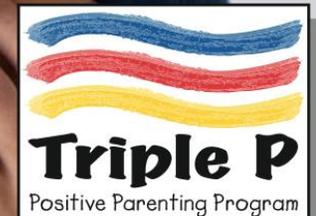


ADDRESSING THE MENTAL HEALTH NEEDS OF CHILDREN AND YOUTH

A TWO GENERATION APPROACH



What we'll be talking about

1

Context setting: Child and Youth Mental Health

2

The role of evidence-based parenting programs in a continuum of mental health support for children and youth

3

Q & A

Poll Question

What is your role?

- I'm a mental health provider
- I work in child abuse and neglect prevention or intervention
- I do other work with children and families
- I am a parent or caregiver
- I'm a medical provider
- Other

Guidelines for Digital Dialogue

Please Participate

- Phone lines are muted but Q & A and chat boxes are active throughout
- Please participate in audience polls as they come up

Materials Will Be Available

Within a week of the Digital Dialogue, the CBLCC website will have posted:

- A recording of the session
- The slide deck

Presenters



Courtney Towne, LCSW

Implementation Consultant with
Triple P America



Jennifer Hammel

Director Early Childhood
Development & Trauma Informed
Care, Children's Wisconsin

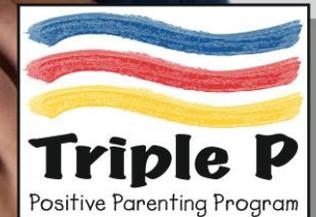


Jenny Walczak, PSYD

Clinical Director of Mental and
Behavioral Health, Children's
Wisconsin

ADDRESSING THE MENTAL HEALTH NEEDS OF CHILDREN AND YOUTH

A TWO GENERATION APPROACH



Poll Question

What is your role?

- I'm a mental health provider
- I work in child abuse and neglect prevention or intervention
- I do other work with children and families
- I am a parent or caregiver
- I'm a medical provider
- Other

Presenters



Courtney Towne, LCSW

Implementation Consultant with
Triple P America



Jennifer Hammel

Director Early Childhood
Development & Trauma Informed
Care, Children's Wisconsin



Jenny Walczak, PSYD

Clinical Director of Mental and
Behavioral Health, Children's
Wisconsin

Poll Question

Please use the chat to tell us the type of mental health concerns you're seeing in the children and youth your serve.

Our vision

Wisconsin kids will be the healthiest in
the nation

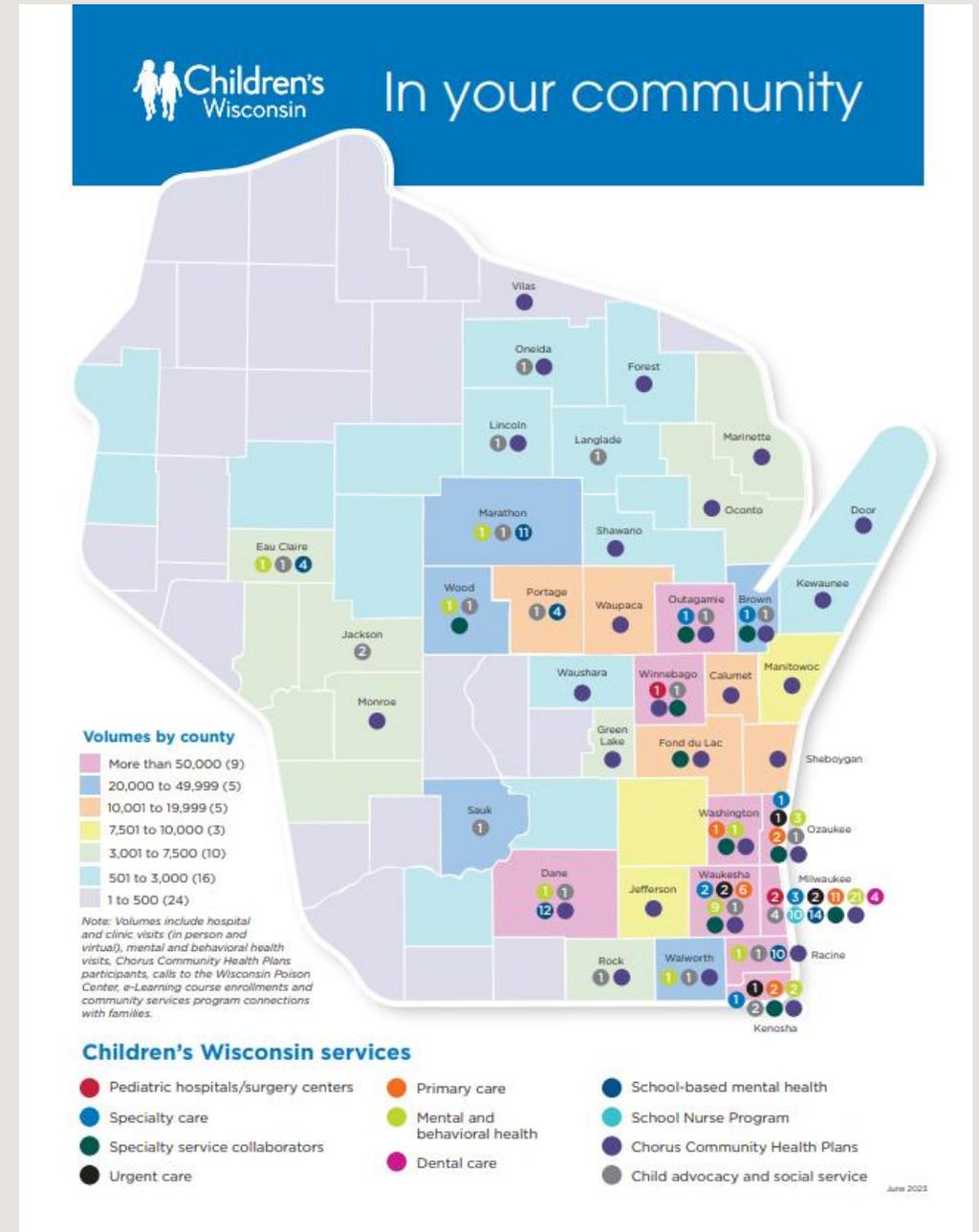
Mission

Caregiving: Offering some of the nation's best medical care

Advocacy: Speaking up and protecting children

Research: Finding cures to the illnesses that affect children

Education: Sharing what we learn and teaching others to care for kids



Kids deserve the best.

HOSPITAL | COMMUNITY | HOME



Child Well-being

- Foster Care & Adoption
- Child Advocacy Centers
- Institute for Child & Family Well-Being

Care Closer to Home

- Primary Care
- Specialty Clinics
- Urgent Care
- Surgery Center
- Dental
- Behavioral Health
- School Nurses

Health Management

- Children's Community Health Plan
- Clinical Navigators
- Data Management

Hospital

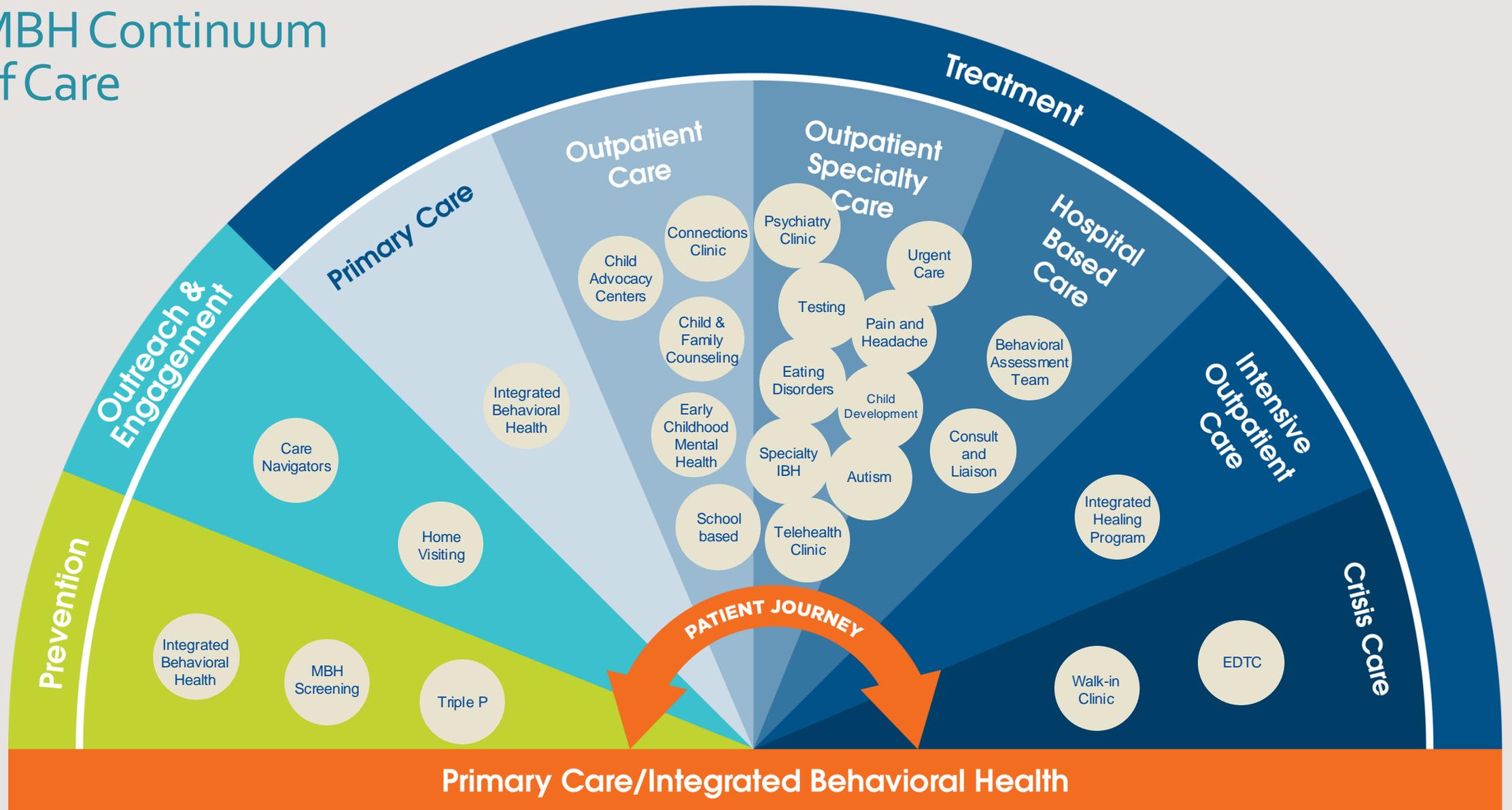
- Milwaukee & Fox Valley
- *US News* Ranked
- Level 1 Trauma Center
- Emergency Department
- Level 1 Surgical Designation
- Critical & Specialty Care
- Research

Community Health & Education

- Injury Prevention
- Child Abuse Prevention
- e-Learning
- Partner Neighborhoods
- Community Health Navigators
- Advocacy



Children's Wisconsin's MBH Continuum of Care



The Triple P System

Over four decades of global research including nearly 200 RCTs

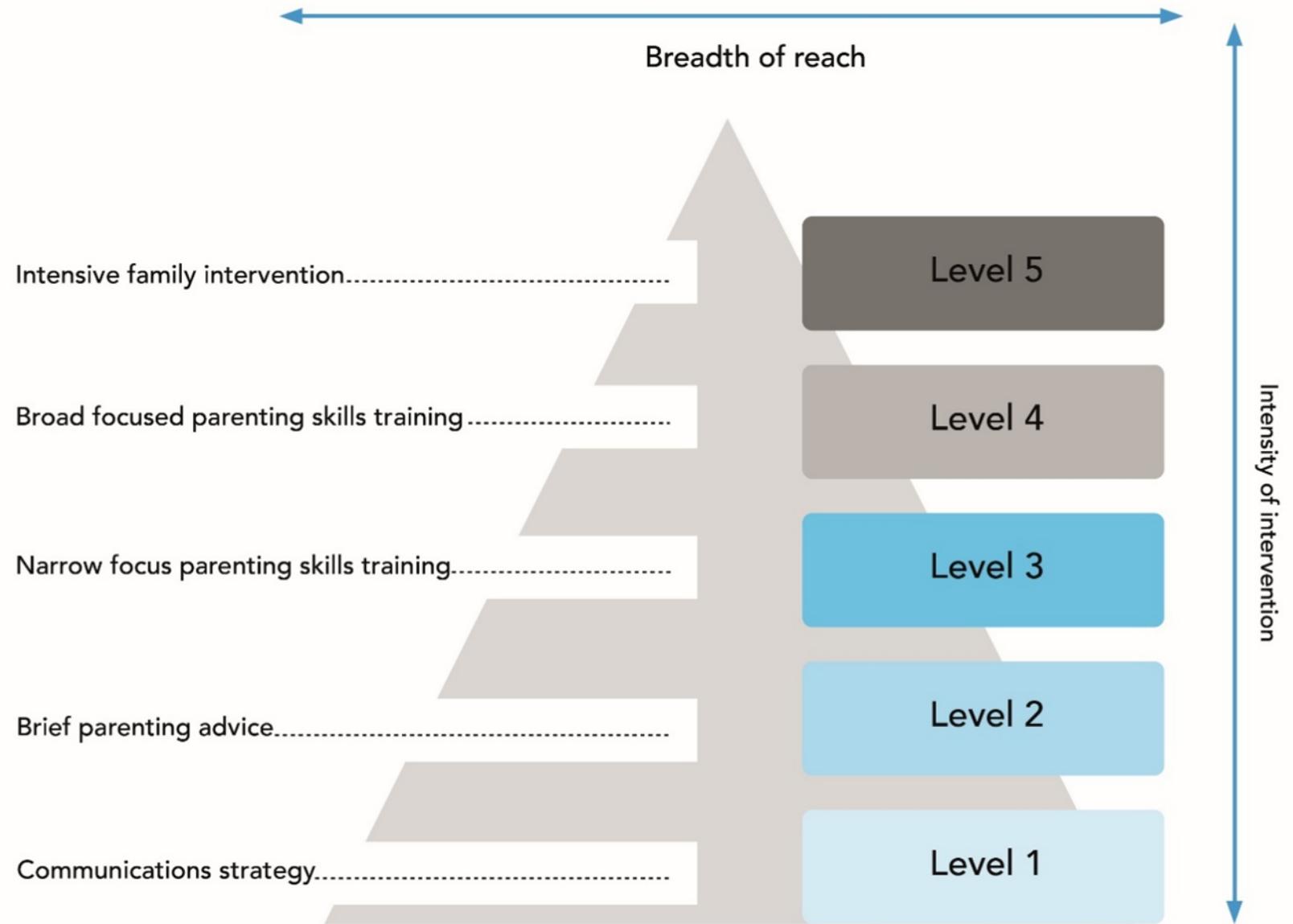
Over 23,000 trained practitioners in the U.S.

Not a 'one size fits all' model – offering different levels of support based on parent need and provider capacity

Options for facilitated 1:1 or group based delivery formats

Includes online courses parents can take directly

**Goal = right place,
right time, right
amount!**





HOME
↑ EFFECTIVE PARENTING
↑ CHILD BEHAVIOR
↑ SELF REGULATION
↓ COERCIVE DISCIPLINE
↓ STRESS

CHILD DEVELOPMENT CENTER
↑ CLASSROOM BEHAVIOR
↑ FAMILY ENGAGEMENT
↑ JOB SATISFACTION
↑ STAFF RETENTION

HOSPITAL
↓ ER VISITS

WORKPLACE
↓ STRESS

PEDIATRIC CLINIC
↓ ACES
↑ HEALTH

SCHOOL
↑ READY TO LEARN

JUVENILE JUSTICE
↓ CASES
↑ OUTCOMES

CHILD WELFARE
↓ CASES
↑ OUTCOMES

FLEXIBLE PARENT SUPPORT OPTIONS

TAILORED FOR EACH COMMUNITY

MULTIPLE ACCESS POINTS

AVAILABLE FOR EVERY PARENT

DESTIGMATIZES PARENTING SUPPORT

EXISTING WORKERS DELIVER

COMMUNITY COLLABORATION

Welcome to Triple P
Equipping Parents = Thriving Communities

National US data from 2021-2022 show that:

Nearly 4 out of 5 children ages 6 months to 5 years (79%) exhibit all of 4 indicators of flourishing:

96% usually or always are affectionate and tender with parents or caregivers.

83% usually or always bounce back quickly when things do not go their way.

95% usually or always show interest and curiosity in learning new things.

99% usually or always smile and laugh.

3 out of 5 children ages 6 to 17 (61%) exhibit all of 3 indicators of flourishing:

83% usually or always show interest and curiosity in learning new things.

72% usually or always stay calm and in control when faced with a challenge.

81% usually or always work to finish tasks they start.

Child and Adolescent Health Measurement Initiative (2021-2022) National Survey of Children's Health

<https://nschdata.org/browse/survey>

[Data and Statistics on Children's Mental Health | Children's Mental Health | CDC](#)

Challenges

Looking at adolescents ages 12-17 between 2016 and 2023:

Diagnosed mental or behavioral health conditions among adolescents increased 35 percent (from 15.0% to 20.3%)

Diagnosed anxiety increased 61 percent (from 10.0% to 16.1%)

Diagnosed depression increased 45 percent (from 5.8% to 8.4%)

Among adolescents with a current diagnosis who needed treatment or counseling:

61.0% had difficulty getting needed treatment in 2023

This represents a 35% increase since 2018, with a notable rise after 2020

Responding to Unmet Need

Broaden the Workforce

Recruit and train more providers

Triage Effectively

Save more intensive resources for those with greatest need

Diversify and expand available services

Get families to appropriate supports rapidly

Build capacity in caregivers

Create holistic responses to prevent crisis needs

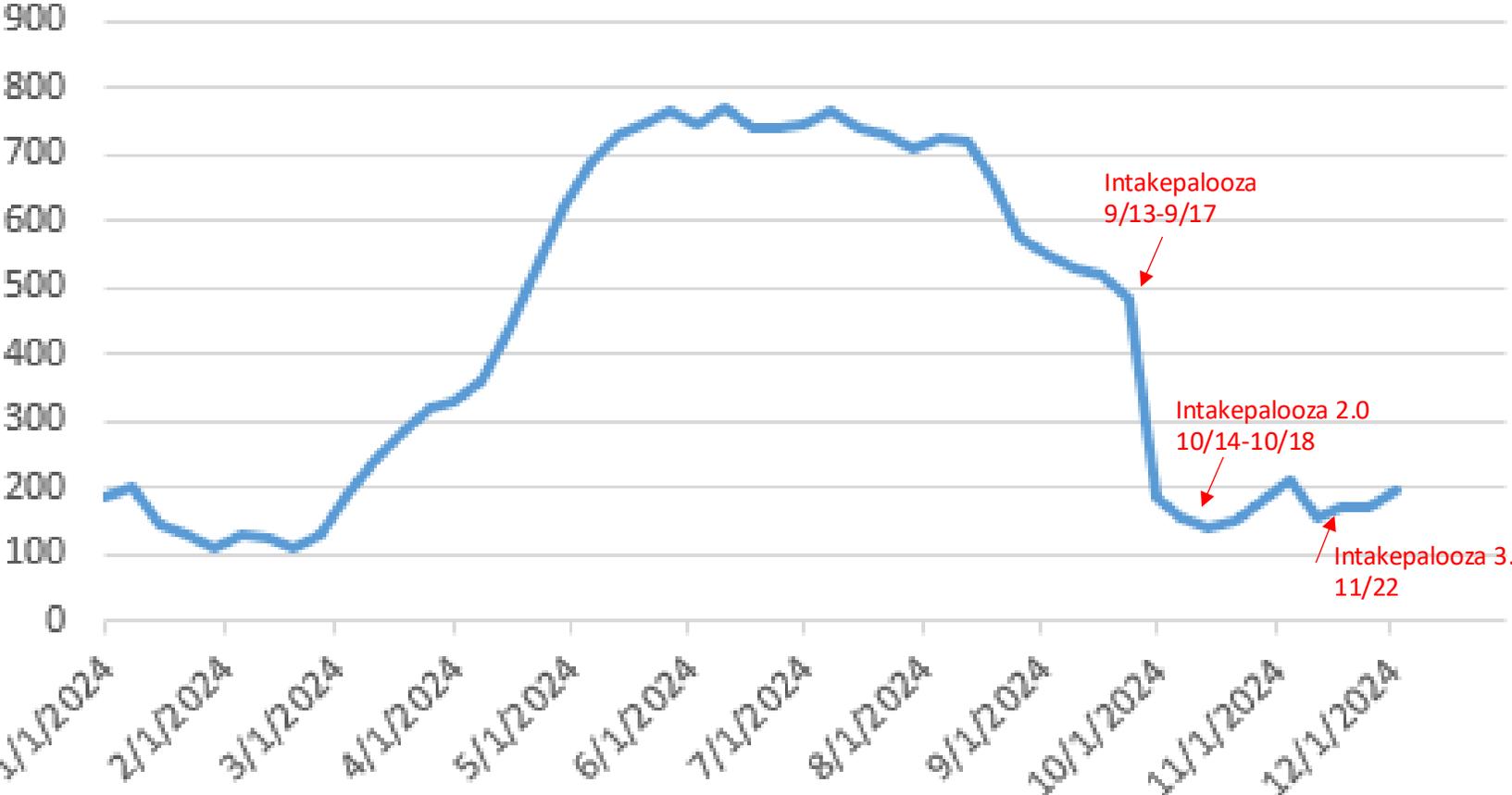


Intakepalooza

**11 DAYS OF THE WORLD'S BEST INTAKES IN
THE HEART OF MILWAUKEE... AND COUNTING!**



Therapy



IntakePalooza--Outcomes

	Intakepalooza: September 9-13, 2024	Intakepalooza 2.0: October 14-18, 2024	Intakepalooza 3.1: November 22, 2024
Number of Intakes	190	276	50
Average no show/cancel rate	25%	17%	19%
Number removed from the Therapy Waitlist	567	448	TBD, approximately 75
Number of MBH providers	62	76	17
Top Primary Concerns	ADHD and Mood/Emotions	Aggression/Behavior and ADHD	Behavior and ADHD
Patient Feedback	95% Satisfied or Very Satisfied	90% Satisfied or Very Satisfied*	94% Satisfied or Very Satisfied*
Would families recommend Intakepalooza?	100% Yes	99.5% Yes	100% Yes

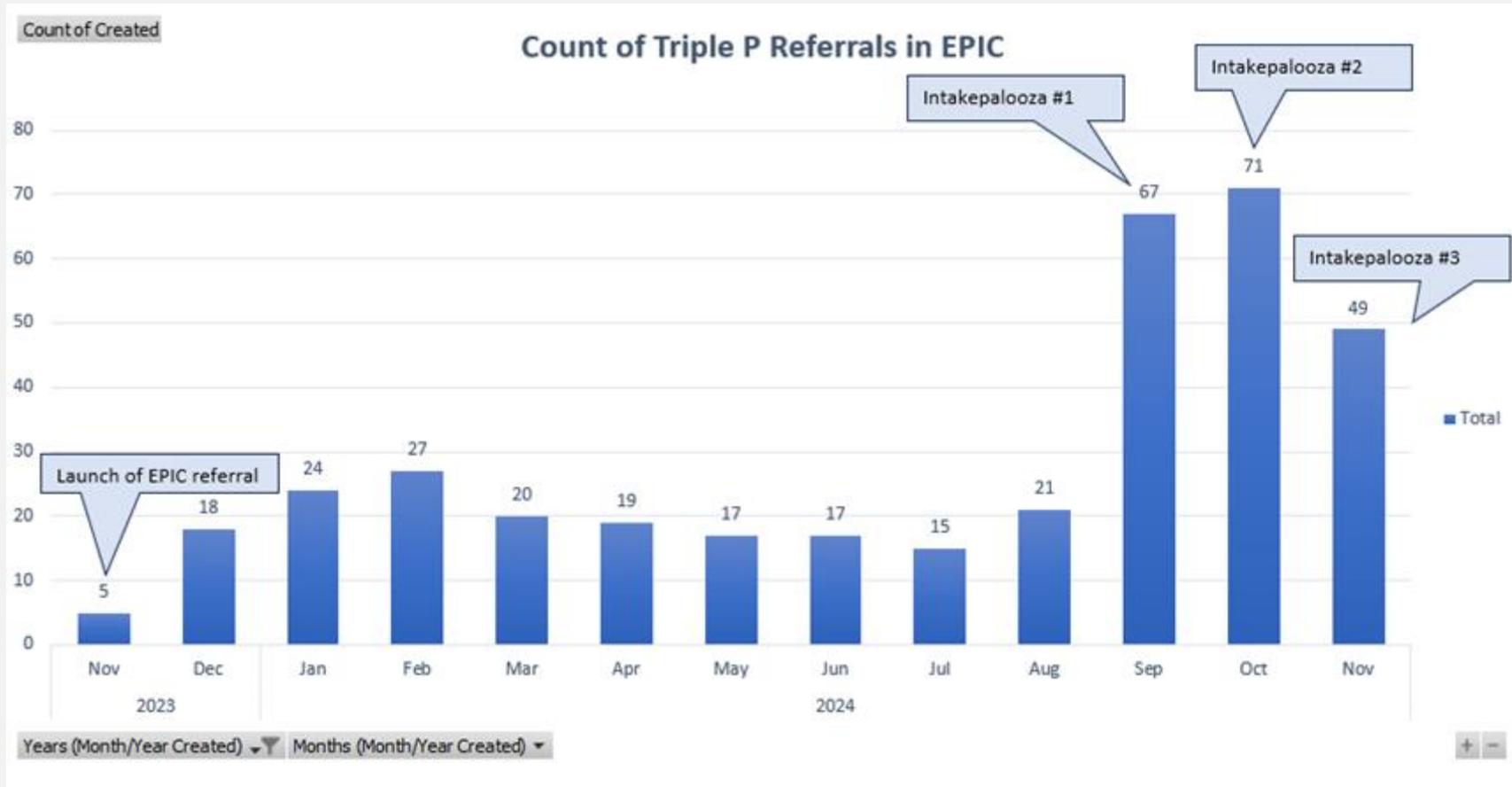
** During the October Intakepalooza, 13 family ratings of "Very Unsatisfied" would all recommend the service to others, so this may have been an error and should have been "Very Satisfied." This would mean 97% were "Satisfied" or "Very Satisfied."

** During the November Intakepalooza, 2 family ratings of "Very Unsatisfied" would all recommend the service to others, so this may have been an error and should have been "Very Satisfied." This would mean 100% were "Satisfied" or "Very Satisfied."

What we learned

- Improving our patient triage process is critical
- Just a portion of the patients on the waitlist actually needed psychotherapy
- We were able to educate parents on what their child needs, the mental health system of care, etc.
- Brought many different types of providers to the table:
 - Helped network and create community across providers
 - In the moment case review
 - Opportunities for education of our own staff on new resources, presenting concerns they do not typically treat

EPIC Referrals to Triple P



23 families referred to Triple P in 2023, 347 in 2024 (187 of the 2024 referrals came through Intakepalooza)

Triple P Programs We Provide

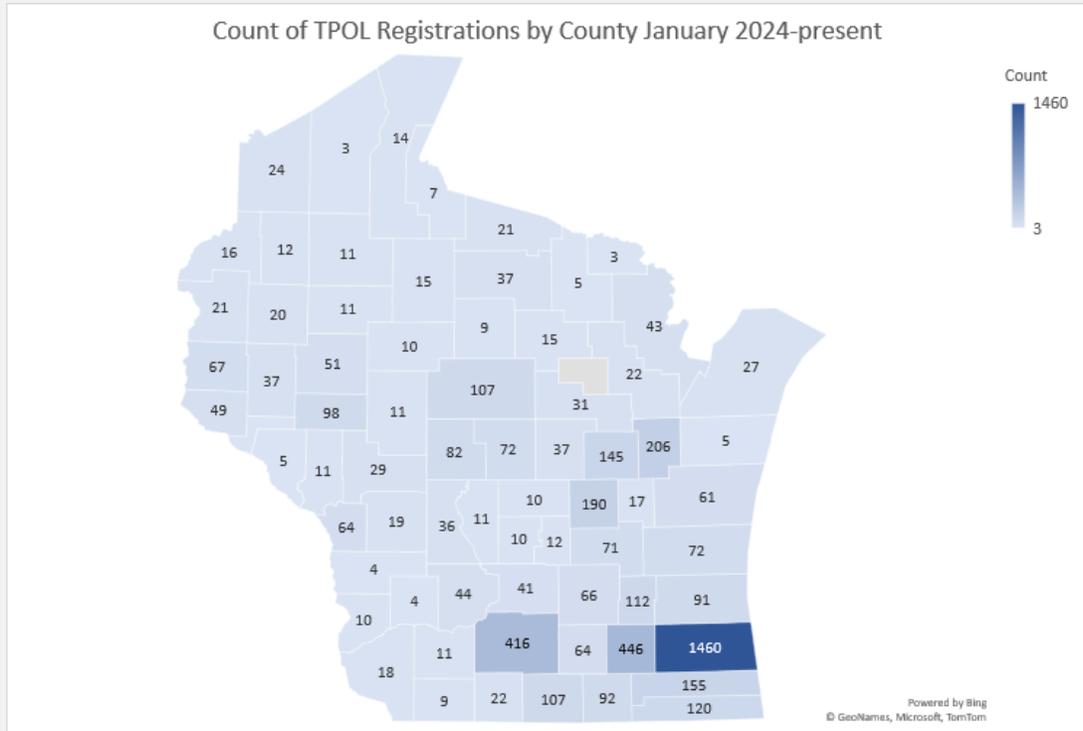
Group Opportunities

- Level 2 Seminars 0 – 12 and Teens
- Level 3 Discussion Group 0 – 12 and Teens
- Triple P Informed Workshops 0-12

Individual Opportunities

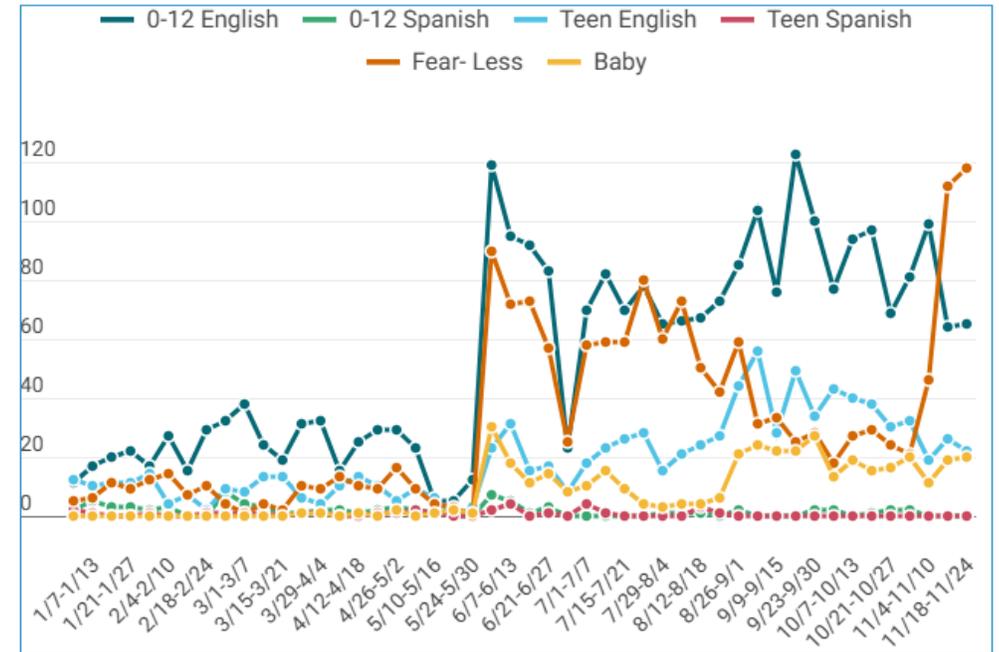
- Level 3 Primary Care 0 – 12 and Teens
- Triple P Online

Triple P Online



Triple P Online Registrations

2024



Course	Count of Course
English 0-12	2848
Fear-Less	1689
English Teen	982
Baby	393
Spanish 0-12	90
Spanish Teen	31
Grand Total	6033

“Parents have a profound impact on the health of our children and the health of society. Yet parents and caregivers today face tremendous pressures, from familiar stressors such as worrying about their kids’ health and safety and financial concerns, to new challenges like navigating technology and social media, a youth mental health crisis, an epidemic of loneliness that has hit young people the hardest. As a father of two kids, I feel these pressures too”

U.S. Surgeon General Dr. Vivek Murthy.

33% of parents reporting high levels of stress compared to 20% of other adults.

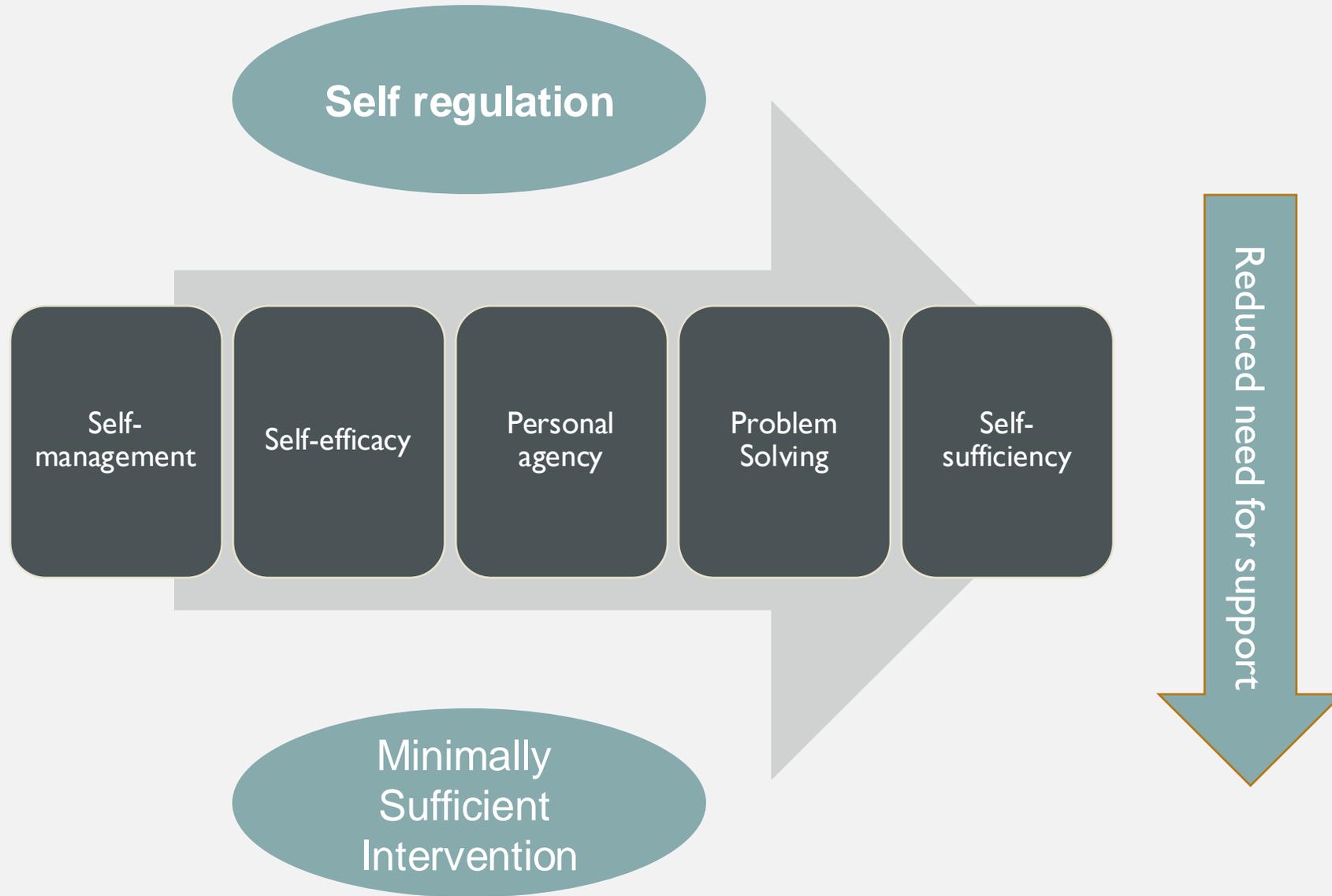
From the Surgeon General’s Advisory on the Mental Health and Well-Being of Parents
<https://www.hhs.gov/surgeongeneral/priorities/parents/index.html>

How Evidence-based Parenting Programs Can Help

Prevent or Mitigate	Prevent or mitigate behavioral, emotional, and developmental problems in children
Build	Build upon parent strengths and abilities to be self sufficient and self-reflective
Enhance	Enhance the knowledge, skills, and confidence of parents
Improve	Improve self-regulation and executive functioning in a 2-generation approach

Common presenting issues that can be addressed by EB parenting programs

- Emotion regulation concerns (i.e. difficulty responding effectively to their children's meltdowns, anger, aggression, big feelings, etc.)
- Effective ways for parents to address challenging behaviors
- Conflict with parents, peers, siblings, teachers
- Difficulty with routine (i.e. getting out of the house in the morning on time, bedtime, etc.)
- Disrespect/Not following directions at home
- Completing homework and tasks
- Transitions from preferred to non-preferred activities – especially transitions off electronics



Promoting Self-Regulation in Parents Supports Children



Q&A

Please type your questions into the Q&A box.

Resources

Children's Wisconsin Triple P Program

<https://childrenswi.org/medical-care/primary-care/triple-p>

Children's Wisconsin Community Programming

<https://childrenswi.org/childrens-and-the-community/families-and-clients>

Children's Wisconsin Mental and Behavioral Health

<https://childrenswi.org/medical-care/mental-and-behavioral-health>

Preventing Child Welfare System Involvement: Opportunities for Primary Care and Medicaid to Advance Health Equity

<https://www.chcs.org/media/Preventing-Child-Welfare-System-Involvement-Opportunities-for-Primary-Care-and-Medicaid.pdf>

Presenter: Courtney Towne



<https://www.triplep.net/glo-en/home/>



courtney.towne@triplep.net

Presenter: Jennifer Hammel



<https://childrenswi.org/>



JHammel@childrenswi.org

Presenter: Jenny Walczak



<https://childrenswi.org/>



JWalczak2@childrenswi.org

Thank you for Joining Us!

