares for someone with a substance use or gambling issue
- Advocate to improve behavioral health services for children, youth, adults and their families



Family-Run Organizations



National Federation of Families for Children's Mental Health, 2019

What is Family Peer Support?



Family Peer Support...

...when family members **use their own experience** to provide knowledge, emotional, social and/or practical help to each other.



Family Peer Support

- Leverages the power of shared, **lived experience**
- Helps parents and other caregivers **navigate** complicated systems
- Facilitates **access** to resources, services and treatment
- Delivers **support** through face-to-face meetings, phone calls, texts, support groups and family activities

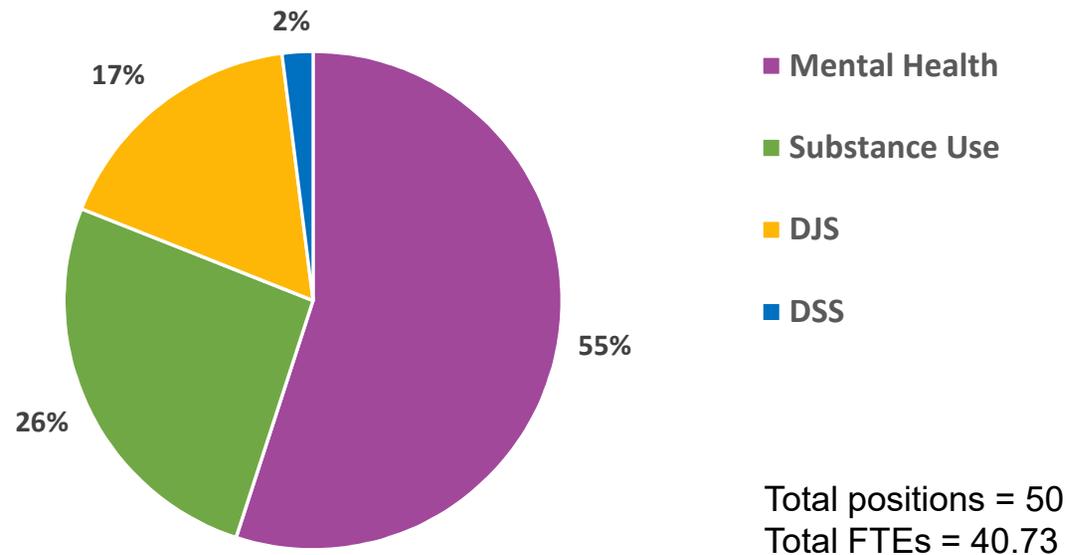
SAMHSA, 2019



Our Family Peer Support Workforce



Family Peer Support Workforce



DJS-involved Youth

- Nationally:
 - 70.4% of youth in the juvenile justice system had been diagnosed with at least one mental health disorder
 - Over 20% had a mental disorder that could be diagnosed as serious
- In Maryland:
 - 23% of youth had a high mental health treatment need
 - 31.5% of youth had a high substance use treatment need

Families Served



How to Access Family Peer Support

- Statewide intake line: **410-730-8267**
- www.mdcoalition.org, and use provider referral form



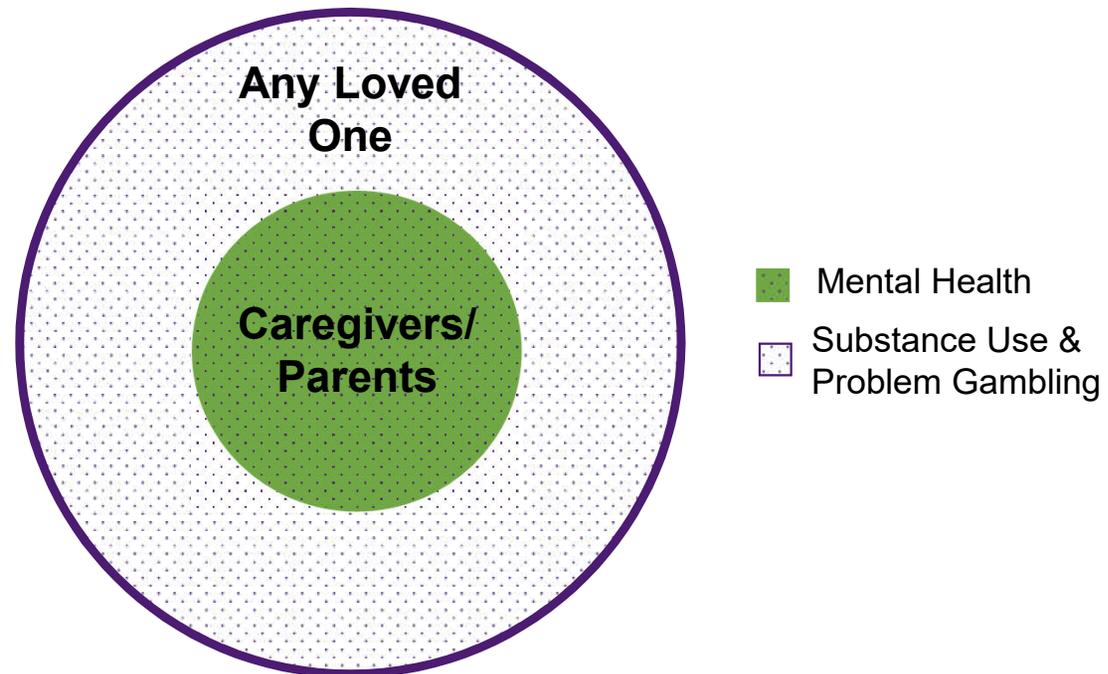
Expansion of Family Peer Support in Maryland



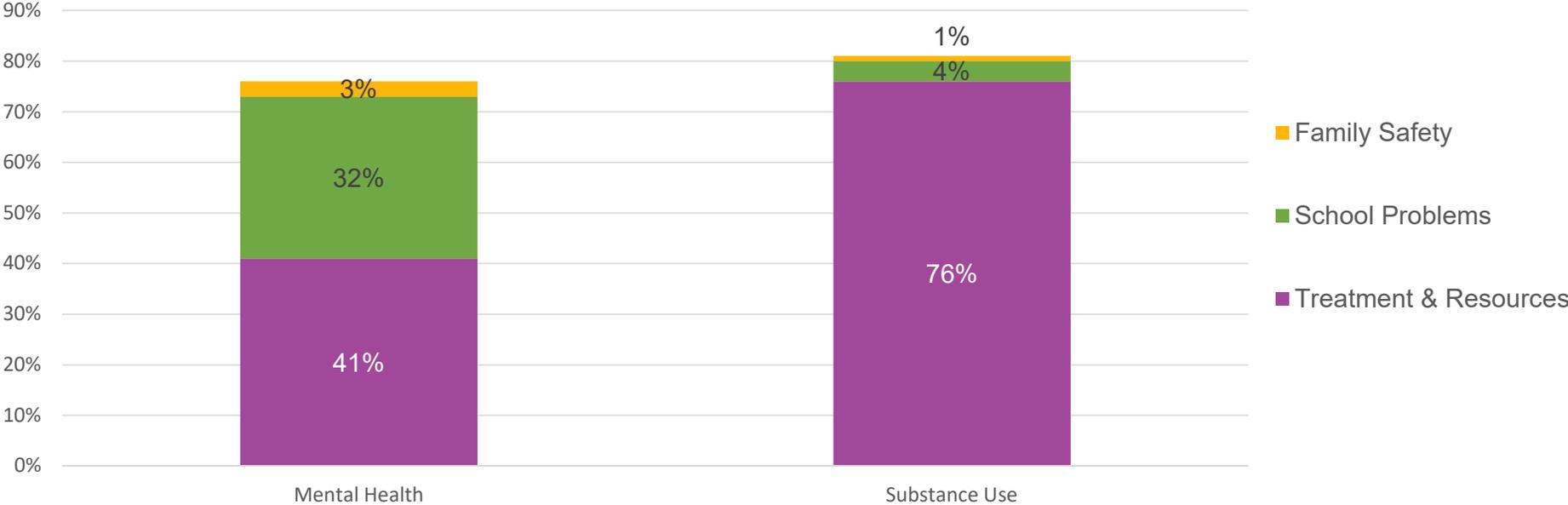
Prevalence Rates for Adult Substance Use Disorders and Problem Gambling

- 13.9% of adults in U.S. have an alcohol use disorder
- 3.9% of adults in the U.S. have a drug use disorder
- 2.2% of adults in U.S. have a problem gambling disorder

Families Served – by Family Member Role

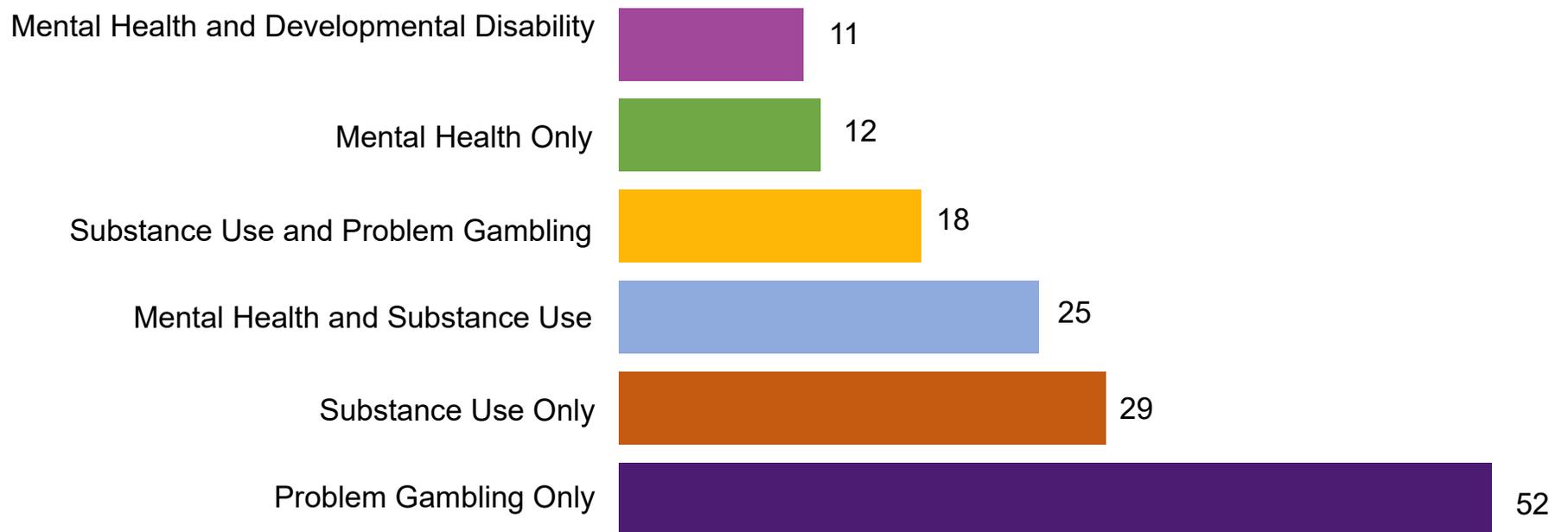


Why Families Come to MCF

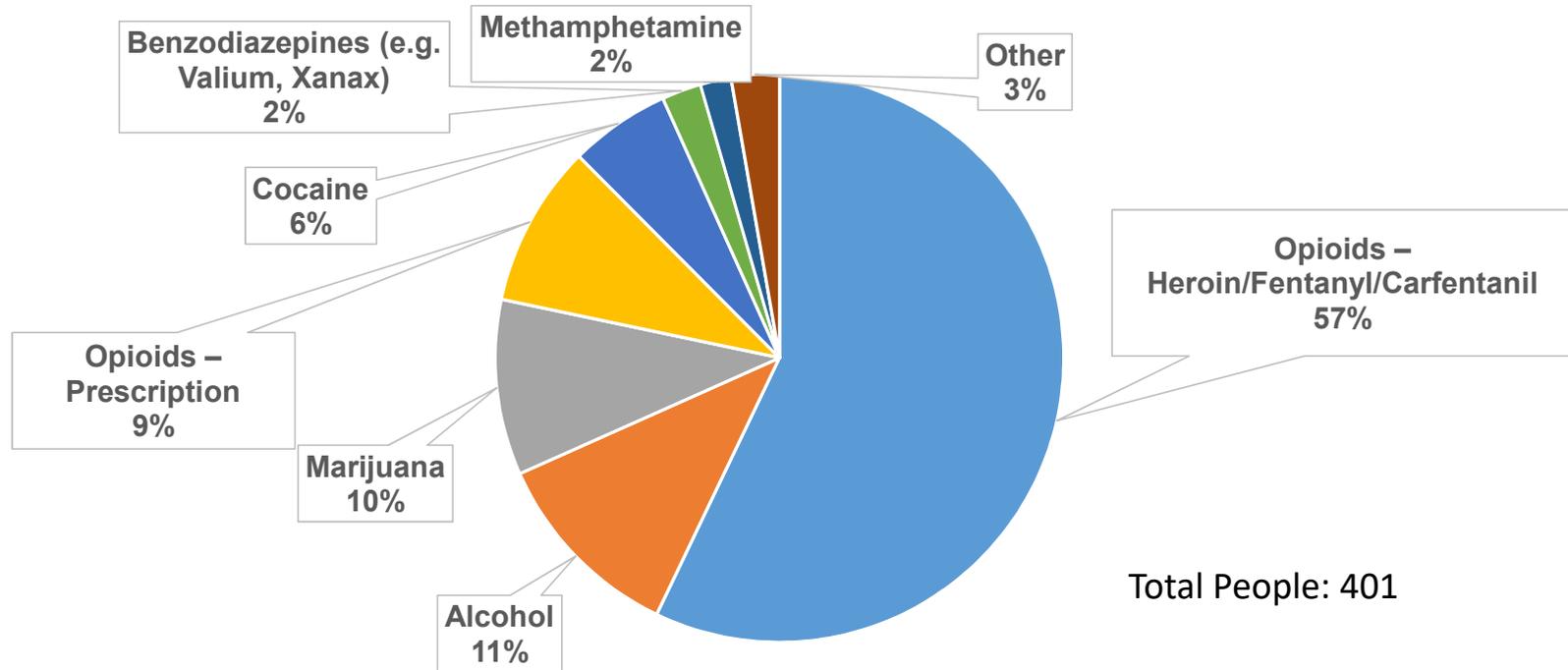


Average Age of Target Person FY19

(July 2018 - March 2019)



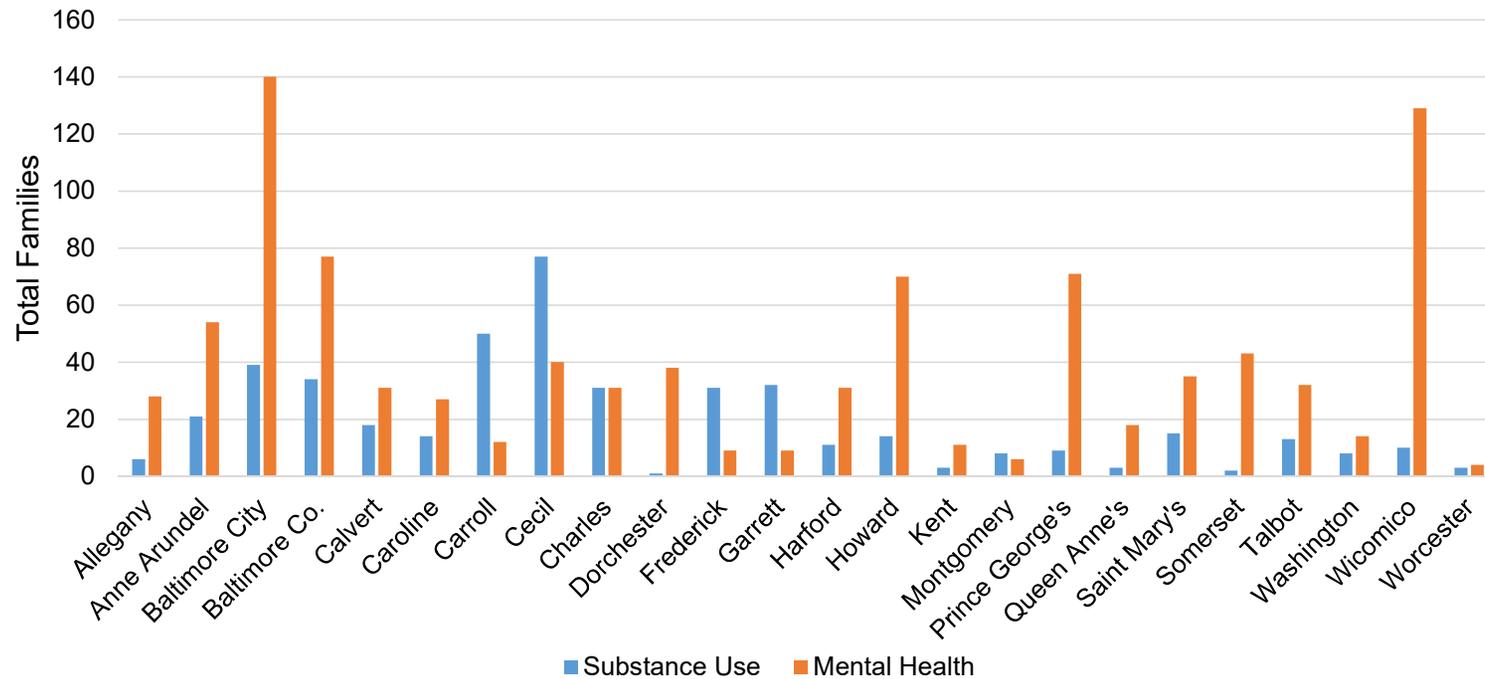
Primary Substance of Choice Among Loved Ones



Services Provided



MH & SU Families Served by Jurisdiction: 7/1/18 - 3/31/19



FY 2019 ^{ID12}_{LF12} July 2018 – March 2019)



individualized peer support with 1,515 families



189 support group meetings, workshops and social events to connect families

Slide 31

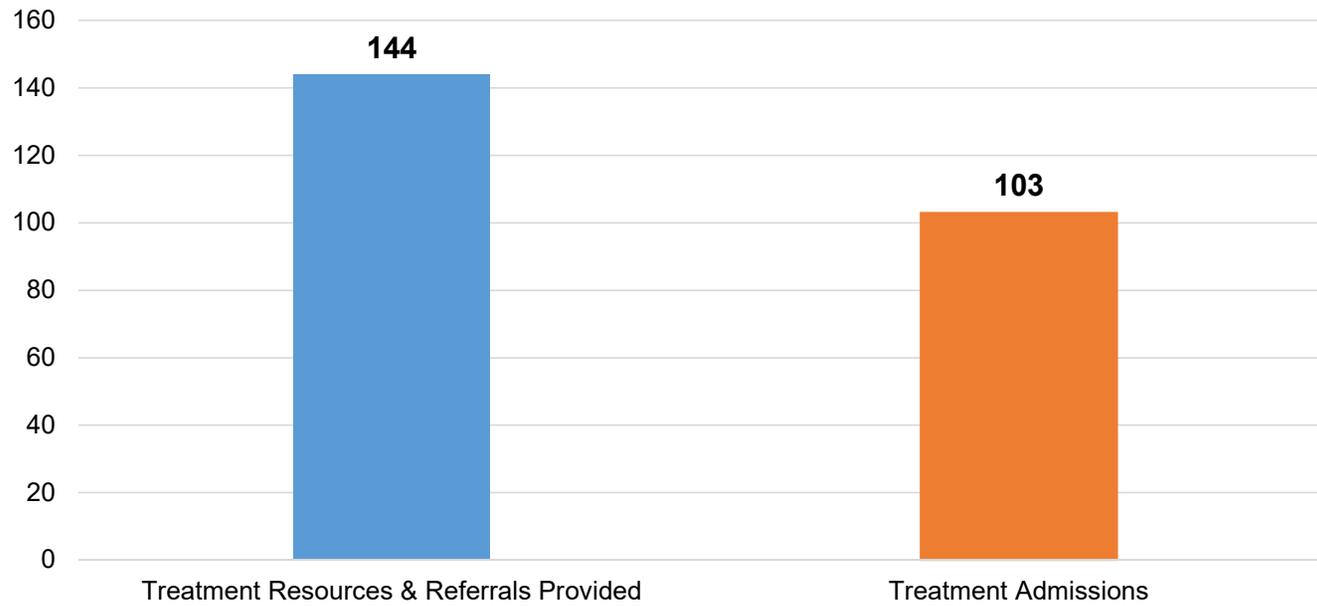
JP13 Lisa - Please update
Jane Plapinger, 4/25/2019

LF12 done
Lisa Firnberg, 4/29/2019

Our Impact



Connecting Individuals to Treatment



7/1/18-3/31/19



Measuring Impact: Family Empowerment Survey

- Understanding of loved one's behavioral health needs
- Knowledge of and connection to treatment, recovery and support services
- Practice of self-care
- Strategies for crisis situations
- Feeling connected and supported
- Child's success in school



Empowerment Survey Results

Average
at Intake

3.4



Average
at Closure

4.0

N = 59 families; 7/1/18–3/31/19

Scale:

- 1-Strongly Disagree
- 2-Disagree
- 3-Neutral
- 4-Agree
- 5-Strongly Agree



Areas of Greatest Impact: Empowerment Survey

Question	Avg. Score Intake	Avg. Score Closure
I feel connected and supported.	3.0	3.8
I understand how to access effective treatment, recovery and support services.	3.2	4.0
I feel that my child is successful in school.	2.5	3.1
My loved one is connected to treatment, recovery and support services.	3.3	3.9
I understand how to access community resources and services to support my loved one.	3.3	3.9

Scale:

- 1-Strongly Disagree
- 2-Disagree
- 3-Neutral
- 4-Agree
- 5-Strongly Agree

N = 59 families; 7/1/18–3/31/19



What do you like best about your Family Peer Support Specialist?

“The sense of validation.”

“My FPSS was more beneficial to me than my family and friends because she is not judgmental and understands the difficulties involved.”

“She gave us realistic solutions. Sometimes professionals suggest what’s good on paper but isn’t realistic.”

Contact Information

Heidi Rochon, CPSP

Program Director – Family Peer Support

hrochon@mdcoalition.org / 410-200-1172

Trish Todd, CPSP

Program Manager – Substance Use

ttodd@mdcoalition.org / 410-220-4059

Nancy Quidas

Program Coordinator – Problem Gambling

nquidas@mdcoalition.org / 443-878-3365



www.mdcoalition.org



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- North American Foundation for Gambling Addiction Help, “Statistics of Gambling Addiction 2016”

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- Grant, Bridget et al, “Epidemiology of DSM-5 Alcohol Use Disorder,” JAMA Psychiatry (2015)

