



U.S. DEPARTMENT OF LABOR

**ETA VISION 2030**

**REGIONAL CONVENING**

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NOVEMBER 14-15, 2023

# Addressing the Youth Mental Health Crisis



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# Addressing Gaps in Youth Employment Programs' Capacity to Address Mental Health Needs

*Prepared for the DOL ETA Visioning Conference  
Chicago, IL*

November 15, 2023

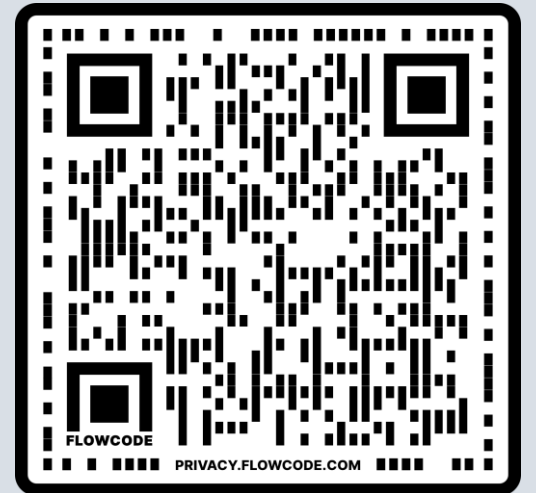
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Mary Ann Haley, PhD  
*Executive Director, National Youth Employment Coalition*

# Today

- NYEC Overview and Background on Survey
- Youth Mental Health Survey –Results
- Steps We Can Take
- Sharing Ideas and Questions

<https://tinyurl.com/viewmentalhealthreport>



# National Youth Employment Coalition

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Mission: The National Youth Employment Coalition improves the lives of 5 million young people who are out of school and out of work. We do this by improving the effectiveness of the organizations and the systems that serve these disconnected or “Opportunity Youth.” We collect, study, and support the implementation of best practices, all with a strong equity focus.

Lead Advocacy  
Efforts

Support the Field

Build Youth  
Leadership

## A Crisis of Epic Proportions: Youth Mental Health

In the decade before Covid-19, there was a **40%** increase in high school students reporting persistent feelings of sadness or hopelessness

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**36%** more young people seriously considered attempting suicide increased during this period

The share of youth creating a suicide plan increased by **44%**

Between 2007 and 2018, suicide rates among youth ages 10-24 in the US increased by **57%.**



# Pandemic Effects

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As of June 2021, more than 140,000 children in the US had lost a parent or grandparent caregiver to COVID-19

Globally, youth experiencing depressive and anxiety symptoms doubled. (25% for depressive symptoms, 20% for anxiety)

Emergency department visits in early 2021 for suspected suicide attempts were 51% higher for adolescent girls and 4% higher for adolescent boys, compared to the same time period in early 2019.

# These are the youth we serve

## U.S. Surgeon General Advisory on Youth Mental Health and Covid-19 Impact

The COVID-19 pandemic exacerbated mental health challenges for youth.

Groups at higher risk of mental health challenges during the pandemic:

- Youth with intellectual and developmental disabilities
- Racial and ethnic minority youth
- LGBTQ+ youth
- Low-income youth
- Youth in rural areas
- Youth in immigrant households
- Special youth populations



# Race and Economic Status

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## Race Matters

Black children are nearly twice as likely to die by suicide than White children.

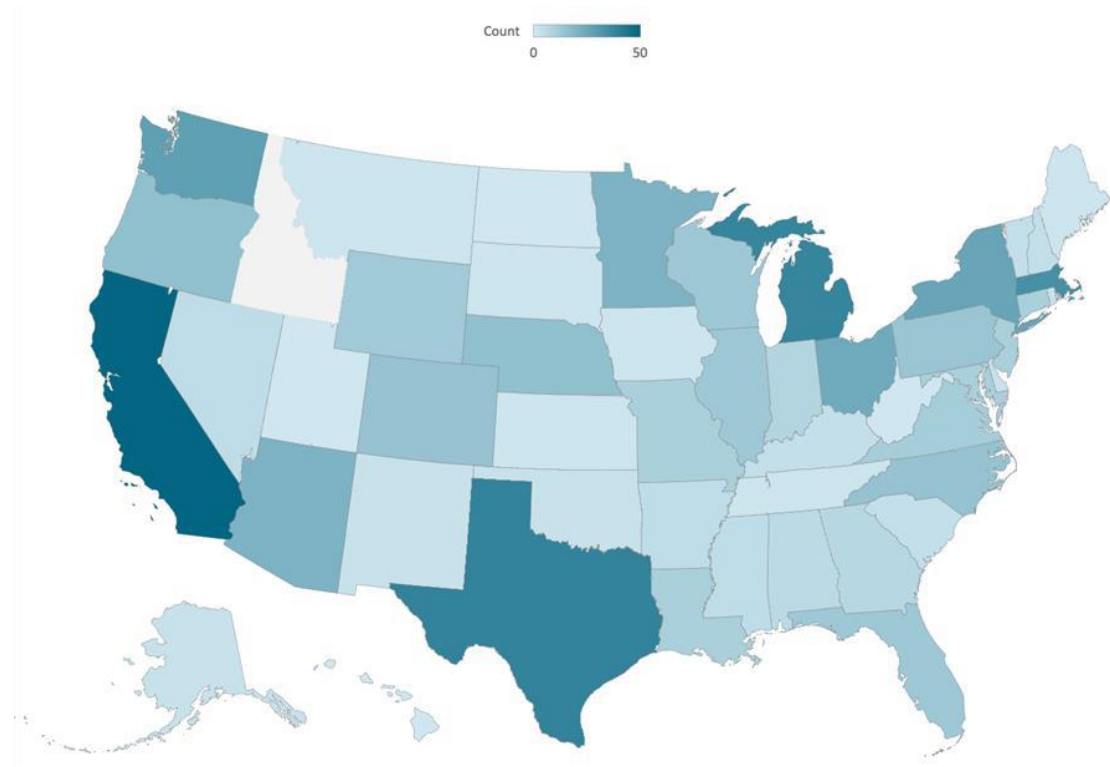
## Poverty matters

Young people growing up in poverty are 2-3 times more likely to develop mental health issues than peers with higher socioeconomic status.

# Survey Response Basics

563 responses overall  
234 direct service organizations  
183 government agencies  
48 private sector  
16 foundations  
81 other

Figure 2: Locations of Survey Respondents' Organizations



# Key Findings

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**64%** of respondents indicated that they **did not have a process for screening and/or monitoring youth people for mental health needs**

**72%** of respondents **do not track if youth receives needed mental services**

For those that did not have screening process, **60%** of respondents **estimated that over 50% of their youth had mental health needs.**

**60%** of respondents indicated that **less than half of the youth can access mental health services when they need them.**

**89%** of respondents indicated they **did not have sufficient resources to deliver quality mental health training to staff.**

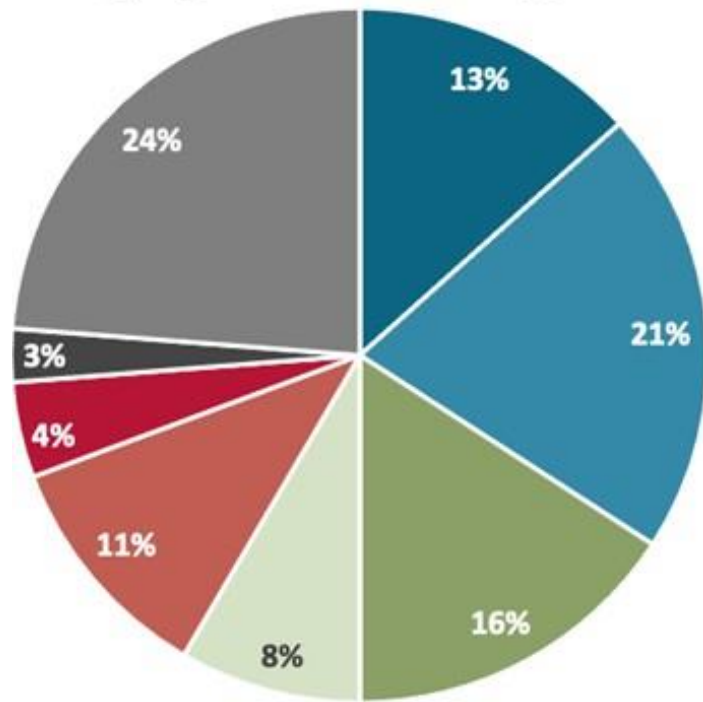


Data source: National Youth Employment Coalition Survey on Mental Health Response Capacity of Youth Employment Programs, 2022

# Common Mental Health Conditions

# Wait Time to Obtain a Mental Health Appointment

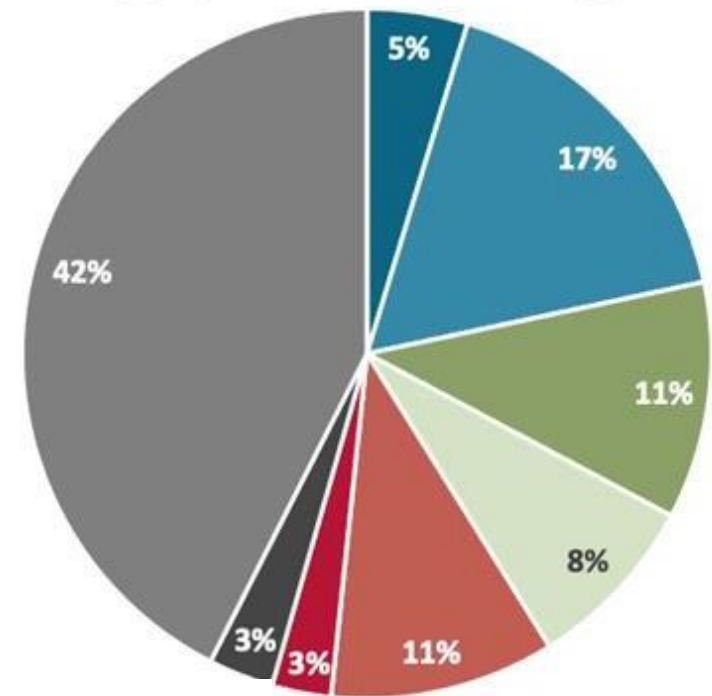
Among programs with a screening process



n = 202

■ Immediately   ■ Within a week   ■ Two weeks   ■ One Month  
■ Over one month   ■ Over two months   ■ Over three months   ■ Uncertain

Among programs without a screening process

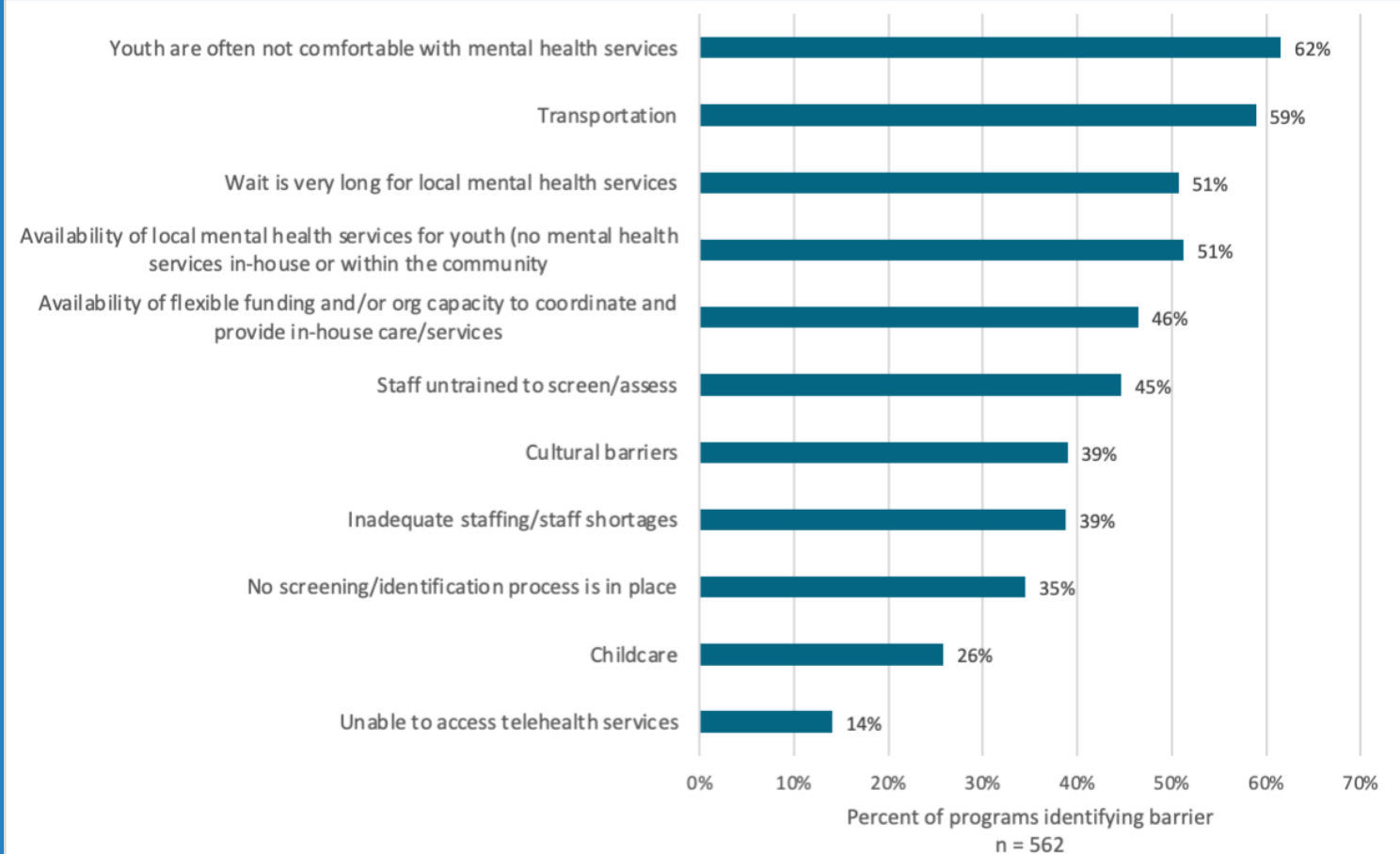


n = 360

# Take-aways: Ability to Screen and Track Matter

- When screening is in place, twice the amount of youth get seen immediately
- 24% of respondents are uncertain how long it takes vs. 42% uncertain without screening
- 15% of youth are seen in a week without screening, and 27% within a week with screening

# Barriers to Youth Mental Health Services



Data source: National Youth Employment Coalition Survey on Mental Health Response Capacity of Youth Employment Programs, 2022

1. Youth are not comfortable with mental health services
2. Transportation
3. Wait time is very long for mental health services
4. Availability of local services
5. Funding and availability for in-house care

# Types of supports or resources respondents stated would be most helpful for their program and staff, rank ordered (averaged)

1. Staff training for screening/assessments
2. In-house clinician
3. Flex funding for transportation or other basic needs
4. Better access to local mental health services
5. Staff training for working with cultural barriers
6. Better screening tools
7. Staff training on overcoming stigma/fear of mental health services
8. Supports for staff who experience vicarious trauma working with youth



# Rural Communities

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Among programs serving young people in rural areas, there is a greater preference for:

Improved  
transportation

Screening processes  
and staff training to  
utilize these systems

Better access to  
telehealth services  
compared to programs  
serving non-rural youth.

# Voices of Youth

“I just wish more people like me who have a hard time making friends and keeping friends and, you know, putting myself out there had a program or some sort of network to be able to talk with someone or simply just have a companion. Um, I can only imagine how many people who feel different or you know, are different from other people, bullied - how they, they may feel alone and things do happen like suicide.”



# Youth Focus Group: Key Takeaways

## Stress Factors

- The pandemic / general isolation
- School stress
- Finances
- Family trouble
- Employment
- Relationships
- Health

## Barriers to Help

- Cultural barriers
- Stigma around mental health
- Availability of professional help
- Transportation to services
- Lack of financial ability to pay for services



# Steps You Can Take As Workforce Partners

## Forge relationships with mental health providers:

- ❖ City, state, and county mental health departments
- ❖ Local mental health organizations
- ❖ Healthcare centers
- ❖ Local universities and community colleges
- ❖ National Associations (NASW, APA)
- ❖ Peer Counseling and Mentors
- ❖ Family and Individual Mediation Centers
- ❖ Child welfare, juvenile justice, homelessness providers



# Steps You Can Take As Workforce Partners

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- ❖ Appoint mental health leaders/providers to the local workforce board and youth committee to bring new perspectives and foster better access, connection, and troubleshooting.
- ❖ Create a Youth Mental Health Taskforce comprised of mental health professionals, workforce partners, and young people
- ❖ Continue to focus issues of equity, social justice and career pathways





# Steps You Can Take As Workforce Partners

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Work with youth leaders, staff,  
and community members to  
**CHANGE THE NARRATIVE** around  
mental health stigma and fears



# Steps Together: Share

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**Professional development opportunities**  
with other organizations serving youth.

**Space** to facilitate access by young people and efficiency of service, workforce systems can provide space for clinicians within their locations

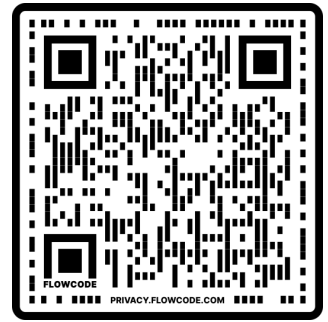
**Data** to help identify priority target populations. Examining data from both systems can provide a better understanding of barriers and opportunities for youth with justice involvement, as well as patterns that can help identify strategies or approaches most likely to have impact.



# Ideas for Funding

- ❖ Use Medicaid reimbursements to bring a clinician in-house
  - Cost neutral
  - Game-changer
- ❖ Dedicate ARPA dollars and other state, county, local funding to improving access, connections, and availability of services
- ❖ Private foundations and corporations
- ❖ Partner with employers who have a vested interest in healthy employees and the youth workforce





# What's Next?

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NYEC's New Mental Health Resource Hub – [nynec.org/mentalhealthresources/](https://nynec.org/mentalhealthresources/)



NYEC Mental Health Workshops



Join NYEC as a member and connect to other youth employment programs, share your policy ideas, participate in annual forums, attend workshops, and showcase your innovative practices

[nynec.org/join-us-2/#join](https://nynec.org/join-us-2/#join)

# Contact US!

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Mary Ann (Mimi) Haley, Executive Director of the National Youth Employment Coalition ([mhaley@nyec.org](mailto:mhaley@nyec.org))



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# ***SAMHSA***

Substance Abuse and Mental Health  
Services Administration

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## **Youth Mental Health in Workforce Resources**

Marissa Thomas, MPH and Morgan Seiler M.Ed., Ed.S

Regional Behavioral Health Advisors (Region 7 and 8)

Substance Abuse and Mental Health Services Administration

U.S. Department of Health and Human Services

# Defining Youth Mental Health

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As with physical health, mental health is not merely the absence of disease or a mental health disorder. It includes emotional well-being, psychological well-being, social well-being and involves being able to

- navigate successfully the complexities of life,
- develop fulfilling relationships,
- adapt to change,
- utilize appropriate coping mechanisms to achieve well-being without discrimination.
- realize their potential,
- have their needs met, and
- develop skills that help them navigate the different environments they inhabit.

# SAMHSA's Mission

*Lead public health and service delivery efforts that promote mental health, prevent substance misuse, and provide treatments and supports to foster recovery while ensuring equitable access and better outcomes.*

**Behavioral Health is  
Essential to Health**

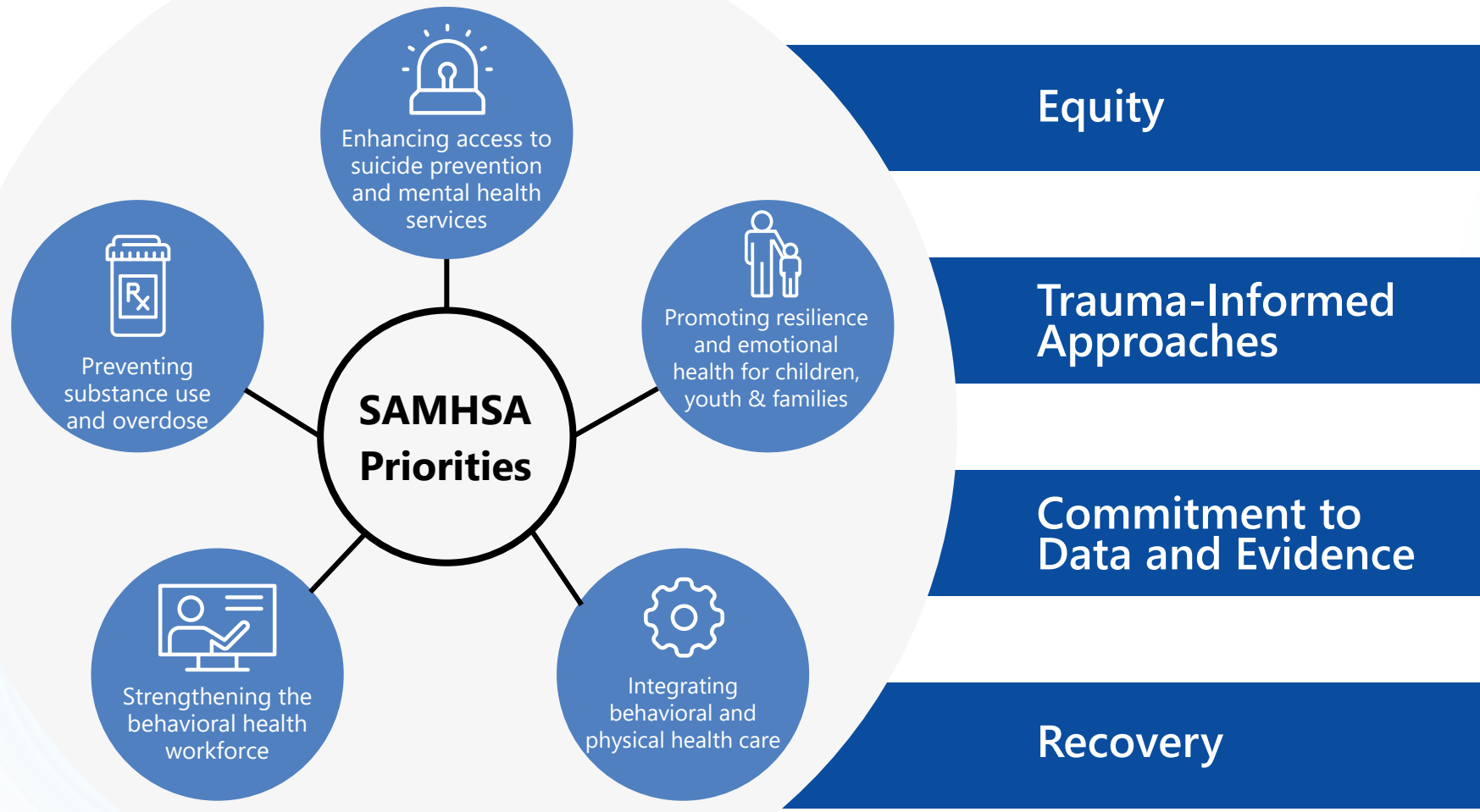
**Prevention Works**

**Treatment Is Effective**

**People Recover**

# Priorities and Cross-Cutting Principles

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**Miriam Delphin-Rittmon, Ph.D.**  
*Assistant Secretary for Mental  
Health and Substance Use*



# Centers at SAMHSA HQ

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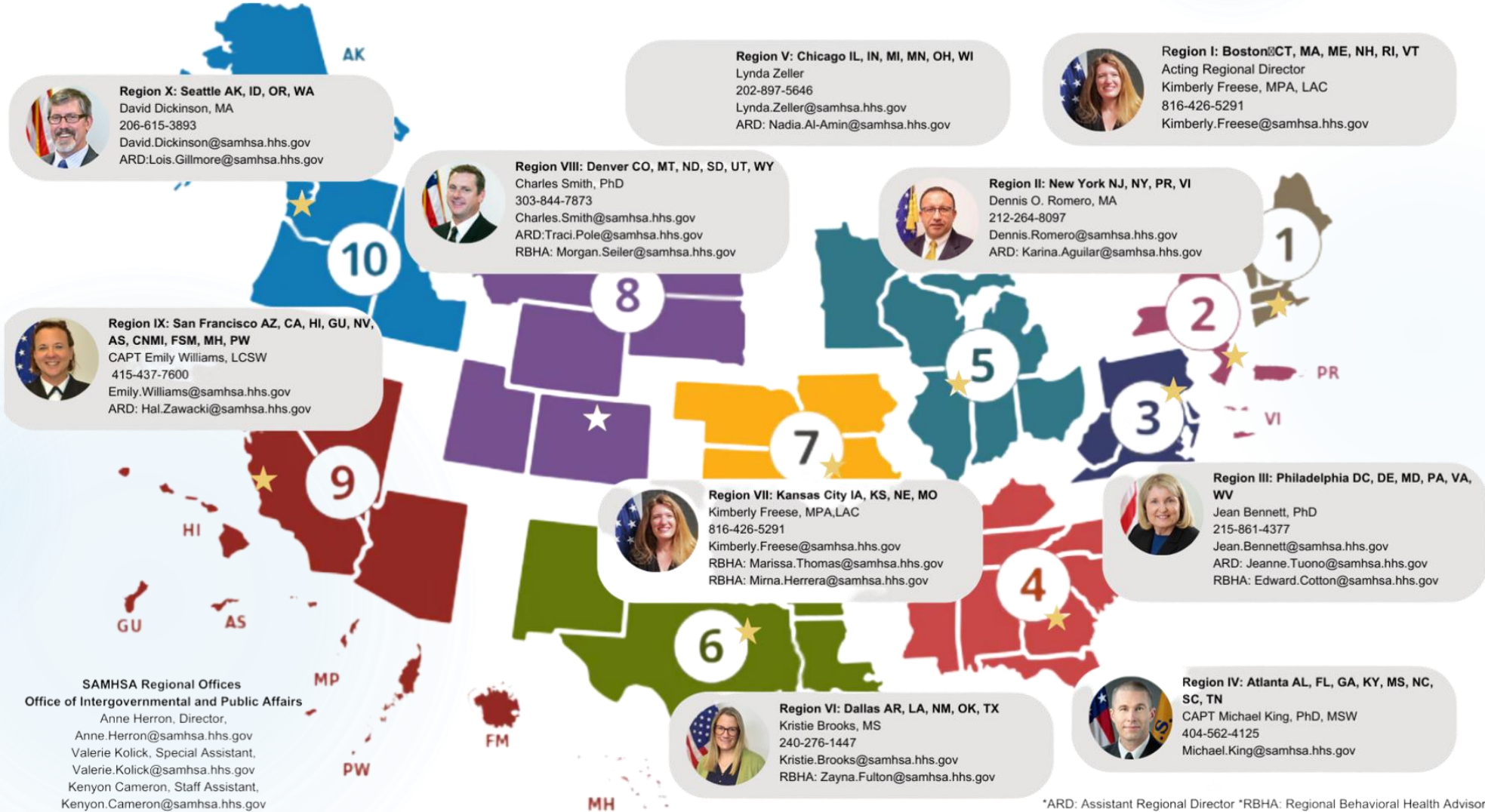
- **CSAP – Center for Substance Abuse Prevention**
- **CSAT – Center for Substance Abuse Treatment**
- **CMHS – Center for Mental Health Services**
- **CBHSQ – Center for Behavioral Health Statistics and Quality**





# SAMHSA's Regional Offices

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# SAMHSA Grants

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## Formulary

- FUNDING DIRECTLY TO STATES
- SUBSTANCE USE AND MENTAL HEALTH
- FUNDS PREVENTION, TREATMENT, RECOVERY SUPPORTS, AND OTHER SERVICES

## Discretionary

- COMPETITIVE FUNDING
- ELIGIBILITY VARIES
- FUNDS PREVENTION, TREATMENT, RECOVERY SUPPORTS, AND OTHER SERVICES



Substance Abuse and Mental Health Services Administration

An official website of the United States government [Here's how you know](#)

**In Crisis? Call or Text 988**

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Home » Grants

**Grants**

- Grants Dashboard
- How to Apply for a SAMHSA Grant
- Grant Review Process
- Grants Oversight
- Grants Management
- Continuation Grants
- Block Grants
- GPRA Measurement Tools
- Contact Information
- Grants Glossary
- Grant Awards Archive
- Grant Awards By State
- Grants Training Materials

## Grants

**Note: A significant change has been made to the registration process for the System for Award Management (SAM). Please refer to the FAQs on the SAM website.**



### Grant Announcements

SAMHSA announces grant funding opportunities through Notice of Funding Opportunities (NOFOs). Each NOFO contains all the information you need to apply for a grant. To apply for a SAMHSA grant, you must register on [Grants.gov](#).

- » [View all Fiscal Year \(FY\) 2023 Grant Announcements](#)
- » [View FY 2024 NOFO Forecasts](#)



### Applying for a New Grant

These resources will help you find and apply for funding opportunities. Visit ["Applying for a New SAMHSA Grant"](#) to learn more.

- » [Training Events for Applicants](#)
- » [Registration Requirements](#)
- » [Submitting Your Application](#)
- » [Application Forms and Resources](#)



[SAMHSA.gov/grants](https://www.samhsa.gov/grants)



# State Mental Health Authority Directory


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- [samhsa.gov/sites/default/files/ssadirectory-mh.pdf](https://samhsa.gov/sites/default/files/ssadirectory-mh.pdf)
  - Name of Commissioner
  - Name of Department/Agency
  - Address
  - Phone Contact Information
  - Email Contact Information



# SAMHSA Store

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 U.S. Department of Health & Human Services

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Substance Abuse and Mental Health  
Services Administration

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☐ Substance Abuse (81)  
☐ Alcohol Abuse (71)  
☐ Alcoholism (60)  
☐ Binge Drinking (60)  
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**Talk. They Hear You: Talking With Your Teen About Alcohol: Keeping Your Kids Safe**  
Published: September 2023  
This brochure provides information and tips to help parents and caregivers get informed, be prepared, and take action for prevention by talking with their teens about the risks and dangers of drinking alcohol.

**Talk. They Hear You: How to Help Kids Say No to Peer Pressure**  
Published: September 2023  
This fact sheet provides information on the importance of parents and caregivers helping their kids understand the risks and dangers of drinking alcohol and using other drugs, as well as how to deal with offers from their friends or peers. It also features tips for parents and caregivers to equip their kids to say "no" and avoid situations that involve alcohol or other drugs.



[store.samhsa.gov](https://store.samhsa.gov)



# Other Resources

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**Find Support for issues with mental health,  
drugs, or alcohol**

[samhsa.gov/find-support](https://samhsa.gov/find-support)

**National Helpline: 1-800-662-HELP (4357)**



**Millions of Americans have mental and  
substance use disorders. Find treatment here.**

[findtreatment.gov](https://findtreatment.gov)

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

# 988

988 serves as a universal entry point so that no matter where you live in the United States, you can reach a trained crisis counselor who can help.

You can call, text, or chat 988 for 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress.

That could be:

- Thoughts of suicide
- Mental health or substance use crises
- Emotional distress



# SAMHSA Training, Tools, and TA

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## ■ Technical Assistance Centers

- ATTC (Addiction Technology Transfer Center)
- MHTTC (Mental Health Technology Transfer Center)
- PTTC (Prevention Technology Transfer Center)
- Other

## ■ Centers of Excellence

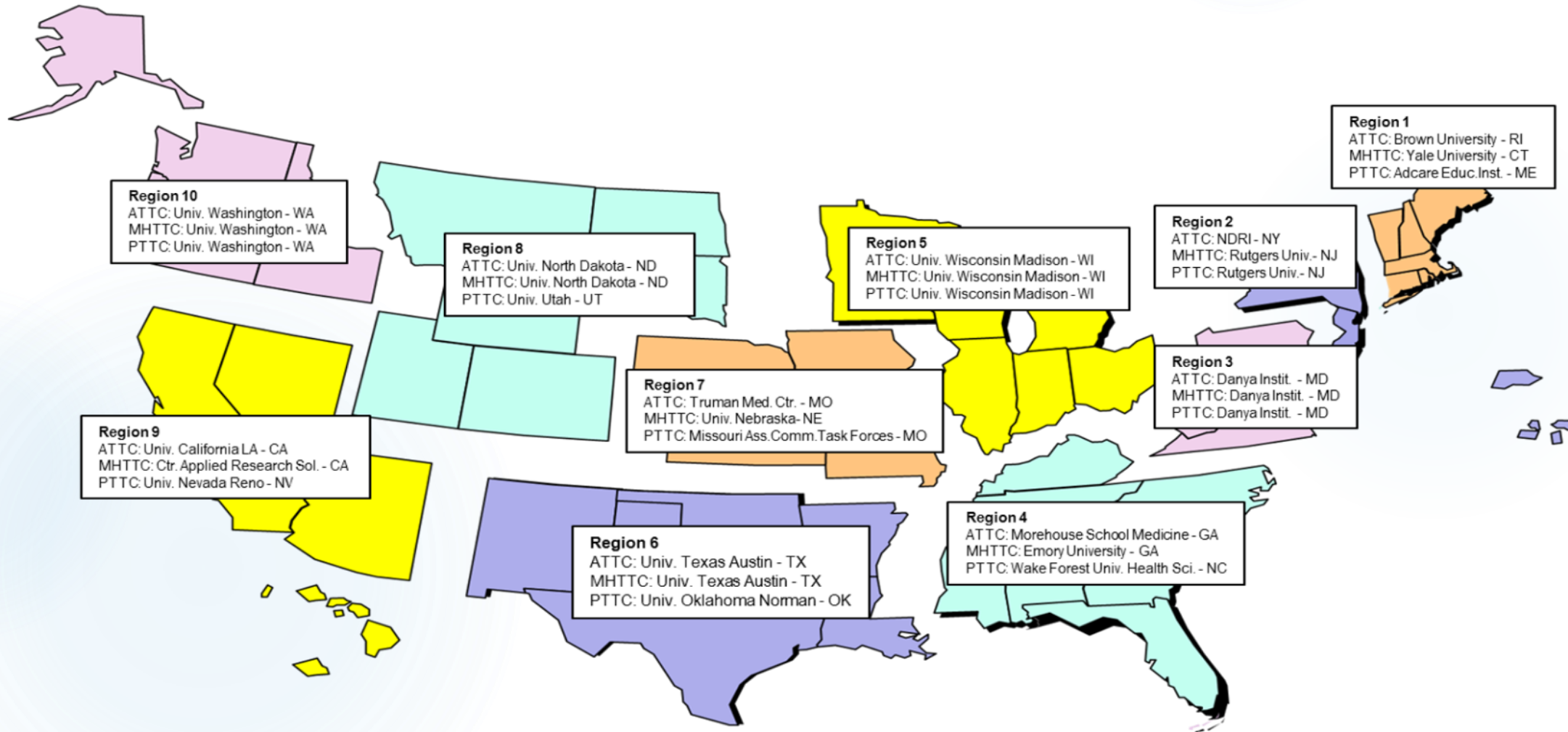


[samhsa.gov/practitioner-training](https://www.samhsa.gov/practitioner-training)



# Technology Transfer Centers (TTCs)

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# Thank you!

## **Substance Abuse and Mental Health Services Administration**

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