



REIMAGINING YOUTH MENTAL HEALTH

Lessons learned from the globe

Presented by:

Krissy Dristy, Program Manager for YPS and PSP

GOALS AND OBJECTIVES

- Explain IAYMH mission and purpose
- Provide brief history of ACMH's involvement with IAYMH
- Share themes and lessons learned from conversations at the 2022 conference
- Discuss possible next steps in the United States and in Michigan



BUT FIRST.....

- Take a minute to think of a “dream” you have for mental health services for youth and families.
- What would mental health services and supports look like in a perfect world?
- If you could “make a wish” and see one change for the mental health system for youth and families, what would it be?
- Write it down! We will come back to it.



WHAT IS IAYMH?

The International Association for Youth Mental Health (IAYMH) is a membership-based organization for professionals, researchers, organizations, policy makers, young people and parents. The IAYMH's mission is to change the way the global community thinks about young people and their mental health.

We want to do this by ensuring youth mental health services are appropriate to a young person's age and stage of development, and that young people have an active voice in determining what is best for them.

Every two years, the IAYMH hosts an international conference in a different global city. Unlike traditional medical research conferences, the IAYMH event is planned and delivered in partnership with young people.

THE IAYMH AIMS TO:

Ensure mental health services are more responsive to the health needs of young people across the world

Promote public and professional interest in the mental health and wellbeing of young people aged 12–25

Strive for systems change that delivers an age and stage appropriate service response for young people, their families and caregivers

Foster international collaboration and communication between individuals and organizations working to improve the health and wellbeing of young people

Meaningfully engage young people and their parents in our advocacy for system change

Use evidence-informed practices wherever possible

Highlight new research and best practice in the youth mental health field

WHAT HAS ACMH'S INVOLVEMENT WITH IAYMH BEEN?

2017: Dublin, Ireland

- - *Attended conference for first time*
- - [Fae Johnstone - IAYMH 2017 – YouTube](#)

2019: Brisbane, Australia

- - *Presented in tabletop presentations –ACMH and value of youth voice through lens of the Statewide Family Organization*

2022: Copenhagen, Denmark

- - *Participated in poster session - Youth Peer Support in the Family Driven Youth Guided continuum*

KEY PLAYERS AT THE 2022 IAYMH:

Headspace | <https://headspace.org.au/>

- National Youth Mental Health Foundation in Australia.
- Supports young people with mental health, physical health (including sexual health), alcohol and other drug services, as well as work and study support, focusing on early interventions for 12- 25-year-old youth.
- 140 centers, online and phone counseling services, work and study services, and presence in schools.
- Youth participation and youth reference groups
- Video: <https://youtu.be/ykmKp2mE2c4>

Det Sociale Netværk | <https://detsocialenetvaerk.dk/>

- Headspace Denmark

KEY PLAYERS AT THE 2022 IAYMH:

Orygen | <https://www.orygen.org.au>

- World leading research, working directly with youth and families
- Advocacy to ensure that policy makers understand the needs and cost of mental ill-health in young people.
- Educate- Use research and evidence- based practice to develop innovative training programs and resources.
- Video: <https://orygen.org.au/About/About-Us>

Jigsaw | <https://jigsaw.ie/>

- We offer expert mental health advice and support, online and in person, to young people across Ireland, aged 12- 25 years old.

KEY PLAYERS AT THE 2022 IAYMH:

Foundry | <https://foundrybc.ca/>

- Foundry is a province-wide network of integrated health and wellness services for young people ages 12-24
- Integrated services make it possible for young people to access five core services in one convenient location: mental health care, substance use services, physical and sexual health care, youth and family peer supports, and social services.
- Young people can access our integrated services by walking into one of our 13 local Foundry centres, exploring our online tools and resources at foundrybc.ca, or connecting virtually through the free Foundry BC app.

Frayme | <https://frayme.ca/>

- National Network in Canada that focuses on systems transformation
- Vision: All youth, young adults, and their families have access to the help they need to be well, when they need it, in the context in which they live
- Mission: Frayme leads a national network that connects mental health, health and social services working with youth and young adults to accelerate the integration and implementation of youth care in Canada.
- Through local action, national collaboration, and international knowledge mobilization, we seek to redesign systems that better meet the holistic needs of young people, and thereby transform youth mental health and substance use care.

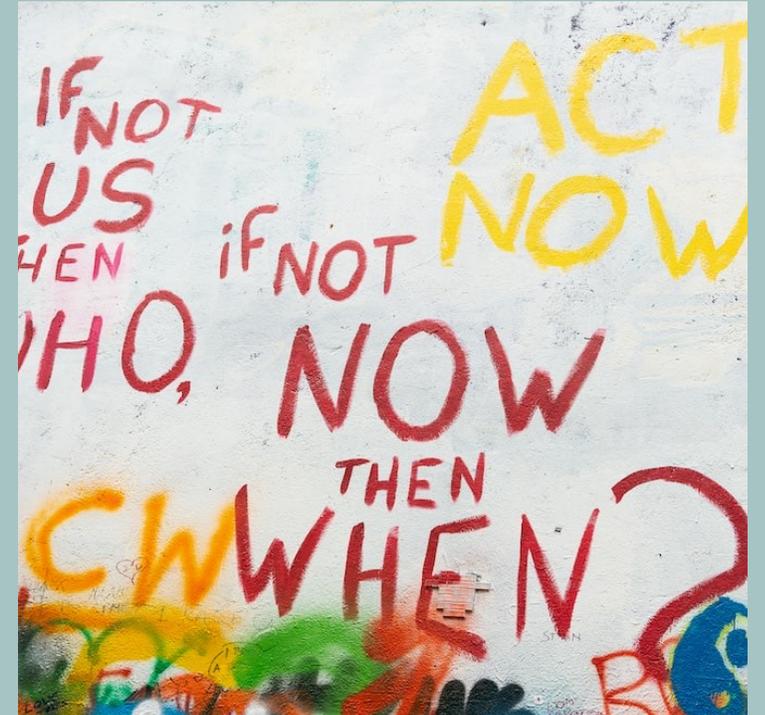
2022 - THEMES AND LESSONS LEARNED

1. Activism now! You don't need to wait for the answer to "what is causing this?" in order to act!
2. We need to focus on early intervention and support BEFORE the crisis
3. Home and community based support is needed- beyond just clinical models
4. Youth friendly spaces are vital
5. Fund, support, and act within the grey area- establishing conversation and relationships
6. Put money and resources into action and support for youth NOW (vs. funding awareness campaigns and swag).

1. ACTIVISM NOW! YOU DON'T NEED TO WAIT FOR THE ANSWER TO "WHAT IS CAUSING THIS?" IN ORDER TO ACT!

- Numbers for children and youth mental health are getting worse GLOBALLY- not just in USA
- Numbers were worsening before the pandemic
- What are the long-term effects of pandemic on youth mental health? We are still learning. Research is being conducted, and that is good!
- But there are still so many questions....
 - Is it the pandemic?
 - Is it screen time?
 - Is it poverty?
 - Is it disconnection?
 - Is it climate change?

The bottom line is: ***IT IS COMPLEX.*** We don't need an answer to act now! Remember: "Do something, even if we don't know everything."



2. WE NEED TO FOCUS ON EARLY INTERVENTION AND SUPPORT BEFORE THE CRISIS

- The first signs of mental health problems typically emerge at the same time of first job, first relationship, etc.
- Mental health symptoms can “derail” youth as they navigate these important stages
- “Stratification”- providing the right support to the right person at the right time
- Giving people meaningful choice in treatment that is right for them (and it ain’t all clinical)...



3. HOME AND COMMUNITY-BASED SUPPORT IS NEEDED - BEYOND JUST CLINICAL MODELS

- Isolation is biggest challenge for youth
- Incorporate peer support within communities by volunteers with lived experience (Headspace Model)
- Connecting with other youth who have same feeling and experiences
- Helps youth know they are not alone
- “Know one thing - you count and you matter because you are human”
- “I know what sorrow is”
- “I don’t know how to help her, but I know how to talk to her”.



4. YOUTH-FRIENDLY SPACES ARE VITAL

- The value of youth voice- programs designed for youth, by youth.
- Connecting with peers helps level the playing field
- Meeting another youth at Headspace as an example- free from classical relations such as doctors, teachers or friends
- Youth are free to make their own relationships
- “Come as you are, when you need.”



5. FUND, SUPPORT, AND ACT WITHIN THE GREY AREA- ESTABLISHING CONVERSATION AND RELATIONSHIPS

- Investigate what happens before the mental health crisis (the grey area)
- Go in early and establish conversations
- Make psychiatry better, AND provide support before psychiatry is needed
- Support should not feel transactional- talk to youth as if you do not want to obtain anything.
- Listening for listening sake. Listening to connect, not to control
- Seek to know and understand, vs. confirm what you already know
- Acknowledgement of person vs. assessment of their condition- see and acknowledge WHOLE person.



6. PUT MONEY AND RESOURCES INTO ACTION AND SUPPORT FOR YOUTH NOW (VS. FUNDING AWARENESS CAMPAIGNS & SWAG).

- Moving beyond awareness
- We are at a point where we know there is a problem. Now we need to act!
- Youth panel- suggestions to fund services and supports, instead of swag and campaigns
- One of the biggest challenges is finding support when child or youth is “not sick enough” to qualify for intensive services, but the family and youth still need support



ACTIVITY: NEXT STEPS

- Remember your “dream” for mental health services and supports for youth and families.
- Reflect on today’s themes and lessons learned.
- With that in mind, think or how you can make your dream a reality! List:
- One action step you can take as an individual
- One thing you can do or advocate for within your organization or community
- One change you can advocate for at a systems level.

DISCUSSION: NEXT STEPS

- Where do we go from here? Share out!

CONTACT INFORMATION

Krissy Dristy

ACMH

Program Manager- YPS and PSP

kdristy@acmh-mi.org