

Meeting the Behavioral Health Needs of Youth in Homelessness and Housing Settings

March 9, 2021

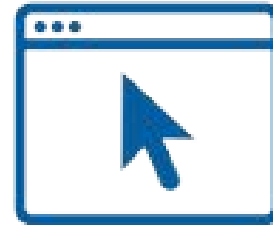
Webinar Information



All participants
lines are
muted.



Use the
questions
feature in the
GoToWebinar
control panel to
submit
questions.



This webinar
will be posted
to COHHIO's
website.



This webinar is
being recorded.



Agenda

- Overview of the behavioral health needs of youth and interventions to address those needs
- Provider presentations
 - Lighthouse Youth and Family Services
 - COMPASS Family and Community Services – Daybreak Youth Crisis Center
 - Huckleberry House, Inc.
- Questions and Answers

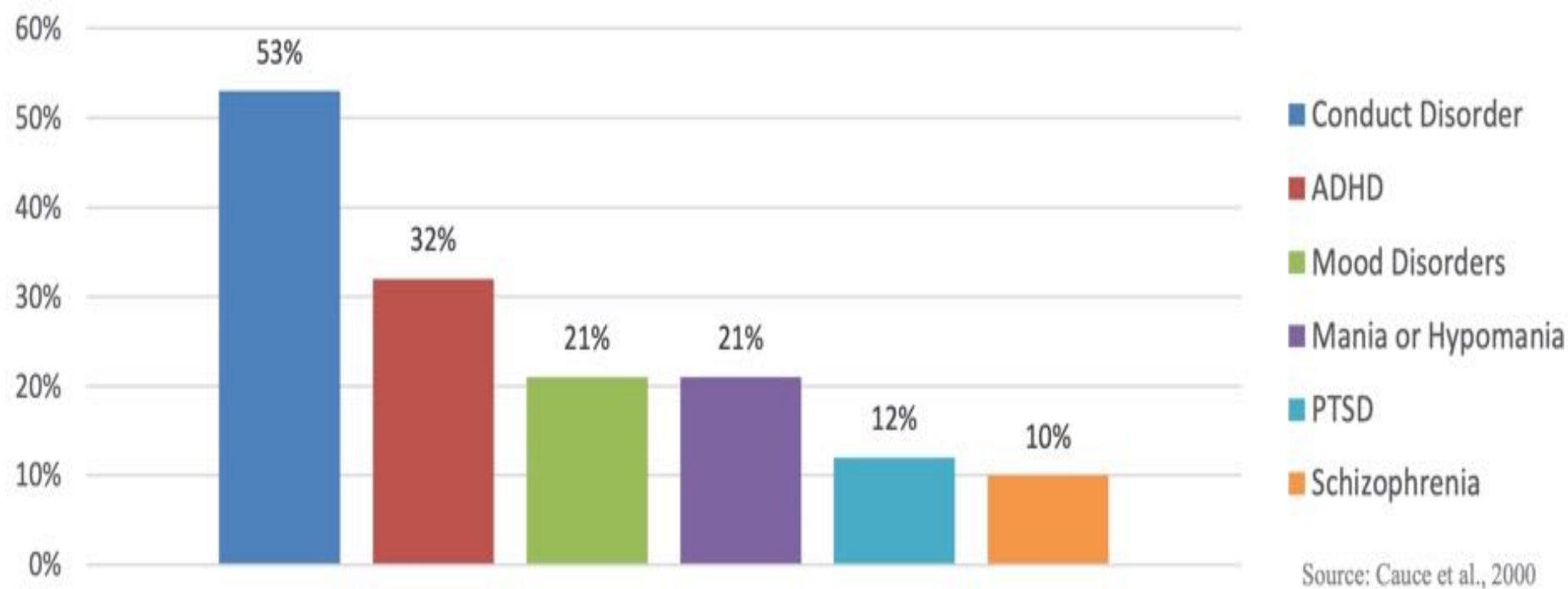
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Webinar Objectives

1. Advance your knowledge on the behavioral health needs of youth experiencing homelessness and/or in housing settings
2. Obtain evidence-based guidance that will improve services for youth in your CoC community
3. Learn on-the-ground behavioral health strategies for youth in Ohio
4. Review and address any clarifications or questions

Rates of Psychiatric Disorders Among Youth Experiencing Homelessness





Addressing Youth Behavioral Health Needs

- Interventions must be equitable
- Interventions are creative, individualized and youth led
- Interventions are needed at multiple levels
- Interventions are coordinated
- Interventions are adjusted over time

Practice Tools

- Positive Youth Development
- Motivational Interviewing
- Focusing on the 4 core elements
 - Safe & stable housing
 - Social-emotional well-being
 - Permanent connections
 - Employment & education
- Trauma Informed and Trauma Responsive



Stay Connected



- **COHHIO hosted Youth Office Hours**

3rd Thursday of the month @ 1p

- **COHHIO hosted Peer to Peer Calls**

- **Youth Digital File Cabinet**

Access the folder [here](#)

- **Youth Provider Slack**

- **Youth Provider Book Club**

To join the book club or SLACK send an email to Lisa Brooks at lisabrooks@cohhio.org

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LIGHTHOUSE
YOUTH & FAMILY SERVICES

Youth Housing Opportunities

Greater Cincinnati area

Bonita Campbell, MS, LSW, CTP
VP, Homeless Youth Services

Lighthouse Youth and Family Services

Homeless Youth Services

■ Sheakley Center for Youth

- Only dedicated young adult homeless shelter
- 18-24 year old individual, male and female
- 36 individual rooms

■ Mecum House (sole provider)

- 10-17 year old unaccompanied minors
- Crisis shelter, Basic Center/Prevention

■ Youth Housing Opportunities

Youth Housing Opportunities

18-24 year old single and parenting, males and females

- KEYS to a Future without Youth Homelessness (YHDP)
- Scattered Site Rapid Re-housing
- Scattered Site Permanent Supportive Housing
- Site Based Permanent Supportive Housing

Who Are We Serving?

Integrated Access (1/1/19 – 6/30/20)

Out of **232** 18-24 year-olds assessed –
123 (53%) had a qualifying PSH diagnosis

- Bipolar I Disorder
- Bipolar II Disorder
- PTSD
- Schizoaffective Disorder
- Schizophrenia
- Major Depressive Disorder



232 people served in all Lighthouse homeless housing programs in 2019 (excluding KEYS)

41 people specifically PSH
17.6% of total served

What is the Need?

NATIONAL STATISTICS

3.5 million, 1 in 10 young adults 18-25 experience homelessness in a year

Overrepresented populations

- African American, Hispanic, LGBTQ, young parents, lack of education

NEET (Not in Education, Employment or Training)

Significant level of trauma

46% surveyed had juvenile detention history, 29% foster care history

[Tailored Interventions](#) can and do measurably prevent and reduce youth homelessness.



Voices of Youth Comprehensive Report, September 2018 HUD Exchange

Unique Behavioral Health Needs

Meeting Young adults where they are!!

Overrepresented populations

- African American, Hispanic, LGBTQ, young parents, lack of education
- Cultural competency training

Physically, emotionally, and socially.

- Allowing young adults to be their authentic selves...especially throughout the therapeutic process

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Engagement Strategies

Debunking Myths!

- Face to Face vs Telehealth
 - Zooming and Facetime were beneficial but they could not replace face to face interaction
- Resources, Resources, Resources
 - Social Media
 - PPE
 - Life Skills
 - Modeling



- *Provided Ipads to complete Telehealth appointments*
- *LYS vehicle was purchased and custom fitted with Plexiglas to provide safety during transporting for appointments and interviews.*



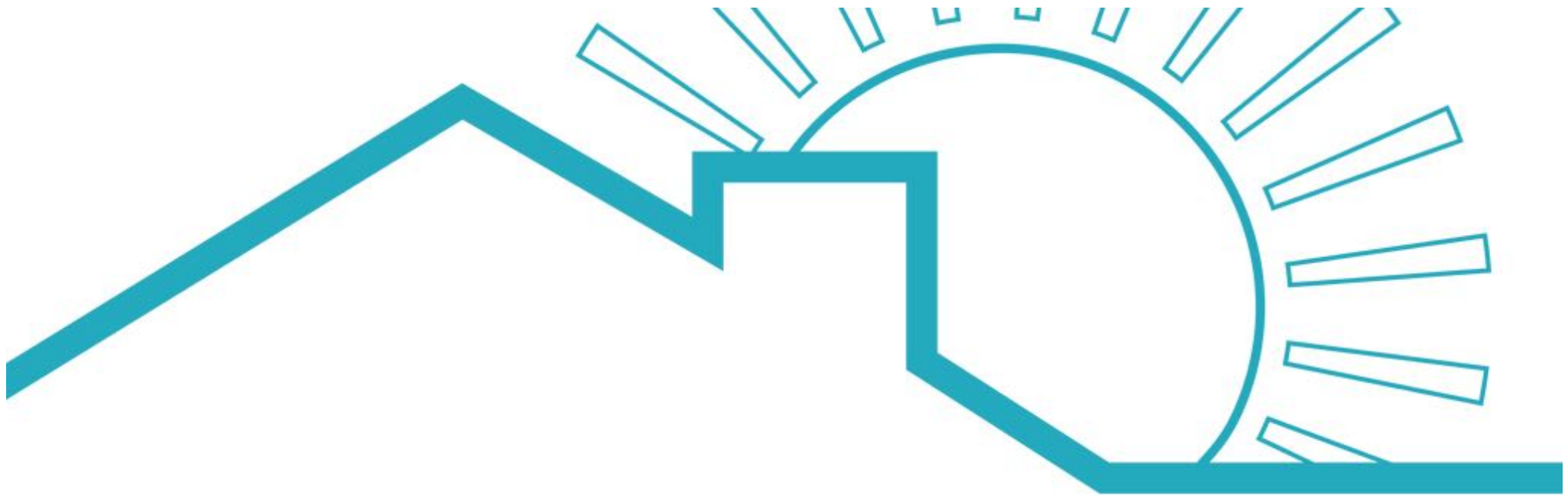
LIGHTHOUSE
YOUTH & FAMILY SERVICES

Youth Housing Opportunities
Thank You!

Bcampbell@lys.org
VP, Homeless Youth Services

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COMPASS

DAYBREAK

youth crisis center





COMPASS

DAYBREAK

youth crisis center

Meeting the Behavioral Health Needs of Youth in Homeless and Housing Settings

Daybreak Info

- Opened in January, 1976
- Dual function
 - Basic Center Program (HHS)
 - Licensed Group Home (ODJFS)
- Comprehensive safe haven that provides crisis intervention and emergency shelter to youth who are run away, “throwaway,” or otherwise homeless, ages 10-17
- Safe Zone
- Collaborative Partners
- Funding
- Staffing

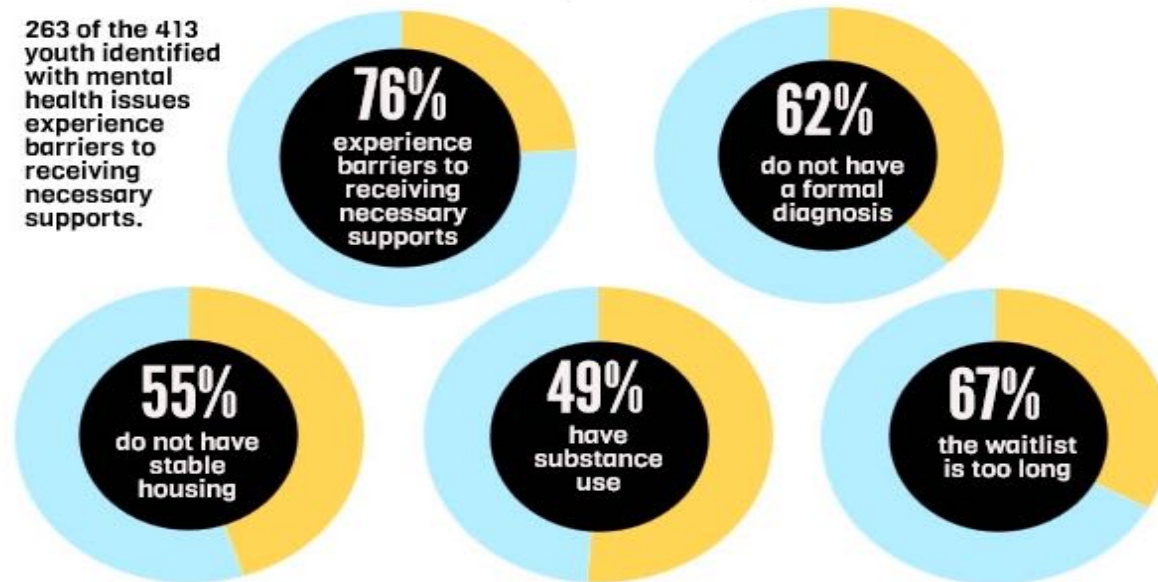
Meeting the Unique Behavioral Health Needs of Homeless Youth

- Hierarchy of Needs
- Multisystem intervention
- Barriers

Barriers to services:

There are a number of barriers being faced by homeless youth to accessing mental health services

263 of the 413 youth identified with mental health issues experience barriers to receiving necessary supports.



What Providers Need to Know About the Behavioral Health Needs of Homeless Youth

- Homeless youth have often experienced some level of trauma or victimization in their life.
- Homeless youth have a higher risk for mental health issues (some untreated) than youth who aren't experiencing homelessness--89% compared to 30% (BMC Health Services Research).
- Homeless youth have an increased risk of suicide and self-harm.



What Works / What Doesn't Work

➤ Effective

- Meeting the youth where they are
- Engaging the youth in the process
- Multisystem intervention
- Trauma-informed approach
- Youth-friendly language

➤ Ineffective

- Making assumptions
- Goal overload

➤ Maybe/maybe not

- Homework
- Self-disclosure



Behavioral Health Engagement Strategies

- Building rapport
- Allowing the youth to feel heard—reflective listening, paraphrasing, summarizing, clarifying
- Validating feelings
- Identifying/building support system
- Recognition/praise
- Being flexible and creative



- Person-centered
- Strengths-based
- Family therapy
- Solution-focused brief therapy
- Therapeutic games
- Role play



Resources

- SAMSHA
- FYSB—RHY—National Clearinghouse on Homeless Youth & Families—Mental Health and Youth Homelessness: Understanding the Overlaps
- Homelessness Policy Research Institute—Mental Health Among Youth Experiencing Homelessness, August, 2019
- BMC Health Services Research—Assessing and treating complex mental health needs among homeless youth in a shelter-based clinic, February, 2020
- The Homeless Hub
- dosomething.org—8 Things You Need to Understand About Youth Experiencing Homelessness

Daybreak Youth Crisis Center

2611 Homestead Ave.

Youngstown, OH 44502

(330) 782-2397

<http://youthshelteranswers.org/>

Katina Rohrman, MEd., LPC, LSW

Daybreak Program Manager

krohrman@compassfamily.org

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Meeting the Behavioral Health Needs of Youth in Homeless and Housing Settings

Kyra Crockett Hodge, Director of Community Outreach
& Engagement
Huckleberry House, Inc.

HOW DID THEY GET HERE?



- Homeless youth are impacted by a vast amount of factors that have both landed them in their situations and oftentimes make it difficult for them to escape. Common factors that we often see are:
 - Extensive trauma from family conflict/dynamics, poverty, alcohol/substance abuse, not being accepted for their sexual orientation, victimization, unaddressed mental health, committing crimes to survive, grief and being disconnected from consistent positive supports.

- As providers, It is critical to recognize these factors and understand that the initial goal is NOT to “fix” their problem.
 - We often skip over the first rule of thumb which is to establish a genuine relationship and continue to build upon it.
 - Once that happens, it is easier to achieve your ultimate goal which is to get young people to buy into their journey towards self-worth and success.

“

EVERYTHING CONNECTS-
PEOPLE, IDEAS, OBJECTS.

THE QUALITY OF THE CONNECTIONS
IS THE KEY TO QUALITY PER SE.

-Charles Eames

Think on it...



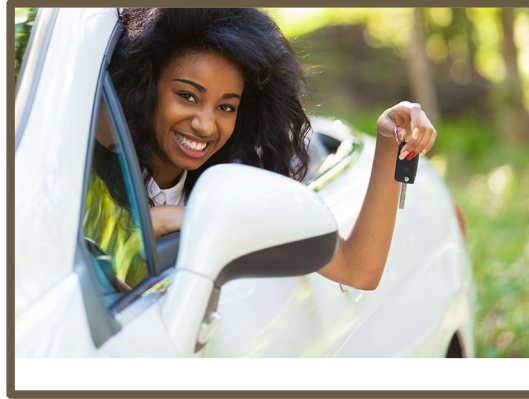
**Meeting people where they
are, talk to people at
their wave length. Become
a lighthouse! Let people
see your shine to become
inspired**

-Angie karan

ENGAGEMENT IS CRUCIAL

- Engagement is BOTH a process and an outcome
 - It requires the effective and balanced use of helping skills and protective authority to produce an ongoing **worker**/client relationship that **results** in the pursuit and accomplishment of agreed upon goals.
- It is a factor that can literally move a young person from life to death or vice versa.
- Build Rapport by:
 - Being genuinely interested in learning their story and who they are (this should happen before attempting any intervention)
 - Listening Intently
 - Empathizing with their situation
 - Finding commonalities
 - Be knowledgeable of resources that can assist.

PUT YOUNG PEOPLE IN THE DRIVER'S SEAT...



Youth-driven/ Adult-guided

- We believe that if young people are given a supportive lens to see themselves as worthy of having a life they desire coupled with opportunities to choose what that journey looks like, the greater the chances are for them to work towards it.
- Behavioral Health continuum should be youth centered and created with their input.
 - Known expectations that are structured around:
 - Consistency
 - Positive Youth Development
 - Non-judgmental
 - Strength-based
 - Accountability

A holistic approach is a **MUST!**



- Housing **cannot** be the end all be all!
- Come up with a **trauma-informed** comprehensive plan to address all areas that need it:
 - **Safety & Security**
 - Immediate needs
 - **Mental wellness**
 - Non-traditional approaches
 - Making it relatable and therapeutic by allowing them to see the bigger picture
 - Explore past experiences with therapy
 - More than a counselor/case manager
 - **Self-worth**
 - Activities/ regular conversations that continually affirm worthiness
 - Setting achievable goals
 - **Self-Sufficiency/Life skills**
 - If never been taught-how can you hold them accountable?
 - Sustainability and thrive

EVER-EVOLVING

- Transparency
 - Regularly invite feedback to critically assess if your services are impactful
- Adapt to fulfill needs identified based on youth interests.
- Know the population
 - Be creative and relative when providing services



BE PREPARED FOR ROADSIDE SERVICE:

- There will be times that are unsuccessful.
 - Some actions are age appropriate, some are bad habits that are hard to break. Some will put your program at risk of safety and liability
- Re-visit and re-focus on initial goals set
- Leverage solid relationships within the youth's team of providers who youth may be most receptive to hearing direct messages from and ensuring engagement and not a break down.
- Make your intentions known for them despite the behaviors displayed
- Remain consistent with expectations and setting limits
- **Don't give up on them**- remain connected if possible and link to additional resources if willing.



Agenda

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Questions?



