NYS System of Care and Wraparound Training Institute Monthly Update May 2024

Jump To:

Systems of Care Action Planning
Wraparound Training & Implementation Institute
School Health Assessment and Performance (SHAPE)
Diversity, Equity, and Inclusion - NKI
Systems of Care Evaluation Team
Deputy Commissioners' Corner
Exemplars of SOC Work
Did You Know?
Useful Links and Tools

Project Updates

System of Care

What's Great in Our State 2024

Throughout the month of May, in recognition of Children's Mental Health Awareness, we will offer three virtual workshops. Check out the offerings below and register now! If you have any questions, contact Jessica Stanis.

1. **Thursday, May 16th, 11 AM – 12 PM** | Register Here
   Empowering Resilience: Harnessing Creativity for Neurodiversity and Mental Health

2. **Tuesday, May 21st, 11 AM – 12 PM** | Register Here
   Safe Horizon Anti-Trafficking Program: Human Trafficking 101 Presentation

3. **Wednesday, May 29th, 11 AM – 12 PM** | Register Here
   Let's Talk Social Emotional Learning

Reflective Supervision

"The Art of Reflective Supervision" is an exciting menu of **learning experiences** that are being supported by the NYS State Office of Mental Health with funding from the Research Foundation for Mental Hygiene.

This new learning opportunity includes **two online interactive self-paced learning modules**:

- Module One – focuses on the value and foundation of Reflective Supervision.
- Module Two – introduces practical ways that you can become more reflective in your supervisory relationships and practices.

Individuals that complete the online learning modules, are eligible for:

- Up to **3 hours of individualized virtual coaching** from a seasoned reflective supervisor. Available through July 15th. Click here to sign up.

School Health Assessment and Performance (SHAPE)

SHAPE Up NY Learning Collaborative

The NYS Office of Mental Health SOC Pilot, in collaboration with the Expanded School Mental Health Team at the University of Rochester Medical Center has launched the fourth cohort of the SHAPE Up NY Learning Collaborative. This initiative is dedicated to advancing high-quality school mental health systems and supports through the SHAPE System.

Stay tuned for more updates on the 2023-2024 SHAPE Up NY Learning Collaborative!

Wraparound Training and Implementation Institute

Pardon us, we're still unpacking from our move to the Center for Practice Innovations (CPI)! Please check back next month for an update from the High Fidelity Wraparound Training team.

Nathan Kline Institute
Center for Research on Cultural and Structural Equity

The Nathan Kline institute is excited to announce their upcoming trainings and coaching opportunities on the following topics:

- Health Habitus and Motivational Interviewing: May 8th & 9th, 10:00am – 12:30pm
- Health Habitus and Motivational Interviewing Coaching: 1 Hour Sessions on Wednesdays or Fridays
- Train-the-Trainer: Seven consecutive Wednesdays starting May 15th – June 26th

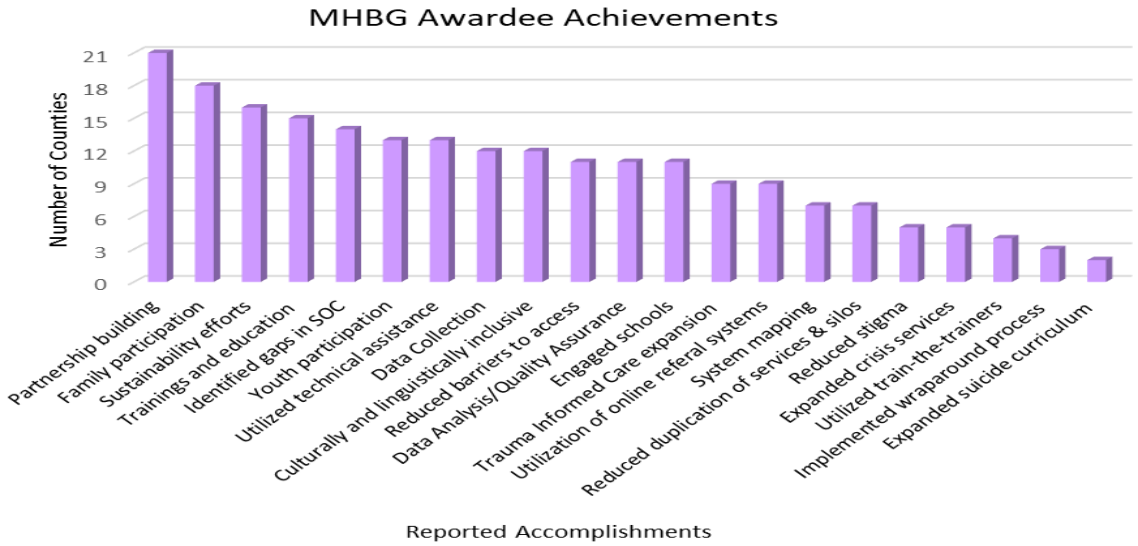
Click here learn more and register! For any questions, contact Sebrena Tate at sebrena.tate@nki.rfmh.org.

Systems of Care Evaluation Team

Mental Health Block Grant: County SOC Accomplishments

In the Fall of 2021, the New York State Office of Mental Health invited County Mental Health Departments to apply for Mental Health Block Grant (MHBG) funding for implementation and expansion of children's system of care (SOC). This funding was intended to support youth and families with serious emotional disturbance in alignment with the federal Coronavirus Response and Relief Supplement Appropriations Act enacted in 2021. Twenty-one county awardees used this one-time funding of $25,000 to expand implementation of the SOC approach with other cross-systems partners over the course of 2022-2023.

Across the board, counties demonstrated the flexibility and adaptability of the SOC framework to address each locale's unique challenges, priorities, and barriers to care. All counties reported success in their ability to build partnerships and collaborate across the various systems that play a vital role in addressing the needs of youth and their families. Notably, 18 counties (86%) were able to incorporate family voices and 13 counties (62%) were able to incorporate youth voices in some capacity into their SOC coalitions. The majority of counties explored and identified systemic gaps, which is the first step in creating a more comprehensive set of supports and services. Several counties documented headway in reducing both stigma and barriers to care, particularly using targeted trainings, educational materials, and engaging with school districts. Additionally, 12 counties (57%) reported they were able to translate trainings, online materials, and digital referral sites into other languages to better meet the underlying SOC value of being linguistically and culturally inclusive. Sixteen counties (76%) noted implementation of sustainability practices, illustrating vested interest and efforts in continuing to develop and expand their local children's SOC.



Deputy Commissioners' Corner

Enhanced Mobile Crisis in Wyoming and Erie Counties

As part of the American Rescue Plan Act of 2021, the New York State Office for People With Developmental Disabilities (OPWDD) entered into a contract with the Conference of Local Mental Hygiene Directors (CLMHD) to implement a new model of mobile crisis to better triage and manage crisis cases for individuals dually diagnosed with mental health (MH) and intellectual/developmental disabilities (I/DD). Historically, individuals with I/DD, including children and their families, continue in patterns of crisis because traditional crisis service responders such as mobile crisis teams or police crisis intervention teams do not have relevant training or expertise in serving individuals with I/DD. This lack of expertise at the county level can lead to less than effective crisis de-escalation, lead to misunderstanding and further exacerbation of the crisis that result in referrals for ineffective or more costly service options.

The pilot model, referred to as the Collaborative Mobile Crisis Response Team went live in February 2023. The pilot paired three OMH certified mobile crisis teams in Erie and Wyoming Counties with clinical I/DD expertise through the regional CSIDD team (Crisis Services for Individuals with Intellectual and/or Developmental Disabilities). The CSIDD team supported mobile crisis via remote technology to assist with assessment, identifying critical behaviors, environmental factors and mental health issues contributing to the situation. CSIDD also assisted in formulating and implementing a crisis stabilization plan including coordination of face-to-face intervention with the individual, family members and staff when indicated. CSIDD also assisted in developing a follow-up plan with appropriate referrals.

For the first 10 months of the pilot, the enhanced mobile crisis team responded to 72 crisis events, attributable to 68 distinct individuals. Of that number:

- ✓ 65% involved individuals who were less than 18 years old;
- ✓ The highest number of calls came in during the months immediately before and after the summer:
  - February 7%
  - March 1%
  - **April 14%**
  - **May 15%**
  - **June 18%**
  - July 4%
  - August 3%
  - **September 15%**
  - **October 13%**
  - November 10%
- ✓ The most common causes of the presenting crisis being reported during the initial calls were one or more of the following:
  - Mental health symptoms (reported in 38% of all calls)
  - Self-injurious behavior (reported in 33% of all calls)
  - Physical aggression (reported in 25% of all calls)
  - Suicidal ideation (reported in 22% of all calls)
  - Aggressive behavior (reported in 18% of all calls)
- ✓ The most common psychiatric diagnosis reported for individuals was ADHD (reported in 33% of all cases) and the most common I/DD diagnosis was autism spectrum disorder (reported in 50% of all cases)
- ✓ Final disposition of the cases included:
  - Home or community stabilization by a responding OMH provider (44%)
  - CSIDD follow-up and intervention (21%)
  - Transport to emergency room either voluntarily or involuntarily (10%)
  - Unknown or lost to follow-up which includes lack of response by family/guardian/individual to follow-up attempts (25%)

The mobile crisis pilot was concluded in February 2024 and a final report with analysis and recommendations is expected in June. Upon receipt of this report and the conclusion of all other projects funded through the American

Rescue Plan Act, OPWDD plans on publishing a report with findings and recommendations from each of the projects.

On February 1, 2024 the Office for People With Developmental Disabilities launched the new Front Door Videos to the OPWDD website.

These videos outline the process of how a person can become eligible for OPWDD supports and services, the types of supports and services available and where they can get assistance. The videos replace the former Front Door Information Sessions that were given by WebEx.

OPWDD stakeholders suggested that short videos which break out the steps to the Front Door process would be the most helpful for viewing and retaining the information.

These short videos respond to this recommendation by providing easy-to-understand information that people can access at any time about OPWDD services and how to get started receiving services. The videos are separated into ten segments, averaging five minutes in length each, that provide an overview of important steps in the process:

- Getting Started with OPWDD
- The Front Door Process
- Eligibility
- Services
- OPWDD Residential and Housing Supports
- OPWDD Employment Services
- Self-Direction
- OPWDD Care Management
- Assessment
- Funding

These videos are currently available in English, Spanish and Simplified Chinese and will be translated into other languages over the next several months. Until those translated videos are available, OPWDD is providing translation services for anyone who needs a different language.

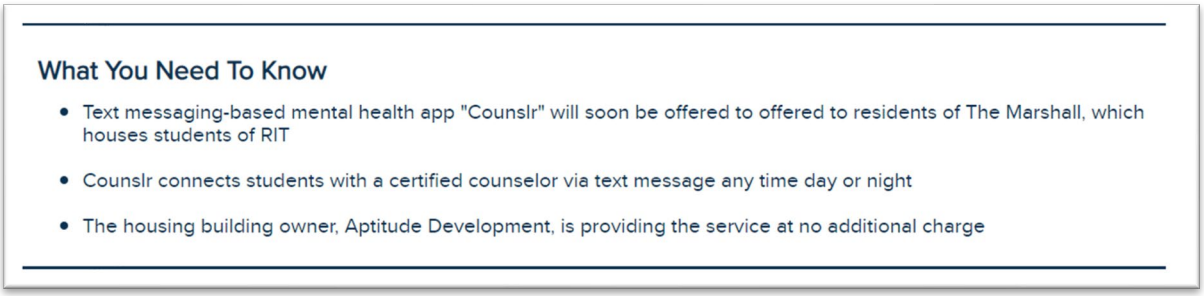
The Front Door videos were created in partnership with Titanium Linx Consulting, Inc., a Minority Women Business Entity, and the Niki Jones Agency, an advertising agency focused on visual identity and branding. Most importantly, OPWDD partnered with the Chinese-American Planning Council and Sinergia, Inc. to ensure cultural and linguistic authenticity. The Chinese-American Planning Council and Sinergia work extensively with families with limited English proficiency and underserved communities. OPWDD would like to thank the NYS Council on Developmental Disabilities for funding this collaborative project.

In the first two months since launch, the videos received almost 20,000 views and OPWDD has received over 400 surveys with overwhelmingly positive responses along with thoughtful feedback and suggestions for future enhancements.

Deputy Commissioners' Workgroup Membership: CCF (Vanessa Threatte, Elana Marton, Chris Tosado, Kristin Weller, Patricia Persell, Meghan Glass), Council of Developmental Disabilities (Formerly DDPC) (Vicky Hiffa, Jennifer Goldman), DCJS (Damon Bacote), , DOH (April Hamilton, Ann-Margret Foley, Myla Harrison, Suzanne Swan, Colette Poulin, Kirsten Siegenthaler), DOL (Chris White), Empire Fellows (Kennetha Glover, Ocesa Keaton, Shanil Nunez), Justice Center (Davin Robinson, Shannon Cantiello), OASAS (Pat Lincourt, Maria Morris Groves, Sam Kawola), OCFS (Gail Geohagen-Pratt, Nina Aledort, Galen Gomes, Kristin Gleeson, Kathleen Hoskins, Jill Swinburger-Sprotbery, Nora Yates, Joyce Connolly, Erin Cassidy), OMH (Dr. Audrey Erazo-Trivino, Bonnie Catlin, Angela Keller, Meredith Ray-LaBatt, Sarah Kuriakose, Nancy Pepe, Matt Perkins), OPWDD (Jill Pettinger, Abiba Kindo, Josh Olsen, Rachel Baker), SED (Kathleen DeCataldo, Suzanne Bolling), OTDA (Cheryl Contento, Valerie Figueroa), SOFA (Alana Stelline, Michael Gunn), Governor's Office (Emily (Badalamente) Meyer, Kim Hill, Holly Saupp).

Exemplars of Systems of Care Work in NYS

Thanks to a dynamic collaboration between one organization and a Campus Housing Company in Rochester, NY, a new initiative is in place to provide additional mental health support for students living at an off-campus housing complex in Rochester. “Counslr”, a text-based mental health app is designed to provide assistance to students before issues escalate. Counslr operates 24/7, 365 days a year, offering students timely support and guidance whenever they need it most. Through the Counslr app, a licensed counselor will offer immediate support, coping strategies, and guidance to students. With a focus on early intervention, this app aims to empower individuals to prioritize their mental well-being, ultimately reducing the occurrence of crisis situations. The impact of Counslr will extend beyond Rochester, as plans are underway to roll out this resource to campus housing locations across the country.



Did You Know?

NYS Conference of Local Mental Hygiene Directors, Inc (CLMHD)

The NYS Conference of Local Mental Hygiene Directors and The Office of Mental Health has an upcoming webinar to review the soon-to-be released *Financing Toolkit for New York State's Child and Youth Behavioral Health System,* on Tuesday, May 21, 2024, at 12:00 - 1:00 PM. This will be presented by Deborah Harburger, MSW & Lena Bilik, MPA from the University of Connecticut School of Social Work Innovations Institute.

Through a partnership with the UConn School of Social Work Innovations Institute, a customized financial toolkit that outlines advanced approaches to diversify funding to support System of Care efforts was created. This webinar will provide an introduction to the contents of the toolkit, reviewing topics such as:

- Engagement of valuable stakeholders
- Identification of the prioritized population that may benefit
- Identification of the specific support needed
- Overview of available funding
- Blending and Braiding Financial strategies
- Implementation and monitoring practices for sustainability.

Click here to register for this webinar.

The New York State Office of Mental Health (OMH)

OMH is pleased to announce a new webpage with resources and information to help guide educators and service providers through the process of establishing a school-based mental health clinic satellite. Continue below to read their announcement.

These sites provide clinical services and are operated by OMH-licensed providers without cost to the school district. Earlier this year, OMH announced a continued investment in start-up funding for new school-based clinic satellites via a new streamlined process, making it easier for providers to apply and be approved for funding. These satellites represent a partnership between educators and mental health providers, which can have overwhelmingly positive results for student mental health. Clinic satellites can reduce stigma, increase access, and provide other benefits to the school community, such as improving academic performance for students who tap this support.
Please take a moment to visit this new webpage to learn more about this exciting opportunity through OMH.

National Training & Technical Assistance Center (NTTAC)

The National Center for Training and Technical Assistance on Child, Youth, and Family Mental Health (NTTAC) will host a no-cost System of Care Virtual Summit (SOC Summit) on May 14th – 16th, 2024. No-cost continuing education hours are available each day.

The SOC Summit is an opportunity for all children's mental health partners to reunite, renew, and re-energize their efforts to support children and young people with behavioral health needs, as well as their families.

The 2024 SOC Summit is a place for continued collaboration across systems, where we bring to life the theme "All Systems Go! Taking Action Together"." Click here to register and learn more about this summit.

New York State Governor's Youth Council

The New York State Governor's Youth Council are looking for youth to join their team for 2024 – 2025. Read their announcement below and click the link to learn more. Applications are to be submitted by May 13th, 2024.

"The New York State Governor's Youth Council is interested in youth (ages 13-21 years) from the counties below applying to participate on the Council to share their voices on key policy issues. The Council provides a platform to for youth voices to be heard by policymakers. Youth Council members offer their solutions to key issues facing young people in NYS to the Governor and other policymakers, including how to have better outreach and communication strategies to young people. Here's a link to apply: https://nysylc.secure-platform.com/a.

The following counties have vacancies for the 2024 – 2025 year; Albany, Allegany, Broome, Chautauqua, Chenango, Columbia, Cortland, Delaware, Dutchess, Essex, Fulton, Genesee, Hamilton, Herkimer, Lewis, Livingston, Madison, Montgomery, Nassau, Oneida, Orange, Oswego, Otsego, Rockland, Schenectady, Schuyler, Seneca, Steuben, Suffolk, Sullivan, Tioga, and Ulster."

TA TELEGRAM

The **Center for Trauma Recovery and Juvenile Justice (CTRJJ)** is seeking Youth Advisory Board Members. From their announcement, "We are forming an advisory board of young adults (aged 18-25) of diverse backgrounds and experiences for the CTRJJ. We are looking for assistance in either (a) young adults with lived experience with the juvenile justice system to apply and/or (b) nominating young adults directly and providing contact information for us to reach out to. To maximize the effectiveness of the youth advisory board, we are looking for young adults with lived experiences with the juvenile justice system. Youth advisory board members will be compensated for quarterly, online meetings and possible participation in CTRJJ work." If interested, click here for more information and to complete the survey.

Mental Health America has released a Mental Health Toolkit in recognition of Mental Health Month in May. From their website, "Mental Health America's 2024 Mental Health Month toolkit provides free resources to help plan your efforts and raise awareness during the month of May and beyond. It has DIY tools, social media assets, resources, templates, printable handouts, and more! This May, Mental Health America will help you:

- LEARN how modern life affects mental health with new resources to navigate our changing world.
- ACT by building your coping toolbox so you can manage stress, difficult emotions, and challenging situations.
- ADVOCATE to improve mental health for yourself, your friends and family, and your community.

For anyone struggling with the pressure of today's world, feeling alone, or wondering if they can feel better, this is Where to Start." Click here to learn more and to download the toolkit.

The **Centers for Medicare & Medicaid Services** published the first set of Medicaid School-Based Services (SBS) Technical Assistance Center (TAC) frequently asked questions. The questions are among the most received by the SBS TAC. Additional questions will be added over time. Click here for the FAQs.

To get the latest news from the National TA Network for Children's Behavioral Health, and to subscribe to their Training Institutes e-mail list go here!

ACT for Youth

Act for Youth has several announcements and valuable resources, read them below to learn more!

Mental Health Webinar Series

In light of the increasing incidence of mental health challenges among young people, ACT for Youth sponsored a series of webinars for youth-serving organizations funded by the New York State Department of Health. These webinars were recorded in 2021 and 2022.
Click here to access the recorded webinars on the following topics:

- Mindfulness-Based Programs for Stress and Health
- You Can Help a Student: Recognizing When Adolescent Students Are Struggling and How to Help Them
- The Cutting Edge: Understanding and Addressing Non-Suicidal Self-Injury in Youth
- Youth Mental Health 2021 Return to "Normal"?

General Resources: Mental Health in Youth

Click here to find selected general resources for youth development professionals and for youth. See sidebar at the link for additional resource collections from organizations specializing in mental health. Content here provides overviews on *Understanding Mental Health and Mental Illness in Adolescence* as well as *Mental Health Resources* for youth, in addition to a vast amount of information and resources.

Mental Health Stressors

The resources located here were selected to help youth development professionals respond to and help prevent youth mental health crises. Content here focuses on *Responding to Mental Health Crises, Responding to Community Trauma, Prevention: Curricula and Activities,* and *Prevention: Trauma-Informed Youth work.*

Social and Emotional Learning (SEL)

The SEL Toolkit offers activities to support resilience. Click here to access a collection of resources for youth development professionals and for youth that cover the following topics: *Strategies and Tools*, *Self-Awareness*, *Self-Management*, *Social Awareness*, *Relationship Skills*, and *Decision Making*.

Creating Inclusive Program Environments for Youth with Different Abilities: A Training Manual

Young people with learning disabilities, ADHD, autism spectrum disorder, or trauma do not always disclose these conditions in program settings. Fortunately, even when facilitators lack this personal information about participants, there are ways to make programs more inclusive. Creating Inclusive Program Environments for Youth with Different Abilities aims to provide youth work professionals with information, practices, and activities that will help them promote inclusion and engagement for all young people. Click here for the training manual.

The curriculum was designed in distinct sections that can be delivered as stand-alone workshops or in one day-long session. There are seven sections: *Including Youth with Different Abilities, General Strategies to Create Inclusive Program Environments, Promoting a Sense of Belonging, Integrating Mindfulness and De-stressing Activities, Modeling and Teaching Empathy, Addressing Challenging Behavior,* and *Disability Legislation, Accommodations, and Working with Community Partners*

Self-Care for Youth Development Professionals

Youth work is a profession of the heart. Most people come into the field because they are dedicated to and passionate about making the lives of young people better. Those same motivations make self-care an important topic. Information here addresses *What is Self-Care*, *Stress Indicators*, *Strategies*, and *Resources*.

NYS Parenting Education Partnership (NYSPEP)

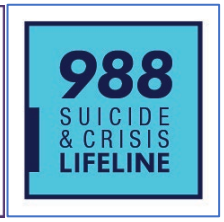
NYSPEP is happy to announce their 2024 Annual Training Institute in Albany, NY! The theme of the Training Institute is "Development of the Parenting Educator Across Their Career". This training will be held on Wednesday May 22nd, from 10am – 3:30pm at the Albany Capital Center. Click here to register.

The Managed Care Technical Assistance Center of New York (mctac)

OMH, OASAS, and NYS Education Department Office of Professions Joint Presentation on Professional Scope of Practice FAQs. Since the sunset of the Social Work Exemption in June 2022, OMH and OASAS have worked to clarify the roles and activities professionals of various disciplines can perform in their settings. OMH and OASAS have collaborated with NYSED Office of Professions to present an overview of the scope of practice and licensing process for the professions most commonly employed in OMH and OASAS programs. This presentation will include information from the Office of Professions on the various professions' allowable activities, supervisory requirements for licensure, exemptions that may be applicable to staff in OMH and OASAS settings, and tips for navigating the professional licensure or permit process. OMH and OASAS will review some of the common questions received from programs regarding scope of practice, demonstrate how to access the information to answer these questions, and provide examples of how this applies to the activities in their settings.

This webinar will be held on Thursday May 9th, from 1:30pm – 3pm. Click here to register.

Useful Links and Tools

- New York State Systems of Care
- New York State High Fidelity Wraparound
- New York State SHAPE
- Diversity, Equity, and Inclusion – New York State OMH/Nathan Kline Institute
- NKI Center for Research on Cultural and Structural Equity in Behavioral Health
- New York State OASAS Harm Reduction – Obtain Naloxone (Narcan) and Test Strips
- NYS Multiple Systems Navigator
- New York 988 Website
- NYS Conference of Local Mental Hygiene Directors
- National Center for Training and Technical Assistance on Child, Youth and Family Mental Health (NTTAC)
- Center of Excellence LGBTQ+ Behavioral Health Equity
- Youth Involvement and Assessment Tool
- Transgender Family Handbook
- New York State Department Of Labor variety of services for employers all free of charge
- The National Institute for Health Care Management (NIHCM) US Children's Well-being Infographic
- Headspace Health Unified Mental Health and Wellbeing Experience for Employers and Employees
- Wisconsin Systems of Care Community Readiness Assessment
- American Psychological Association DEI Inclusive Language Guidelines
- Student Mental Health Matters: A Toolkit for Educators
- The Office of Trafficking in Persons (OTIP) toolkit for National Human Trafficking Prevention Month
- Project TEACH (projectteachny.org)
- The Office on Trafficking in Persons (OTIP) modules for working with Foreign National Minors who have Experienced Trafficking
- Modernizing Behavioral Health Systems: A Resource for States - NASHP
- National Network for Youth Human Trafficking School Safety Protocol Toolkit
- Suicide Prevention Resource Center: Mental Health Promotion and Suicide Prevention for LGBTQIA2S+ Youth
- NYS Trauma-Informed Network and Resource Center
- Youth Peer Advocate Resource Toolkit
- 2023/2024 Child Abuse & Neglect Prevention Resource Guide
- National Association of Peer Supporters Membership
- Center for Research on Cultural & Structural Equity in Behavioral Health (C-CASE)
- What's in the Toolkit? - SEL Toolkit - ACT for Youth
- CCASE Products and Tools

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