

Child and Adolescent Health Roundtable

Adolescent Mental Health/SPM 4

May 12, 2021 12-2pm

[meet.google.com/tnf-rkdz-dap](https://meet.google.com/tnf-rkdz-dap)

Join by phone

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**I. Introductions: Name, Agency, Role, Pronouns**

Emily Des Planque - Marion Co

Tia Sigworth - Scott Co

Jana Larsen - MICA

Lindsey Walker - Every Step

Debbie Ackerman - Johnson Co.

Sarah Durks - Johnson Co.

Jamie Hudson - Lee Co.

Alesia Houser - AHF

Katy Godchuck - AHF

Paula Klocke - New Opp

Taressa Higgins

Vicki Gassman - DBQ VNA

Michelle Canfield - HACAP

Cindy Harpenau - Mid-Sioux

Emily Biddenstat - Lee

Jen Stout - Every Step

Katie Strub - Allen Women's Health

Karla Hynes - Matura

Nafissa Cisse - Black Hawk

Zach Woods - Taylor

Kate Klefstad - Johnson Co

Kisa Koppin - NICA0

Jen Wideman - Washington Co

Linda Drey - Sioudland

Tricia Nichols - Webster Co.

Jenny Sharrick - Family Inc.

Laurie Jasper

Jodene DeVault – Warren Co.

Halkeno Tura - Black Hawk Co.

IDPH: Analisa, Jean, April, Bridget, Melissa

If you could be on a reality TV show, which one would you choose and why?

II. Goal: Learn from each other what we are doing to work on adolescent mental health, as well as, ideas for what we could be working on.

III. Sample questions:

**a. What are you doing to address adolescent mental health?**

Kate - Johnson Co - connection to Mental Health Disability Services (MHDS)region, including other MCAH organizations in the region. Working through barriers and brainstorming solutions. IDPH Learning Collaborative (CityMatch).

Jen - Weidman - MHDS Region work - “asset mapping”. Join with another MHSD region through a collaborative (south central). Medicaid Matters (Iowa Common Good) group,

Vicki Gassman - DBQ VNA - Mental Health America group. Included input from local teen group AMP (Achieving Maximum Potential - group for foster kids) to help design outreach materials to make them kid-relevant. Ongoing input from AMP kids. Created care packages (contained keychains, stress balls, sanitizer, Your Life Iowa card/info, magnet with contact info. Simple quotes, de-stress flyer and 10 things to manage stress, local resources for MH, teen-specific hotlines, calendars. At school level: includes Hawki information and EPSDT well visit info) for other non-profit organizations in town, next group will go to school counselors, colleges, kids expo drive-through. Will send PDF of information out to group to share.

Katy - American Home Finding - helps fund youth counselor available at high school (and alternative H.S.). Also work with AMP.

Paula Klocke - long history of working with schools on-site for services (Preg. prevention, etc). Already doing curriculum based education at schools. Teen events at schools (health fair) where kids pick topics for presentation. Demonstrated how to use text Your Life Iowa - kids seemed to respond positively that it is text not talk). Resources for school nurses (deodorant, shampoo, etc. plus Your Life IA info) to meet needs of kids in school. Carroll Co has its own MH coalition; they have been successful in getting NAMI into the county to help with services. Brought in film *My Ascension* for a community event. Use IDPH substance abuse grant to do life-skills building in schools (alcohol, sub. abuse prevention)

Jenny Sharrick - 2 local hospitals contacted agency to use mobile wellness unit to serve as an adolescent MH screening unit to go to events in rural communities to bring info to them.

Lindsey Walker - changed a bit how they did informing to add information about mental health for adolescents and resources. Also added piece into informing script (for all families not just teens) specifically asking how the family is doing RE: mental health - can then help connect or refer for care. Have had an increase in the number of people who have asked for help and/or resource lists. Others asked for script language.

Jen Stout - resource referral list - partnered with One Iowa to have them review resources to make sure they are appropriate for LGBTQ kids. Iowa Safe Schools has been a partner to help keep up on legislation.

**b. Who are you partnering with, where are you accessing adolescents?**

Kate - Johnson Co -Other MCAH agencies in my region, mental health disability services region, school districts, children's mental health professionals, health service providers.

**c. Who could you partner with, where could you access adolescents?**

Kate - Johnson Co - School Districts

Emily Des Planque - Marion Co - partnered with an established suicide prevention coalition (community agencies started by families who lost people merged into coalition, local small non-profits, local business) to provide day long events in Marion county at high schools through county.

**d. How are you re-imagining this work in a more virtual world?**

**e. Who are the teens experiencing the most health inequities in your community?**

Kate - Johnson Co - undocumented/mixed documentation kids, refugee population

**f. Which teens are you most worried about in your community?**

**g. Strategies you'd like to try (if you had the resources, or weren't afraid of failing, etc.)**

Listening visits for adolescents (Kate K at Johnson Co)

First 5 for adolescents (MICA)

**Gen Questions:**

Emily Des Planque asked if anyone has an adolescent MH screening tool - Jen Weidman said there was "Strengths and Difficulties" being done in Scott County at schools (By Scott County Kids) but believes there is a small cost, maybe \$0.20/each) . Jefferson Co. using PHQ9 with all high school students.

SPM #4 - Percent of adolescents who report that during the past 12 months they have felt so sad or hopeless almost everyday for 2 weeks or more in a row that they stopped doing some usual activity.