Texas is doing what?!

Introducing the Amplify Model

Where Australia's Headspace meets
US Collaborative Care to support
Young Adult Mental Health.

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Who are we?

Team of health services researchers & clinicians who focus on transforming the adolescent & young adult continuum of care via mixed-methods research.



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What do we know about young adult mental health?

Suicide is the 2nd most likely cause of death of 10-24 year olds.

Young adults are at the greatest risk

Serious mental illness develops in young adulthood.

75% report symptoms began before their 25th birthday

>90%

of young people who received care as children disengage between their 18th and 19th birthdays



- Young people aging out of child services report terrible experiences with adult service intake - even within the same agency
- Young people are not qualifying for the kind of services that they are seeking (e.g., therapy, employment support, peer support)



- Young people can feel misunderstood and disrespected by, and therefore distrustful of mental health service providers.
- Young people want mental health providers who can relate to them

Other industrialized countries have integrated developmentally-attuned adolescent & young adult services.

The O.G. integrated youth mental health clinic began in Australia (i.e., Headspace).

These mental health services fill a critical gap in care.

Community

Community education, screening and early detection programs Prevention programs (e.g., anti-suicide, anti-bullying)

Primary Care

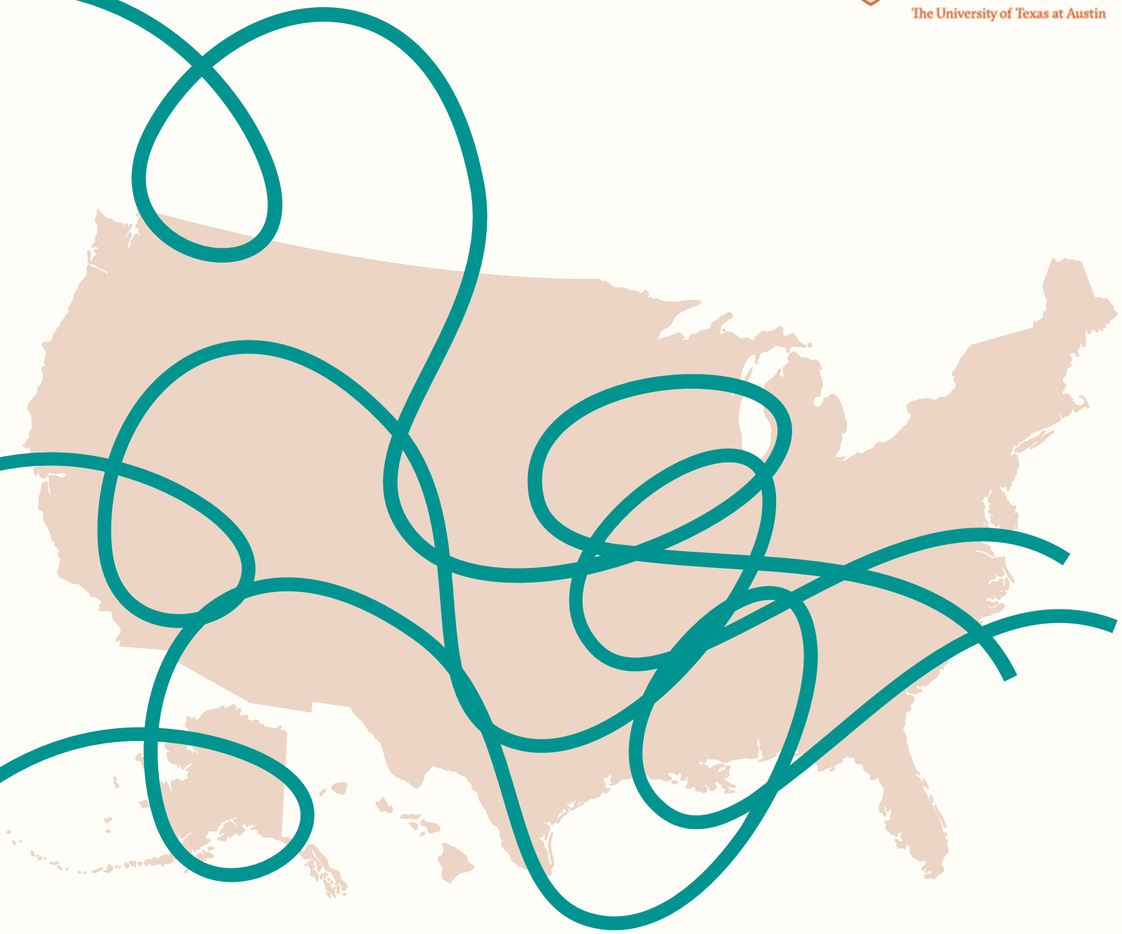
Integrated youth (12-25 years) health and social care platforms as “one-stop shops"

Secondary Care

Multidisciplinary youth mental health systems. Example is Coordinated Specialty Care.

Tertiary Care

inpatient and residential services. Home-based acute care and assertive community treatment



McGorry, P. D., Mei, C., Chanen, A., Hodges, C., Alvarez-Jimenez, M., & Killackey, E. (2022). Designing and scaling up integrated youth mental health care. World Psychiatry, 21(1), 61-76.

Common Features of "Integrated Youth Mental Health Clinics"

1. Physical space is separate from child or adult services.
2. Value of youth participation and co-design.
3. One-stop shop" aspect of integrated care, from a single location with high visibility in the heart of local community.
4. Flexible or "light touch" approach to diagnosis, especially in the early fluid stages of mental illness

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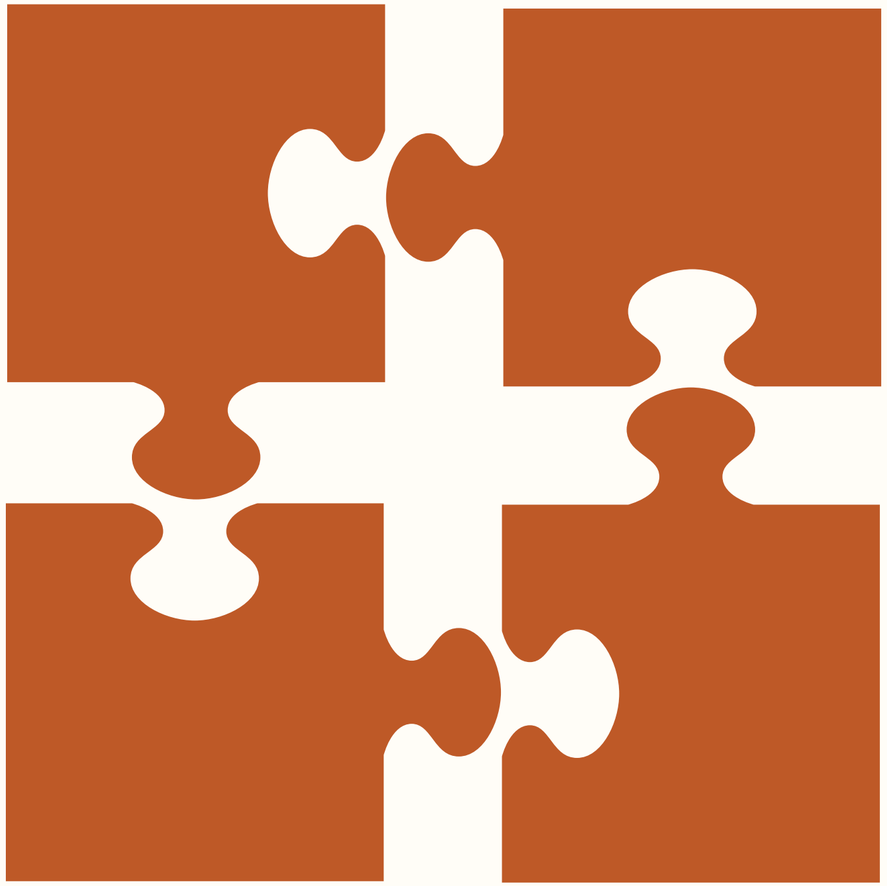
The Center for Youth Mental Health was established in 2016 to improve treatment outcomes for adolescents & young adults at risk for serious mental illness.

The center envisions a reality where the mental health of adolescents & young adults is a priority in every community & includes relevant, accessible, & age-appropriate services that consider every aspect of a young person's life.

To create a model of change, the center facilitates its work through 4 critical components of care:

awareness

collaboration



innovation

advocacy



- 2016 Professional Advisory Board established
- 2016 Started series of mixed-methods community-based studies & reviewed international youth mental health models
- 2018 Youth & Young Adult Advisory Board established
- 2020 COVID-19. National conversation began about youth mental health
- 2021 Surgeon General Report released
- 2022 Obtained donor funding to open Amplify, a young adult mental health clinic

The Amplify Center is inspired by international youth mental health models seeking to provide services to young adults at risk for serious mental illness.

- Amplify blends in-person + virtual commonplace, reimbursable mental health services with non-traditional services in an accessible & attractive community setting.

- We are studying if the addition of non-traditional services helps keep young adults in care, & how sustainable billing strategies can be maintained.



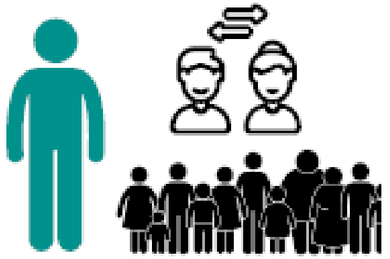
Amplify Integration Model

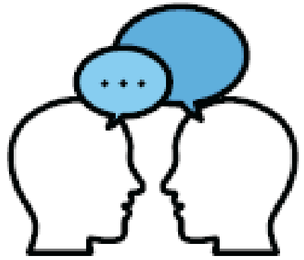


No Wrong Door: Services are accessible and low-barrier

YA completes brief, self-report screening tool to determine most appropriate care pathway

Symptoms/needs are subthreshold: *Navigator links to ACC Counseling Center and community resources*





Care Manager meets with young adult to assess need & match to care

Assessments indicate serious mental illness: *Navigator links to specialty care*



Assessments indicate mild to moderate mental health symptoms: *Establish care with Amplify*



Amplify focused on the <u>missing middle</u>.
Providing services for young adults with risk factors for serious mental illness.

The Amplify Center is co-located at Austin Community College Eastview Campus







- Space & maintenance provided by Austin Community College.
- Murals painted by a youth arts group.

Phase 1: Current Amplify Center Services



Supported Employment & Education



Peer Support



Care Navigation

+



Individual & Group Therapy



Limited Psychiatry Consultation

Phase 2: Add Collaborative Care



Supported Employment & Education



Individual & Group Therapy



Peer Support



Psychiatric Consultation



Primary Care Provider



Care Manager (Care Navigation)

Amplify Client Vingettes



Client 1. Identifies as Black, Trans Man. Presented with clinically significant anxiety symptoms, history of suicide ideation and attempt. Client is currently unemployed, enrolled in school part-time, living with 2 y.o. daughter, and facing eviction.

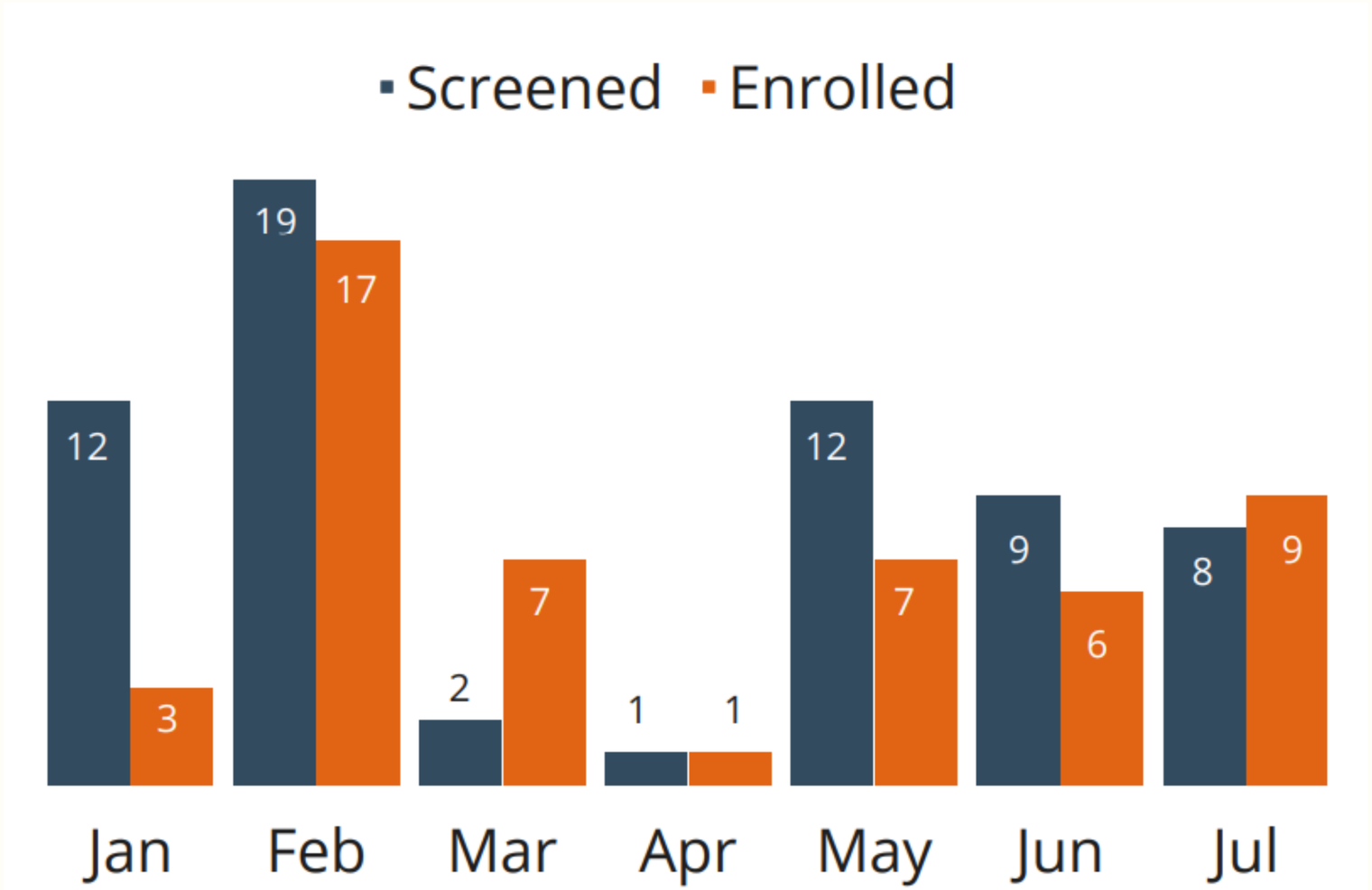
SEEC: identify career goals and immediate job placement options. Exploring accommodations at school.
Therapy: Behavioral Activation and CBT.
Peer Navigator: identify housing and childcare resources.



Client 2. Identifies as White, Bisexual, Female. Reports diagnostic history of Bipolar Disorder and ADHD (unconfirmed). Presented with grief, feelings of hopelessness, significant relational conflict in living situation. Has been cycling through campus counseling center.

SEEC: Exploring career goals and job placement
Therapy: CBT & DBT skills; Grief and Loss Therapy.
Peer Navigator: Attends "Adulting" Lifeskills Group

Amplify screened 63 students and enrolled 50 between January – July 2023



Amplify Client Demographics include:

Age

Range: 18- 29

Mean=23 years

Gender

54% Female

26% Male

20% Non-Binary/ Gender Diverse

Race

38% White

33% Hispanic/Latino

6% Black

8% Asian

5% Native American or Alaska Native

Most Common Amplify Client Symptoms

77% Feeling sad or down

75% Trouble concentrating or motivation

69% Fears or worries

65%

Feel these make it very or extremely difficult to function

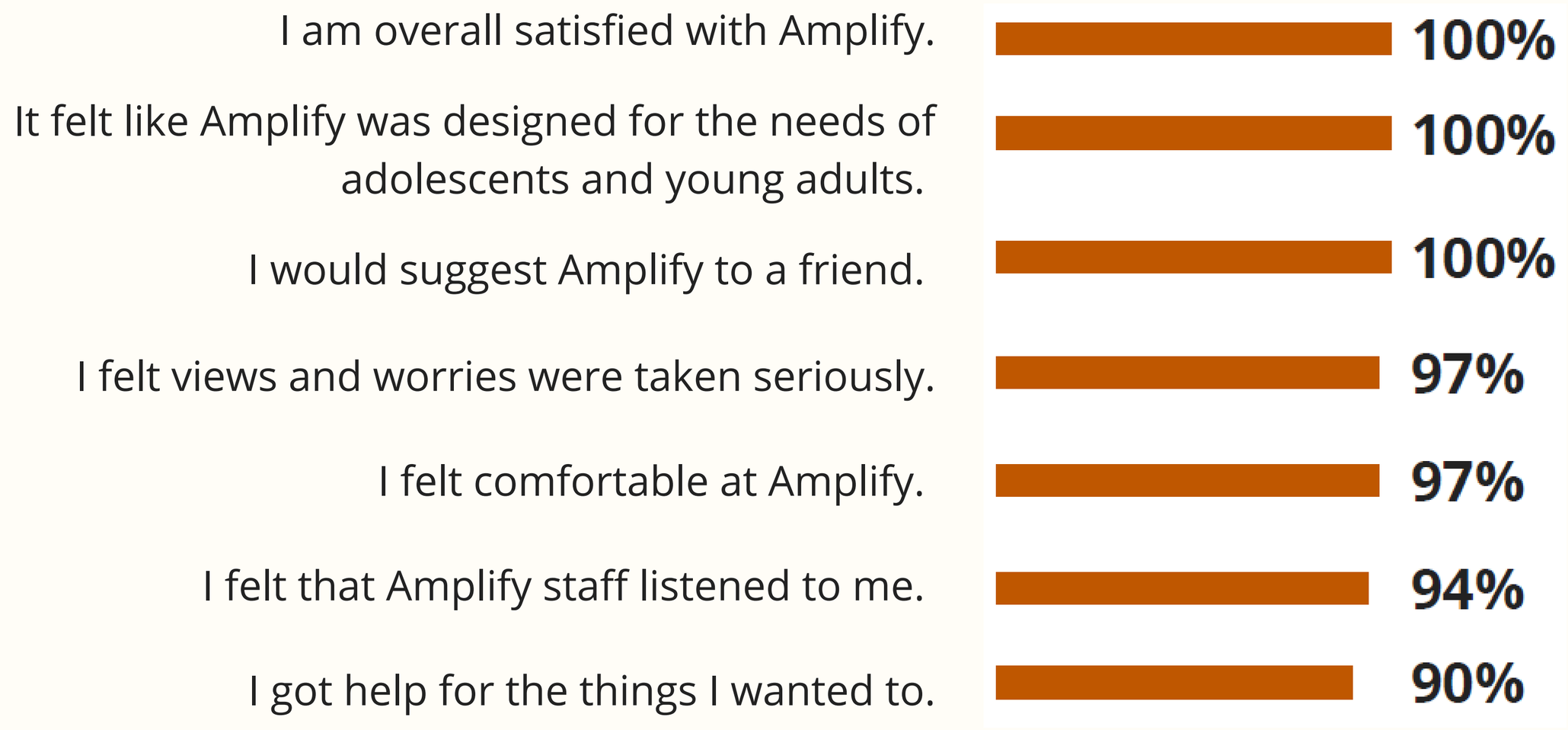
How Amplify clients describing their needs?

"I've been experiencing a lot more depressive episodes and symptoms lately than normal. I've dealt with depression and anxiety ever since I was a kid but I've noticed it's affecting my lifestyle and it's making me want to drop out of school."

"I feel very depressed, anxious, and stressed. it's hard to concentrate or focus on the things I need to do. it's interfering with my schooling and my ability to get and hold a job and relationships. I can feel I need help."

"Feelings of worthlessness, trouble finding motivation to keep going, school and work/life balance are a huge stressor, not suicidal ideation but if I didn't wake up tomorrow it wouldn't be a bad thing in my mind."

Amplify Client Satisfaction at 1-month Enrollment



What are clients saying about Amplify?

“I appreciate what y'all do. Amplify is changing my life for the better”

“The experience has been extremely positive, and I have seen marked improvement in my mental health in the span of a month”

“I have been feeling a lot better mentally since I've walked through the doors at the amplify center. You guys a[re] a big part of my life an I enjoy being heard and seen for the first time in my adult life”

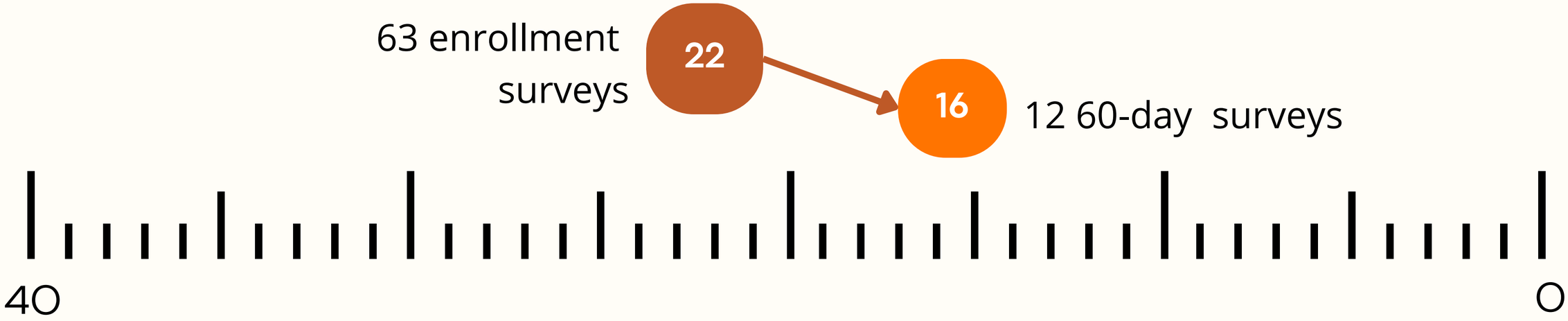
Amplify Preliminary Impact

32% average decrease

in mental health related distress as indicated by the Core-10 after 60 days of enrollment.

Greatest Areas of Improvement

- Decreased feelings of tension, anxiousness, & nervousness
- Increased feelings of having someone to turn to for support when needed.



Range of distress moved from "moderate-to-severe" to "moderate" on the CORE-10.

Sustaining & Growing Amplify

Shift from Donor + Grant-funding to Insurance/Donor/Grant Funding Mix

- Keep client out-of-pocket cost low.
- Obtain private insurance & Medicaid reimbursement.
- Shift donor & grant funds to cover co-pays & uncompensated care.

Additional Sustainability Efforts

- Negotiate contracts with Texas Workforce & county to cover Supported Employment & Education Support Services.
- Explore private insurance and MAP (county-funded insurance program) coverage for peer support (already covered under Medicaid).
- Implement low cost trainee clinic services.

Next Steps for Amplify Model

- Analyze client needs (using clinical records & standardized measures) to create "client profiles."
- Use findings to identify additional EBPs & approaches to train Amplify staff in.
- Create a formula to match service mix for clients based on presenting needs.
- Develop Amplify implementation manual & quality measure for Amplify replication.
- Compare outcomes of clients picking services vs. formula matching services.

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Thank you!

Questions?
Want to connect?



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